Explore the competencies that make working on teams easier and more enjoyable, as well as gaining the trust and respect of those around you. In the course IDS 195 - Collegiate Relationships: Emotional Intelligence, students will explore their own emotions, how these are interrelated to their thoughts and behaviors, and how these dynamics influence our relationships with others.

Transitioning into college is a time when relationships, self-regulation, and time management all become important. This course will help you develop the awareness and skills needed to navigate these areas effectively.

Learn more and register at uwsuper.edu/cee or (715) 394-8032