

SCSK 555 : Stress & Resilience

This course investigates the physiological and psychological effects of stress, especially chronic stress, and orient students to lifestyle choices- their own and that of their patients. It provides an overview of literature concerning stress, resilience, and lifestyle choices and interventions, and teaches a number of stress management tools which have been demonstrated to be clinically effective and/or efficacious. the course is expected to be personally as well as professionally relevant for the future physician.

Core Course