

PSY 110: Personal Development

This is a structured group experience that emphasizes effective living through developing one's own internal resources. Topics included are self programmed control, relaxation training, and interpersonal skills. The course is designed to translate other life skills into successful college adjustment. Study skills, library skills, and life planning are also discussed. This course may not transfer to some four year institutions.

Credits: 3

Lab Hours: 0

Lecture Hours: 3

Prerequisites:

Appropriate placement scores.