

Stress Management: The Psychology of Adjustment

PSY 1123

DEGREE PROGRAM COURSE DESCRIPTIONS

The course will focus on personal adjustment and cover topics such as stress and coping, personal growth, communication, inter/intrapersonal processes, and the utilization of resources to maximize personal functioning.

PREREQUISITES?

Co-requisite: ENGL 0203, adequate placement score, or by meeting determined placement measures

CREDIT HOURS

3