Introduction to foundational knowledge related to stress, stressors, resilience, social support, and strategies to foster physical, mental, emotional, and spiritual health. Open to all students interested in learning about managing and navigating the stressors of student life.

Due to UBC’s response to CoVID 19 Pandemic & in response to the Province of BC’s Public Health Orders, all classes for 2020W Term 1 will be web oriented with a mix of synchronous & asynchronous online delivery. There will no in person lectures or seminars in 2020W Term 1 for this course.

This course is eligible for Credit/D/Fail grading. To determine whether you can take this course for Credit/D/Fail grading, visit the Credit/D/Fail website. You must register in the course before you can select the Credit/D/Fail grading option.