

## ACEN 241 : Life Skills & Leadership

The life skills and leadership development course will develop, challenge and support students in their continual journey to be leaders in academics, social relationships and life. This course will have a particular focus on financial literacy, mindfulness, stress management, career preparation and strategies for prevention for various types of risky social behaviors.

**Credits** 1

**Attributes**

Cross listed

Not Attached to any Division

Wellness