Fall 2020
The Art & Science of Human Flourishing

ASIAN 120, COUN PSY 120, ED PSYCH 120, PSYCH 120
3 Credits. Open to first-year students only.

Note: This course will be taught online if COVID-19 prohibits in-person class meetings.

Explore what it means to flourish and acquire the knowledge and skills that can help you realize a flourishing life.

ABOUT THE COURSE

For millennia, human cultures have offered various recipes for “flourishing,” a life filled with deep satisfaction, well-being, resilience and accomplishment. In this class, students will learn some of the key ingredients of flourishing and the skills that contribute to its realization.

Our semester will include training in various practices - such as mindfulness - that help develop the qualities and skills that can contribute to a flourishing life.

Each week we will explore a specific theme, drawing on perspectives from both the sciences and the humanities, with the goal of facilitating expanded self-awareness, enhancing social connectivity, and finding purpose and passion in your studies, your lives and your future careers.

“This class has a major effect on everything that I’m a part of. Having the space, having this class, absolutely reduces stress.”
- Asher Bernick-Roehr, former student

Learn more: GO.WISC.EDU/ASHF

INSTRUCTORS
Richard Davidson
John Dunne

CLASS TIMES
Monday & Wednesday
1:20pm

LAB TIMES
Friday mornings

QUESTIONS?
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