Stress Management - SO103

Section: SO103 011261S Main Campus
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: 08/20/2026 End Date: 09/22/2026
Days:
TR
11:30 AM - 1:00 PM
Campus: Main Campus
Building: Parker Student Union
Room: PSU012

INSTRUCTOR
DEBRA GRABER
BOOKS
No textbooks for this course.