Nebraska Wesleyan University

MUSIC 2720 Resilience and Wellbeing

Catalog

2024-2025

Course Description

In a learning community that seeks to understand and work toward equity, this course explores the relationship between music and research on resilience and wellbeing. How do we build and practice resilience (and therefore wellbeing) as we learn how to notice and work through challenges, obstacles, and failures in our learning and living? What music helps us cultivate resilience, wellbeing, and continue to explore the paths of our life's work?

Archway Curriculum: Essential Connections: Discourse Instructive
Archway Curriculum: Essential Connections: Diversity Instructive: U.S.
Archway Curriculum: Integrative Core: Human Health and Disease Thread

Course Hours

4 hours

Departments

1. Music