



Course: UNIV 100 – Sections H10/H26 **Theme:** Science & Health

Course Topic: *Getting Out of Your Feelings*

Description: This course is designed to teach students to recognize one's own emotions and other people's emotions to discern between different feelings and label them appropriately. Moreover, how to use emotional information to guide thinking and behavior, and to manage and/or adjust emotions to adapt environments to achieve one's goal. Enhancing one's emotional intelligence is expected to improve (a) one's mental health, (b) academic performance, and (c) relationship satisfaction among family members, peers, and significant others.