



South Central College

SBMT 2534 SBM Stress Management

Course Outcome Summary

Course Information

Description	This class is designed to improve the ability of the business owner to deal with the stress of small business ownership and to achieve the proper balance between work and family. The class will focus on identifying stressors for the owner or manager, factors creating the stress, and strategies for managing work related stress
Total Credits	1
Total Hours	12

Institutional Core Competencies

Communication - Students will be able to demonstrate appropriate and effective interactions with others to achieve their personal, academic, and professional objectives.

Critical and Creative Thinking - Students will be able to demonstrate purposeful thinking with the goal of using a creative process for developing and building upon ideas and/or the goal of using a critical process for the analyzing and evaluating of ideas.

Course Competencies

- 1) Learn how to identify stressors**
- 2) Learn how to manage stress**

SCC Accessibility Statement

South Central College strives to make all learning experiences as accessible as possible. If you have a disability and need accommodations for access to this class, contact the Academic Support Center to request and discuss accommodations. North Mankato: Room B-132, (507) 389-7222; Faribault: Room A-116, (507) 332-7222.

Additional information and forms can be found at: www.southcentral.edu/disability

This material can be made available in alternative formats by contacting the Academic Support Center at 507-389-7222.