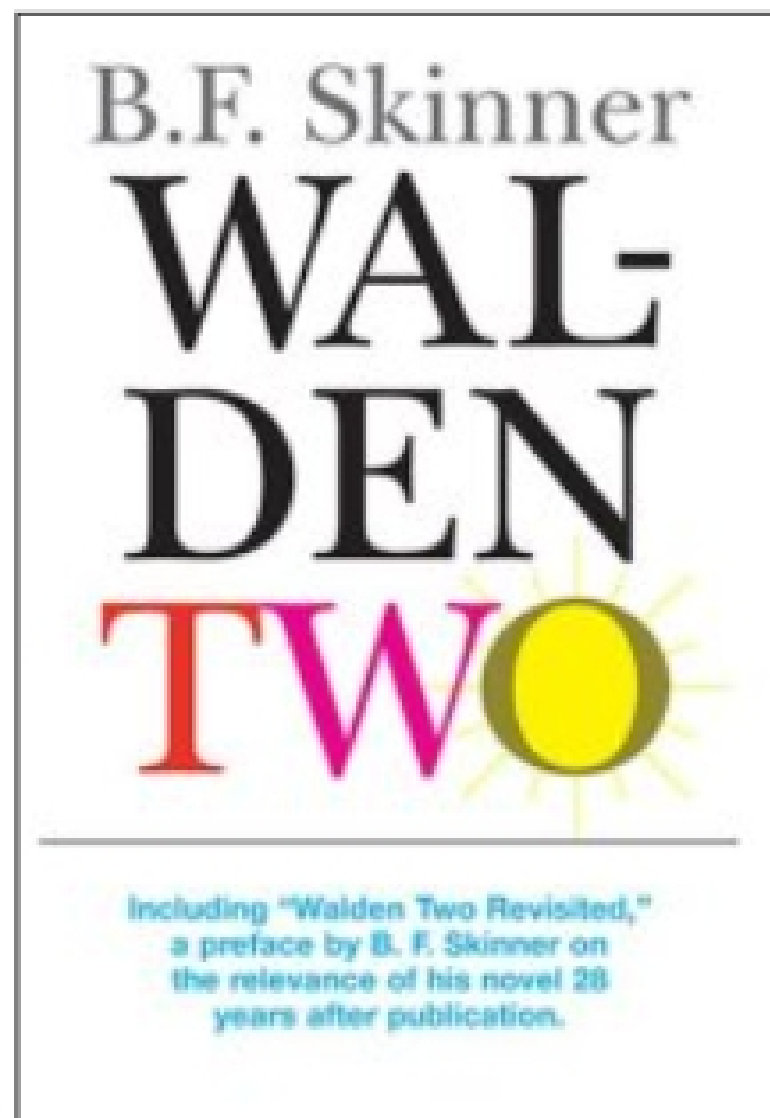


PSY 402 – Theories of Learning

Dr. Nancy Alvarado

Associate Professor of Psychology

Course Reading – Pick One



Most Popular Resolutions

- Drink less alcohol
- Eat right
- Get a better education
- Get a better job
- Get fit
- Lose weight
- Quit smoking
- Reduce stress on the job
- Reduce stress overall
- Save money
- Take a trip
- Volunteer to help others