

One Credit Courses for Summer Session 2019

*Looking to take another credit or two during Summer Session?
Getting close to graduation? Don't be left short in credits!*

We are excited to announce new one credit options for Summer Session! Both courses will be offered ONLINE in Term B. See below for full course titles and descriptions.

Additional details can be found on the [course schedule](#). Information about registration and tuition can be found at cortland.edu/summer. There are many options still available for summer session. Consult with your advisor to review your options.

CAP 129 – Online Safety and Security

Offered ONLINE in Term B: June 11 – June 26, CRN 60597

Explore information security concepts as they relate to online security and safety. Topics include identifying email scams, phishing, mobile phone safety, password managers, encryption, data security and general safety as it relates to privacy and online security.

For more information about course content, contact Joshua Peluso at joshua.peluso@cortland.edu

HLH 129 – Personal Stress Management

Offered ONLINE in Term B: June 11 – June 26, CRN 60598

Concept of stress with emphasis on techniques for managing stress effectively. Methods of relaxation, stress reduction explored from a personal perspective. Experiences in self-assessment of stress areas provided.

For more information about course content, contact Dr. Matthew Moyer at matthew.moyer02@cortland.edu

For general questions related to Summer Session, please contact the Extended Learning Office at 607-753-5643 or summer@cortland.edu. Visit our website at cortland.edu/summer for more information.