COURSE DETAIL

SORT OUT YOUR LIFE AND THRIVE
Country Ireland
Host Institution University College Dublin
Program(s) University College Dublin
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Health Sciences
UCEAP Course Number 110
UCEAP Course Suffix
UCEAP Official Title SORT OUT YOUR LIFE AND THRIVE
UCEAP Transcript Title SORT OUT YOUR LIFE
UCEAP Quarter Units 5.00
UCEAP Semester Units 3.30

Course Description

This is a course that focuses on student wellbeing, personal growth, and coping with stress, so that students can equip themselves with lifelong skills for learning, working, and being well. Students learn how to thrive in university life and beyond - including leadership skills for future employment - through fostering physical, cognitive, emotional, and social skills that will support their wellbeing. The course is delivered in the context of our digital world: understanding data and finding digital supports and strategies for life management. Expert speakers join for sessions around areas such as nutrition, sleep, and mental health, and students track their own personal data and progress in areas of their choice (e.g. emotional wellbeing, study habits, time management, exercise).

Language(s) of Instruction
English

Host Institution Course Number
PERS20030

Host Institution Course Title
SORT OUT YOUR LIFE AND THRIVE

Host Institution Course Details
https://hub.ucd.ie/usis/!W_HU_MENU.P_PUBLISH?p_tag=MODULE&MODULE=PERS20030

Host Institution Campus
University College Dublin

Host Institution Faculty

Host Institution Degree

Host Institution Department
Science

Course Last Reviewed

2023-2024

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