

FALL 2024 THE ART & SCIENCE OF HUMAN FLOURISHING

OPEN TO FIRST-YEAR STUDENTS ONLY



Awareness



Connection



Wisdom



Integration

This 3-credit course meets either Humanities or Social Sciences breadth requirement. It draws on psychology, neuroscience, philosophy, contemplative science and other disciplines and incorporates skills such as mindfulness and meditation with the goal of facilitating:

- expanded awareness of self and others
- enhanced social and community connections
- attention regulation
- identifying ones' unique purpose to cultivate a more meaningful life
- the transition to college and finding ones' place in a new environment

M/W 11-11:50am + discussion section*

Psych 120 cross listed under Asian, Coun Psy, and Ed Psych

*Sections 304 and 305 reserved for students associated with DDEEA, CeO,

CAE, Essence, MLC, and All-In Milwaukee

Section 303 reserved for Honors students

SCAN TO READ MORE

