Prct 476: Wellbeing & Resiliency for Student Pharm

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 each participant's sense of well-being and resiliency. Student pharmacists will explore what gives their lives meaning and how one's sense of meaning is related to being resilient. Principles and strategies will be discussed that can lead to healthy habits to improve mind, body, and spirit.

2 Credits

Prerequisites

- Pre-requisite Pharmacy P2 or P3

Instruction Type(s)

- Lecture: Lecture for Prct 476

Subject Areas

- Pharmacy (PharmD - USA - PharmD, BS/BPharm - Canada)

Related Areas

- Clinical and Industrial Drug Development (MS, PhD)
- Industrial and Physical Pharmacy and Cosmetic Sciences (MS, PhD)
- Medicinal and Pharmaceutical Chemistry
- Natural Products Chemistry and Pharmacognosy (MS, PhD)
- Pharmaceutical Marketing and Management
- Pharmaceutical Sciences
- Pharmaceutics and Drug Design (MS, PhD)
- Pharmacoeconomics/Pharmaceutical Economics (MS, PhD)
- Pharmacy Administration and Pharmacy Policy and Regulatory Affairs (MS, PhD)
- Pharmacy, Pharmaceutical Sciences, and Administration, Other

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