

## 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 Course Details

### Host Institution Campus

### Host Institution Faculty

### Host Institution Degree

### Host Institution Department

### Course Last Reviewed

2021-2022

[Print](#)