EDUC 215: WELLNESS & RESILIENCE FOR COLLEGE & BEYOND

THUR 2:30PM-5:20PM, w/ FRI 1hr Lab
5 CREDITS

You will learn skills to help you:
• Balance academics with life outside of the classroom
• Recognize and handle strong emotions
• Build positive relationships
• Develop more effective exam and homework strategies
• Cope with a setback or traumatic event