Mindfulness & Well-Being

Explore personal strengths, interests, skills and values as they relate to career exploration and decision making. Strength your ability to navigate choices and changes throughout your personal and professional journey by exploring and developing personal skills of insight, mindfulness (Koru curriculum), emotional intelligence, and positive neuroplasticity.

Instructor: Sarah Miller
1 Credit - Synchronous Online
Schedule: MWF 10:00-11:30AM January 5th-21st, 2022
For more information email sgmiller@uri.edu

Does this section of ITR 300 not sound like the right fit for you and your goals? Check out one of our other ITR 300 or CSV 302 Jterm sections!