
WORK-221-V0772 Stress Management

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Syllabus Stress Management Fall 2025

Fall2025 Stress Management WORK 221



Course Information

Semester & Year: Fall 2025

Course ID & Section #number: WORK 221 Section # V0772

Instructor's name: Amy Berkowitz

Day/Time of required meetings: Monday/Wednesday 6:30pm-8:30pm 10/27-11/5

Location: Online via TechConnectZoom (in Canvas)

Course units: zero (noncredit)

Instructor Contact Information

Office location: online