

Looking For a Free Elective for the Spring?

Sign up for this 1 credit course!

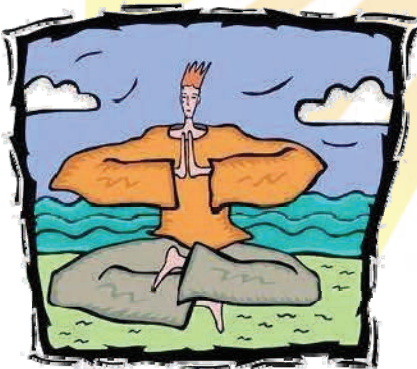
CNSD 150 – Life Skills: Improve your Social and
Emotional Intelligence

No prerequisite needed

Tuesdays – 11:00-12:00

G31 Suites on Maple East

- This course will provide students with **various mindfulness skills** which will help to increase their abilities to process and respond to environmental demands and stresses of their social and academic life.
- These skills include developing mindful awareness, emotion regulation, values clarification and interpersonal skills to improve relationships.
- The goals of the course will be to understand basic principles of **regulating emotions, feel better in relationships, improve the ability to focus and attend to thoughts and feelings, clarify ones' own values and live a more successful and happier life.**



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