

The American Indian Student Support Services at ASU promotes a healthy approach to learning and making good choices for academic and personal success.

The College of Nursing & Health Innovation is offering several sections of HCR 194: Five to Thrive course at Tempe and Downtown campuses. We encourage you to highly consider taking this course.

HCR 194

Five to Thrive:

COPE (Creating Opportunities for Personal Empowerment) / Healthy Lifestyles

3 Credit hours, Elective

Learn how to recognize signs of stress and unhealthy coping, how to implement effective strategies or goals to decrease stress, and make healthy choices.



The course focuses on five domains related to: 1) cognitive-behavioral skill building; 2) coping and stress reduction strategies; 3) personal development including goal setting, effective communication, and problem-solving; 4) nutrition, and 5) exercise.

Tempe:

- **Class # 87949, Monday & Wednesday, 2:00-3:15pm, USE 104**
 - **Class # 87951 Tuesday & Thursday, 1:30-2:45pm, ED 320**
- This section has a Native American focus.***

Downtown:

- **Class # 77939 Tuesday, 4:40-7:30pm, Dtphx-MERCCC 356**
- **Class # 78347 Wednesday, 4:40-7:30pm, Dtphx-CRONK 440**
- **Class # 78348 Thursday, 4:40-7:30pm, Dtphx-UCENT 286**