Stress Management - SO103

Section: SO103 001251S Online
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 Start Date: 11/03/2025 End Date: 12/01/2025
Days:
Arranged
Arranged

INSTRUCTOR
DJ CHASTAIN
BOOKS
No textbooks for this course.