

EDUC 317: Emotion Regulation: Dialectics and Applications

Tues/Thurs 8:30-10:50am

5 CREDITS SSc and Writing (Preq – 215 & 216)

You will learn skills to help you:

- ❖ Understand the language, physiological sensations, and cognitions that accompany a wide variety of emotions and emotional experiences
- ❖ Increase emotional understanding, intelligence, and embodiment