

# PSYC 5310 : Designing Mental Skills Training

This course focuses on teaching students how to design mental skills training programs for groups, teams, and individuals. Students will explore program development, evaluation, and have the opportunity to gain practical experience working in performance settings and designing mental skills training. This course will provide students with a hands-on experience working with individuals seeking to improve their mental skills.

Mentorship hours earned during this class will partially fulfill the requirements for the CMPC certification.

**Credits** 3

**Course ID**

009000

**Course Component**

Laboratory