GCL 188 Health and Wellness in Literature  credit: 3 hours.
Grand Challenge Learning course in the Health & Wellness pathway. Exploration of creative, literary responses to the issue of Health & Wellness from an interdisciplinary perspective with an emphasis on experiential learning. Topics vary by section.

This course is intended for first and second year students.

This course satisfies the General Education Criteria for a:
Humanities – Lit & Arts

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>70348</td>
<td>Lecture-Discussion</td>
<td>A</td>
<td>02:00 PM - 02:50 PM</td>
<td>MWF</td>
<td>36 - English Building</td>
<td>Pincus, A</td>
</tr>
</tbody>
</table>

Madness & Mental Health
Grand Challenge-Health/Well, and Humanities - Lit & Arts course.
Restricted to students with Freshman or Sophomore class standing.
Too often we’re afraid to talk seriously about mental health because we assume no one else will understand, no one else will care, or worse, everyone else will know that we have a problem. But the truth is that everyone experiences mental health challenges at some point and the more we hesitate to discuss them, the more we fail ourselves and our communities. This class explores English-language literature about mental illness and its relation to human society. Approaching mental health through literary studies allows us to understand how human experiences like emotional and physical trauma, loss, and mental illness shape our interaction with society. Literature is an ideal vehicle for such nexus thinking because it dramatizes social systems, casting mental health concerns into rich and complex imaginative worlds that give us insight into our own. In addition to reading novels, poetry, and plays about mental health, students will journal, creatively interpret a text of their choice, and visit with certified mental health professionals, social workers, and community activists to learn how the challenges we read about operate in people’s daily lives.