

PSYCHOLOGY (PSYCHOLOGY)

PSYCHOLOGY 170.17C Building Psychosocial and Planetary Resilience (1 Units) Spring

Instructor(s): Elissa Epel

Prerequisite(s): none

Restrictions: none

Activities: Lecture, Project

We live in a rapidly changing world with the climate crisis and interrelated global crises (the polycrisis). Students will gain invaluable personal and social resilience skills to navigate and build a meaningful future. The class aims to fill a critical gap in climate education, building on the science of personal and social resilience and climate change action, building a sense of belonging, and motivating empowerment and self-efficacy via actionable projects. www.climateresilience.online

School: Medicine

Department: Psychiatry

May the student choose the instructor for this course? No

Does enrollment in this course require instructor approval? No

Course Grading Convention: P/NP (Pass/Not Pass) or S/U (Satisfactory/Unsatisfactory)

Graduate Division course: No

Is this a web-based online course? No

Is this an Interprofessional Education (IPE) course? No

May students in the Graduate Division (i.e. pursuing Master or PhD) enroll in this course? Yes

Repeat course for credit? No