

## **Prct 486: Resiliency in Professional Life**

### **[Pharmacy Practice](#)**

Health is defined as an optimal state of physical, emotional, mental, social, and spiritual well-being. The focus of this course is cultivating well-being and resiliency in the workplace. Students will explore strategies and resources that can lead to meaning throughout one's career.

Z grade.

2 Credits

### **Prerequisites**

- Pre-Requisite P3 Status

### **Instruction Type(s)**

- Lecture: Lecture for Prct 486

### **Subject Areas**

- [Health and Wellness, General](#)

### **Related Areas**

- [Health Services/Allied Health/Health Sciences, General](#)

