CRN#  Spring 2014 APL 090, Integrating Democratic Education at Stonehill (IDEAS) Course Descriptions
(Students must apply to take these courses through Prof. Chris Wetzel.)

40740  APL 090 A: IDEAS: Action and Mystic Rituals
Instructors: Sarah Hall (2014) and Elveera Lacina (2016)
This course invites students to integrate the study of positive thinking techniques with various religious rituals to enhance their knowledge of the mind, body, and spirit while catalyzing action which will bring them deeper meaning. Course discussions will incorporate mystic practices from varying religious traditions, such as Islam, Hinduism, tribal religions, and Christianity. We will challenge students to be truly present in their own lives and within their interactions with others. Weekly topics including Chinese medicine, Buddhist meditation, and other practices of interest to students will involve reading, journaling, and discussion matter for class, along with opportunities to begin mindful action. By the completion of this rigorous semester of introspection and exploration of multiple spiritual traditions, students will have a deeper understanding of themselves and how personal action can profoundly influence others in vibrant, interconnected world in which we live.

40741  APL 090 B: IDEAS: Chemistry of the Cupcake
This course is designed to provide students with the opportunity to investigate the science behind baking. We will meet one evening per week in the New Hall kitchen to create various confections and baked goods. During waiting periods and after sampling the final product(s), group discussions about the chemistry of baking will be held. Homework will include the use of Pinterest to make suggestions for future projects, watching informational videos, and readings throughout the semester. Potential topics to be covered include identifying baked goods by their recipes, the effects of modifying ingredients and using substitutions, the chemistry of artificial flavoring, healthier dessert alternatives, quick breads/muffins/biscuits, frozen chocolate wind, and fruit snacks.

40742  APL 090 C: IDEAS: Cultures at Stonehill
Instructors: O'Shane Morgan (2016) and Amanda Nagim-Williams (2016)
This course will examine the relationships between cultural ties to various aspects of one’s daily life through avenues such as music, art, and food. Particular attention will be paid to the ways in which varied cultural experiences about education, socioeconomic status, and oppression shape the perspectives of many. This course aims to help advance the mission of Stonehill College to educate the whole person by opening up dialogue between students with the ultimate goal of building stronger relationships by acknowledging and understanding how culture directly impacts individuals’ perspectives. Students will log their experiences within the class through journal. In addition to engaging in rich dialogue, students will be able to share in hands on experiences of the various cultures through guest speakers, food, music, art, festivals, or movies. These engaged activities will deepen our exploration of topics discussed in the course.

40743  APL 090 D: IDEAS: Daily Exercise & Health
In this course students will have the opportunity to explore how to live a healthy lifestyle through exercise and dieting techniques. Students will learn how to write their own exercise program, techniques for injury prevention, how certain sports can affect human physiology, and understand the proliferation of popular supplementation products currently on the market. Students will challenge themselves through exercise with weekly physical assessments and by performing their own research on health-related topics. An open yet critical mind and a positive attitude are essential for this course.

40744  APL 090 E: IDEAS: Envi, Education & Change
Instructors: Sara Boukdad (2015) and Lauren McCabe (2015)
Have you ever overheard students or friends complaining about topics like climate change, the education system, or our government, but watched them continue with their day to day lives despite their concerns? In this course, students will develop the skills needed to act as a citizen of the world. How do you create a society where people care about their role in preserving the environment? What if we were all more prepared to be able to make real change in our communities and countries? This course will examine the roles that education and public policy play to initiate change in a society. Our hope is to create an atmosphere of inspiration and empowerment at Stonehill. Small changes in our lifestyles can mean major influences in our environmental impact and our futures. International case studies will be incorporated to analyze the cultural awareness, knowledge, and processes that countries around the world are using to understand the core of the problem and work towards a better future.
40745  **APL 090 F: IDEAS: Inner Activist**  
**Instructors: Kristen Bailey (2014) and Evan Wolstencroft (2016)**  
This course will guide and empower students to identify and develop their underlying passions and find their “inner activist” in order to learn more about themselves and foster the ability to become an agent of change. A variety of topics will be covered over the duration of the course. Theories of how to build social change and justice through numerous mediums, including film, writing, photography, and rhetoric, will be discussed. Concepts of grassroots organizing and student-led activism will be explored by examining different organizations, movements, and programs to increase insight and knowledge. Students will develop their own “toolkit” that will become a foundation for initiating change in communities, as well as participate in discussions regarding activism in a college setting, and how such a setting affects student-led advocacy.

40746  **APL 090 G: IDEAS: Meet Your Inner Yogi**  
**Instructor: Hanna Brucker (2015)**  
The main goal of this student lead course is to explore the self through the uses of Yoga, meditative practices, gratitude journaling and prompted discussions. Students will be challenged to recognize their faults, embrace their strengths and cultivate the two in order to gain a greater understanding of themselves. Students will be given tools in order to discover and explore their deepest needs and desires. Yoga and meditation practices, led by a certified instructor, will be a vehicle for the students to think unconditionally about themselves without the distractions of the outside world. This course will be an opportunity to calm the mind, soothe the soul and become acquainted with the most peaceful and whole self. The course will require readings and journals but most importantly it will require honesty and dedication to the goal of meeting your inner Yogi.

40747  **APL 090 H: IDEAS: Nerd Culture**  
**Instructor: Adam Lebow (2016)**  
In this course, we will be talking about Pop-Culture movements both past and present (example Geek Chic, brought about by the recent television show The Bang Theory) and learning about where they originate from as well as having group discussions on how we think they have impacted society and what nerdy subcultures have emerged because of them. Possible assignments and activities would include reflection papers on current nerdy news and events as well as a longer presentation on a Nerdy Pop-Culture themed event of your choice. Potential class topics that may be focused include the origin of the zombie movie, the comic book/superheroes and their impact throughout World War II and other influential time periods, and the creation of fandoms and social communities formed around them.

40748  **APL 090 I: IDEAS: Pop the Stonehill Bubble**  
How do you feel about being stuck inside the Stonehill bubble? College students tend to be unaware of major issues happening in the world around them, including poverty, violence, and lack of diversity. We put these issues in the back of our minds, while concentrating on issues that directly affect our daily lives, such as homework, friends, and sleep. Every week, our class will meet and have an open discussion on a new topic, while keeping in mind the underlying issue and how it relates to the Stonehill community. Topics will be selected based on student interest and can include something nearby such as disadvantaged youth in Brockton or worldwide, such as the conflict in Syria. Field trips will be implemented to guide the learning experience. In this course, we will discuss issues outside our community and what we can do to increase awareness and pop the Stonehill bubble.

40749  **APL 090 J: IDEAS: The Truth About Us**  
**Instructors: Brittany Frederick (2016) and Nisha Khubchandani (2016)**  
This course will give students a chance to reflect upon and discuss their own identities. Oftentimes, we overlook our own identities even though they are such an integral part of who we are. The course is meant to provide a safe space in which students can learn about each other and themselves. With the help of these conversations, our course will connect who we are to the broader social justice issues that pertain to Stonehill as well as the global community. An exploration of diverse backgrounds and experiences will enable students to gain a better understanding of power, privilege, and oppression. The experience will allow students to become effective allies for targeted communities. Intergroup dialogue and facilitation techniques will serve as means of becoming better social change agents.