

Stress Management - SO103

Section: SO103 001192S Newton

Section Type: Lecture

Credit Hours: 1.00

Course Description: Recognizing and alleviating stress. Identifying and gaining control of factors that contribute to how a person handles stressful situations.

WHEN

Days: F

Times: 09:00 AM - 12:00 PM

Start Date: 04/03/2020

End Date: 05/01/2020

WHERE

Campus: Newton

Building: Newton Axtell Center

Room: NWA219

INSTRUCTOR

KAREN SCHWIND

BOOKS

No textbooks for this course.