



# Assumption University

SCHOOL OF  
GRADUATE STUDIES

**Resiliency in the Helping Professions Program  
Full Summer 2026 Semester  
Tuesday, May 26, 2026 - Friday, August 14, 2026  
All courses are online**

<b>Courses Offered</b>	<b>Meeting Time</b>	<b>Instructor</b>	<b>Course Delivery</b>
RES 820.01 The Practice of Self-Compassion in Resiliency	4 Tuesdays: June 23 June 30 July 7 July 14 9am – 2:30pm	M. Mariani & L. Christo	Hybrid; With 4-day synchronous zoom class meetings

**Resiliency in the Helping Professions Program  
Summer II 2026 Semester  
Monday, July 6, 2026 - Friday, August 14, 2026  
All courses are online**

RES 830.01 Positive Psychology: A Strengths Based Approach to Resiliency	July 6 – Aug 14	K. Lahikainen	Asynchronous; Online
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