CSPH 5201 (2 Credits)

SPIRITUALITY AND RESILIENCE

Online  | Instructor: Kathy Marshall

COURSE DESCRIPTION

This course will:

- Find links between resilience and spirituality.
- Apply resilience/health realization model to students’ personal/professional lives.
- Review literature, theory, and research.

Maintaining your peace of mind and engaging in meaningful class conversations during the pandemic is the special focus of this A Term class.

This small seminar size is ideal online for examining natural resilience and our inner landscape. Discussions are reflective, instructive, and thought provoking. We explore life experiences, examine relevant resilience and spiritual literature, and discover how we operate from the inside out in ordinary life. We learn live and share basic principles behind resilience.

The study is applicable in a wide variety of disciplines from helping professions, scientific endeavors, education, to business and more. These lessons are applicable in both personal and professional life. Impact of this learning is lasting and deep.

An array of audio visuals, readings, discussions, and activities are employed. Select global authors will be invited guest speakers. Grade is based on full class participation, a brief written reflection, and two short papers with informal presentations.

For additional class details contact instructor Kathy Marshall at marsh008@umn.edu

**Wed. 4:00 - 6:30 p.m. CST** on January 20, 27; February 3, 10, 17, 24; and March 3

**Sat. 9:00 - 11:30 a.m. CST** on January 23, 30; February 13, and March 6

Visit z.umn.edu/CSPH5201 or contact us at csh-academics@umn.edu for more information.

STUDENT TESTIMONIALS

“it is a mystery why more of my courses didn’t teach me any skills to live better and well. It’s more crucial and difficult than any other subject. I am eternally grateful for the Center and Kathy.”

“She was WONDERFUL. Best academic teacher I’ve EVER had. So soothing and wonderful. An enlightening, tough, and challenging, meaningful course. She really was inspirational and provided a life-changing environment.”

“This was the most worthwhile course during my time in school.”