


Introducing a New Course!
Fall 2024

Nurturing the Mental Health of Musicians

MWEL 1160

Tuesdays 1:15–2:30pm

Taught by Jessica Blackwell,
Clinical Mental Health Therapist &
Artist Teacher of Violin



In an inclusive and supportive environment, a variety of mental health issues will be explored, such as performance anxiety, perfectionism, overthinking, and depression, from both a clinical and musical perspective. Students will be given tools and resources to help foster increased well-being.