## **Stress Management - SO103**

**Section:** SO103 011251S 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** Start Date: 08/21/2025 End Date: 09/23/2025

**Days:** TR

11:30 AM - 1:00 PM Campus: Main Campus

Building: Parker Student Union

Room: PSU014

INSTRUCTOR DEBRA GRABER BOOKS

No textbooks for this course.