

Stress Management - SO103

Section: SO103 011232S Main Campus

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: T R

Times: 11:30 AM - 01:00 PM

Start Date: 01/09/2024

End Date: 02/08/2024

WHERE

Campus: Main Campus

Building: Lockman Hall

Room: LH002

INSTRUCTOR

HEATHER HARRIS

BOOKS

No textbooks for this course.