

COURSE DETAIL

EMOTION REGULATION AND STRESS MANAGEMENT

Country

Korea, South

Host Institution

Korea University

Program(s)

Korea University

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

15

UCEAP Course Suffix**UCEAP Official Title**

EMOTION REGULATION AND STRESS MANAGEMENT

UCEAP Transcript Title

EMOTION&STRESS MGMT

UCEAP Quarter Units

4.50

UCEAP Semester Units

3.00

Course Description

The purpose of this course is to provide positive psychological approaches to understand stress. Students gain a greater understanding of their values and choices, as well as learn effective skills to reduce their stress and to increase positive emotion for lifelong health.

Language(s) of Instruction

English

Host Institution Course Number

GESO153

Host Institution Course Title

EMOTION REGULATION AND STRESS MANAGEMENT

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

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