

Course Outcomes: HUMS 156

Stress Management

The following are working course outcomes. These outcomes will be reviewed by the NWIC Curriculum Committee during the curricular review process in 2017 with the intent of creating and approving course outcomes.

At the completion of this course students will be able to:

- Describe key theories related to domestic violence
- Describe practical methods for managing stress in the work world and the home
- Describe practical methods for managing stress in the students' own life