CSPH 1000 (1 Credit)
CONNECTED OR DISCONNECTED:
SOCIAL MEDIA AND YOUR WELLBEING
Online | Instructor: Kit Breshears

COURSE DESCRIPTION
Explore how your relationship with social media affects your overall wellbeing. This online course examines the impact that digital decisions make in daily life. You will assess your online presence and develop skills to have a more meaningful relationship with social media.

COURSE OBJECTIVES
At the end of the course, students will be able to:

• Analyze your social media presence and behaviors and identify their impact on your life
• Discuss the risks and benefits of creating a digital footprint
• Develop a set of skills to have a more beneficial relationship with social media
• Identify and use digital tools to enhance wellbeing, including behavior tracking, behavior change, and compassion technology
• Discuss how personal relationships are enhanced or diminished by social media
• Discuss how you can use social media to create positive social impact

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