Stress Management - SO103

Section: SO103 816261S Online
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: 08/31/2026 End Date: 10/02/2026
Days:
Arranged
Arranged

INSTRUCTOR
DJ CHASTAIN
BOOKS
No textbooks for this course.