

# **Undergraduate Counseling & Social Change**

## **Courses Still Available for Summer 2017!**

**Stop feeling stressed out! Learn mindfulness techniques, relaxation exercises and ways to manage stress in your own life by taking CSP 300 this summer!**

### **CSP 300 Stress Management**

Summer Session 1: May 22 - June 30

Meeting on TWTH from 5:00 pm – 7:20 pm in PSFA-310

Instructor: Diana Camilo

**About CSP 300:** This course will explore how stress affects your body, mind, emotions, and life choices. It will also give you tools to manage excessive stress in your own life. CSP 300 fulfills the General Education requirement Explorations IIB and also counts towards the elective requirement for the minor in counseling and social change. Enroll today!

**Learn more about yourself and others through this fun and interactive summer class.**

### **CSP 401 Quest for Identity Summer**

Session 1: May 22 – June 30

Meeting on MTWTH from 10:00 am - 11:40 am in NE-71

Instructor: Sarah Kahn

**About CSP 401:** Students will explore how interpersonal, social, and cultural variables influence their own understanding of identity, relationships, and the world. Topics such as race, gender, sexuality and power will be explored along with the concepts of social justice and social change. This class is open to all students and is part of the core requirement for the Counseling and social change minor. Register today!

**[Click here to learn more about the Minor in Counseling and Social Change](#)**