During the covid pandemic, normal college and life demands are happening in a larger context of anxiety, uncertainty, disappointment, and reduced social connection. In this context, it is particularly important for students to develop skills to help manage stress and enhance well-being. In this course, we introduce evidence-based strategies to support a better understanding of one’s own psychological wellness as well as personal choices and behavior. While this course is not meant to diagnose or treat psychological illness, it does aim to help you better understand how stress, anxiety, and mood impact our daily lives and how having a toolkit of strategies rooted in scientific study can be used for personal growth and overall well-being.