

# GET HAPPY MICRO-CREDENTIAL

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In a three-unit online format, we will examine a variety of research-based approaches to enhance happiness as well as misconceptions associated with happiness. Through this examination, you will determine your level of happiness and identify your individual goals for happiness. In this micro-credential, you will implement an action plan to develop habits of happiness in your own life. You will express and practice gratitude as well as habits of healthy eating, sleep, and exercise. This micro-credential will encourage you to apply mindfulness and meditation techniques in your daily life and community. By the end of the micro-credential, you will engage in expressions of kindness and compassion as well as reflect on your own personal journal of happiness and how this has changed during the course. Registration information for this micro-credential can be found on this site (<https://cl.purdueglobal.edu/>).

This micro-credential is part of the short-course series. For more information about short-course series micro-credentials, see the Micro-credential Series section of the Additional Offerings (<https://catalog.purdueglobal.edu/additional-offerings/>) page and the Micro-credential Bulletin (<https://catalog.purdueglobal.edu/bulletin/>).

## Certification, State Board, and National Board Exams

Certification and licensure boards have state-specific educational requirements for offerings that lead to a license or certification that is a precondition for employment. Prospective and current students must review Purdue Global's State Licensure and Certifications (<https://www.purdueglobal.edu/about/accreditation/licensure-state-authorizations/>) site to view program and state-specific licensure information.

You are responsible for understanding the requirements of optional certification exams. Such requirements may change during the course of your studies. You are not automatically certified in any way upon completion of an offering. Although certain offerings are designed to prepare you to take various optional certification exams, Purdue Global cannot guarantee you will be eligible to take these exams or become certified. Your eligibility may depend on your work experience, completion of education and/or degree requirements, not having a criminal record, and meeting other certification requirements.