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.

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.