Nebraska Wesleyan University

SOCWK 1200 Life Lessons

Catalog

2025-2026

Course Description

The purpose of the course is to assist students in discovering and strengthening personal and professional identities around: shame and vulnerability; healthy relationships and boundary setting; wholehearted living including courage, compassion, and connection; loss and grief; mindfulness; exploring passion to help understand purpose; and joyful living.

This course focuses on the work of Dr. Brene Brown centered on courage, compassion, and connection; and how to be deliberate in thoughts and behaviors, how to be inspired to make new and different choices, and incorporating vulnerability into everyday living. It will also distinguish death from tangible and intangible losses, and define types of grief and how to move through toward healing. Conversations about healthy relationships and boundary setting will be included, while discussions of strengths, resiliency, and happiness will occur throughout the course. Finally, the work of Dr. Elisha Goldstein and his strategies to mindful moments and living will be addressed and implemented.

Course Hours

3 hours

Departments

1. Social Work (Undergraduate)