

# the art and science of human flourishing

## Summer 2021

ASIAN 120, COUN PSY 120, ED PSYCH 120, PSYCH 120

Open to all degree seeking UW-Madison undergraduates

Meets Humanities or Social Science breadth requirement

Credits: 3

*"I previously thought flourishing was shown by the amount of success one encounters. But it isn't measured at all. It's the small end goals and everything we do leading up to those goals. Transforming and being resilient are our checkpoints. It's being built brick by brick by each individual human."*

-Marcellus Lawrence, 2020 ASHF student and PEOPLE Program Scholar

## About the Course

For millennia, human cultures have offered various recipes for "flourishing," a life filled with deep satisfaction, resilience, accomplishment and purpose. In this class, students will learn some key ingredients of flourishing and will reflect on their personal identity and values to explore what their unique recipe for flourishing might be, while learning skills - such as mindfulness - that can contribute to its realization.

Each week we will investigate a specific theme, with the goal of facilitating expanded **self-awareness**, **attention regulation** and **focus**, **enhanced social connectivity**, **community engagement** and identifying ones' unique **purpose** and **passion** to cultivate a more meaningful life.

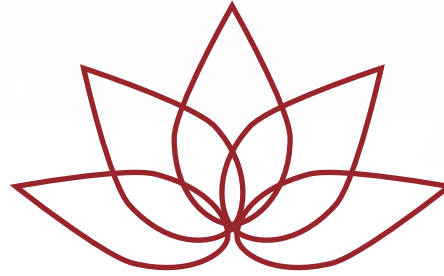
**Learn more: [go.wisc.edu/ashf](https://go.wisc.edu/ashf)**



Awareness



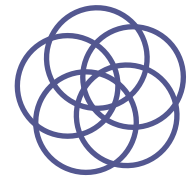
Connection



Flourishing



Wisdom



Integration

### Class Times

June 14-August 6

Mon, Tues, Thurs, Fri at 9:55 a.m.  
(online)

### Discussion/Lab Time

Wednesdays at 9:55 (online)

### Questions?

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