COURSE DESCRIPTION
In-depth exploration of resilience, spirituality, and the link between them. Specific applications of resilience and health realization principles applied to students’ personal and professional lives. Relevant literature, theory and research will be explored.

COURSE OBJECTIVES
At the conclusion of the course the student will be able to:
• Discuss the relationship between spirituality and resilience
• Critique selected resilience research themes and best practices
• Analyze selected historical and current spiritual writings in relation to resilience theory
• Examine his/her personal experience of resilience and contributing protective factors/mechanisms with a focus on spirituality
• Examine a conceptual framework for tapping resilience in individuals and systems
• Describe and apply the principles of resilience and health realization in personal, academic or professional settings
• Propose criteria and standards assessing resilience and spiritual development in self and others. Outcomes: enhanced listening, kindness, joy, peace, relationships, service & more
• Synthesize understanding of resilience and spirituality by designing applications of the resilience/health realization principles and drawing upon personal beliefs and direct experience as well as research evidence
• Consider past and emerging waves of resilience research with attention to the essential inner landscape

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