

Stress Management - SO103

Section: SO103 826242S Online

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: Arranged

Times: Arranged

Start Date: 03/03/2025

End Date: 03/28/2025

WHERE

Online

INSTRUCTOR

DJ CHASTAIN

BOOKS

No textbooks for this course.