



COUN 493-001 (CRN: 56246)

WELLNESS & RESILIENCE BUILDING

This course is designed to give students an understanding and appreciation of the need to address wellness, resilience-building & self-care. The course informs and trains students so that they can become agents of change at the UNM campus. The course is designed on the premise of 'training the trainer' so that these students can help other students on the campus build on their resilience and gradually we can develop a flourishing community of students on campus. Through self-study, classroom presentations, discussion, and reflection, the students will achieve an awareness and path towards their wellness as well as the wellness of their peers.

All majors are welcome.

Spring 2021

Tue 11:00 – 11:50 am & Fri 3:30 - 4:20 pm

Remote scheduled

2 credits

Instructor: Swasti S. Vohra, PhD (swastisv@unm.edu)