

Wellness and Resilience for College and Beyond: PITT0130 - 3 credits

Are you interested in:

- Finding more balance in life?
- Building positive relationships?
- Learning to manage your emotions?
- Learning healthy ways to tolerate setbacks and difficulties?
- Increasing your emotional wellbeing for college and beyond?
- Setting goals?
- Having fun in the classroom?

If so, take this course!

This class includes weekly lectures where you will learn evidence-based skills for mental health and wellness, weekly practice and discussion in small groups, and reflective assignments to help you learn more about yourself and how you can use the skills taught in class in your life.

No books are required for this course. There is no midterm, only a final exam. All instructors for both sections of this class work together to ensure that the classroom is a safe and welcoming space for all students. We strive to make this course a fun and meaningful experience.