

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.