Nebraska Wesleyan University

MUSIC 2720 Resilience and Wellbeing

Catalog

2025-2026

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?

Course Hours

4 hours

Departments

1. Music