Personal and Organizational Resilience: 
Overcoming Chronic Stressors and Acute Shock Events

Course Description: This class is designed to help you build skills to survive and thrive through chronic stresses and acute shock experiences. Resilience is the ability to bounce back, adapt, grow, and develop through adversity, uncertainty and change. This class will offer a variety of techniques to build resilience in your personal and organizational lives.

1 Credit Pass/Fail

Summer 2020 Early Short – May 11th – June 12th
Day/Time: Tuesday and Thursday, 5:00 - 6:15 p.m.
Location: Video Campus, Fully at a Distance
Course Number: GT 4801 QU1 (57165)
      GT 8801 QG1 (57166)

Summer 2020 Late Short – June 17th – July 21st
Day/Time: Tuesday and Thursday, 5:00 - 6:15 p.m.
Location: Video Campus, Fully at a Distance
Video Campus, Fully at a Distance with synchronous days/times (TR 1700-1815)
Course Number: GT 4801 QU2 (57167)
      GT 8801 QG2 (57168)

Fall 2020 Minimester 1 – August 19th – September 18th
Day/Time: Tuesday and Thursday, 5:00 - 6:15 p.m.
Location: Atlanta Campus, Unassigned Space
Course Number: GT 4801 MM1 (92966)
      GT 8801 MM1 (92967)

Fall 2020 Minimester 2 – September 21st – October 23rd
Day/Time: Tuesday and Thursday, 5:00 - 6:15 p.m.
Location: Atlanta Campus, Unassigned Space
Course Number: GT 4801 MM2 (91968)
      GT 8801 MM2 (92969)

Fall 2020 Minimester 3 – October 26th – December 1st
Day/Time: Tuesday and Thursday, 5:00 - 6:15 p.m.
Location: Atlanta Campus, Unassigned Space
Course Number: GT 4801 MM3 (91970)
      GT 8801 MM3 (92971)