Prct 486: Resiliency in Professional Life

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