

Human Development & Education, General (HD&E)

HD&E 320. Professional Issues. 1 Credit.

Analysis and integration of professional perspectives and trends; life career development skills (self-assessment, resume writing, interviewing, and correspondence.) 1 lecture. Prereq: Junior standing.

HD&E 777. Advanced Stress Management. 3 Credits.

The dynamics of stress, sources and symptoms of stress, and stress management techniques will be presented. Research in stress from the interdisciplinary perspectives of wellness, applied gerontology, and counseling.