

# PSY 585 : Risk & Resilience

This course examines risk and resilience using an ecological framework to better understand these processes. The course analyzes how people appraise personal and environmental stressors and how they cope with them, using a conceptualization of stress in terms of dynamic systems and complex interaction. We examine these processes across the lifespan with special emphasis on children, adolescents, and their families . The focus of the course is on strengths as well as constraints that shape decisions and behaviors, in order to design and implement effective interventions.

**Prerequisites**

18 psychology graduate credits