

COURSE DETAIL

MENTAL HEALTH AND RESILIENCE

Country

Korea, South

Host Institution

Korea University

Program(s)

Korea University

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

25

UCEAP Course Suffix**UCEAP Official Title**

MENTAL HEALTH AND RESILIENCE

UCEAP Transcript Title

MENTAL HLTH&RESILNC

UCEAP Quarter Units

4.50

UCEAP Semester Units

3.00

Course Description

This course explores mental health issues, relational conflicts, and environmental challenges in modern society while emphasizing resilience as one of the key factors in prevention and recovery. Students learn and apply strategies to strengthen resilience and navigate life's challenges. Through discussions and activities, students develop inner strengths, build healthier relationships, and promote mental health for themselves and others.

Topics include Depression, Anxiety, Perfectionism, Attention-related issues, Relationships, Society and culture, Digital world, Connections, Perseverance, Self-regulation, Positivity, Self-care, Resilience and community.

Language(s) of Instruction

English

Host Institution Course Number

GESO162

Host Institution Course Title

MENTAL HEALTH AND RESILIENCE

Host Institution Course Details

<https://infodepot.korea.ac.kr/lecture1/lecsubjectPlanViewNew.jsp?year=2025&term...>

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed

2025-2026

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