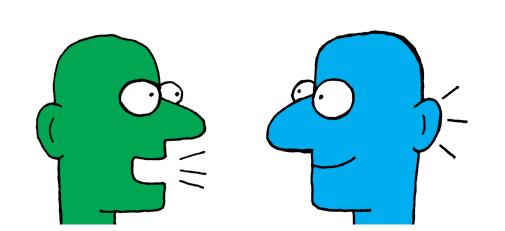
Are you a HUMAN? ... Yes? GREAT! Would you like to learn about and reflect on the topics below?



An activity-based course that covers:

- Character, Values, Self-esteem



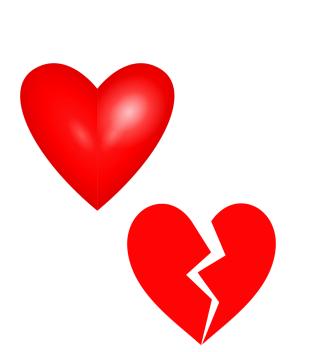
- Communication Skills
- Emotional Intelligence



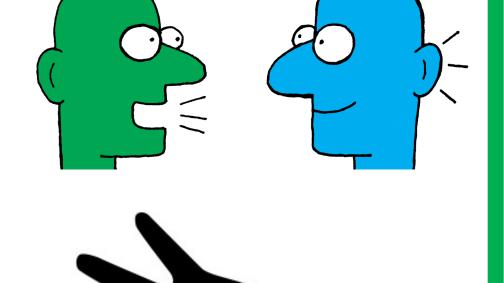


- Anger Management
- Coping Skills and Grief Management

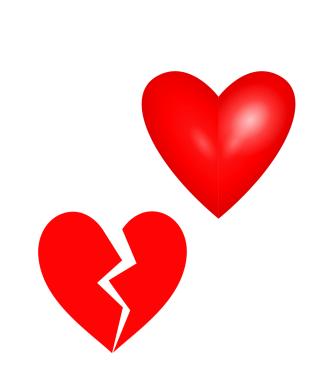












This self-reflective course is project based. It fulfills .5 of the 1.0 Visual, Performing, Applied Arts (VPPA) requirement for graduation!