Nebraska Wesleyan University

MUSIC 2720 Resilience & Wellbeing

Catalog

2026-2027

Course Description

In a learning community that honors diversity, 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: Foundational Literacies: Diversity, Equity, and Inclusion â?? U.S.
Archway Curriculum: Integrative Core: Human Health and Disease Thread

Course Hours

3 hours

Departments

1. Music