

## PSYC1400 - Psychology of Health & Resiliency

Credits:	1 (1/0/0)
Description:	This course uses a holistic approach to understanding health and resiliency, exploring and emphasizing the substantive research and clinical evidence demonstrating how to strive for and attain mental and physical health. Students will explore concepts such as stress, personality, happiness, purpose and work-life balance. This course is beneficial for students across career fields such as education, fire, health and law enforcement.
Prerequisites:	
Corequisites:	
Pre/Corequisites*:	
Competencies:	<ol style="list-style-type: none"><li>1. Explore the experience and role of emotions, personality, locus of control, and happiness in well-being and health.</li><li>2. Explore the concepts of stress, coping, resilience and work-life balance.</li><li>3. Explore health through the lens of psychological disorders and symptoms, including concepts such as anxiety and depression.</li><li>4. Analyze how personal and professional social interactions are influenced by and impact stress, well-being and happiness.</li><li>5. Describe the role of life purpose in health and well-being.</li><li>6. Explain the dynamic and interactive nature of mental and physical health.</li><li>7. Apply course learning to develop a personal plan for achieving mental and physical health.</li></ol>
MnTC goal areas:	None

*\*Can be taking as a Prerequisite or Corequisite.*