

## ILA-3 — STUDENT RESILIENCY

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### About This Course

1.00 units

Prerequisite: None

Description: This participatory course trains students how to attain, foster, and utilize skills that may support academic success in the face of adversity. The course includes theories of resiliency, workshops on strategies for resilience and academic success, problem-solving applications, and network building. 18 hours lecture. (Letter grade only)