

Professional Development Studies, Spring 2024

Wellness Arts~ PDS 030

A 2-unit class that uses ART and the fundamentals of Wellness as tools to work through the stressors of the college environment to be successful in your educational goals. **LATE START** - 4th week of semester (Feb. 6, 2024) this class is targeted towards students who struggle with levels of anxiety, sadness, intrusive thoughts and social phobia that may make attending and succeeding in college difficult.

Online: Live Zoom

PDS 030- CRN#34644

Tuesday/Thursday

5:00 - 6:50 p.m.

*Synchronous class on
Zoom*



If you would like more information about this course or to see if it is right for you contact:

Lisa Curtis, MA. Ed., Disability Specialist/Instructor

805-996-0252 (text is best!) lcurtis@cuesta.edu

Registration Questions: WED/CP: Career Connections, 805.546.3252