

Spokane Falls Community College
COURSE LEARNING OUTCOMES

Prefix and Course Number: HLTH 104
Course Title: Stress Management
Version Date: 05/21/2019

Course Learning Outcomes

Upon successful completion of the course, the student will be able to:

1. Identify stressors in their lives.
2. Analyze how they manage their time and how it impacts their daily lives.
3. Identify stress producing behaviors and design a plan to change that behavior.
4. Experiment with the “Relaxation Response” through various methods.