

## About January Term

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Since 1970, [January Term](#) (Jan Term) has offered both students and faculty the opportunity to explore courses and experiences that depart from the constraints of the regular semester. Here, students are encouraged to explore beyond their major, minor, or core requirements. Each year, faculty develop a new curriculum composed of content and approaches designed to stimulate the imagination, and experiment with both subject matter and technique.

Like [Collegiate Seminar](#), all undergraduate students and faculty from across the College participate in [January Term](#). Students and faculty are freed from disciplinary constraints to create innovative learning experiences. Students are required to take one full-credit [January Term](#) course for each year of full-time attendance. The College offers both on-campus courses and off-campus travel courses throughout the United States and many parts of the globe. Many courses emphasize experiential learning through service, community-based research, and on-site learning relevant to the region.

Each January promises new and innovative opportunities. Since students enroll in only one course, which equals a full semester credit, faculty members expect more and tend to increase the pace of instruction. [January Term](#) is designed to suspend the ordinary and engage the extraordinary, nurturing students as lifelong learners.

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## Course Descriptions

1 Unit

CORE 125 - Introduction to Laboratory Practicum in the Sciences

**This course is only open to transfer students.**

**Type:** In-Person

**Course Meeting Days & Times:** TTH 1:00 PM - 5:00 PM

**Instructor(s):** Bachofer, Steve

**Email:** bachofer@stmarys-ca.edu

**Fee:** \$0

**Course Description:** This course is intended for transfer students who have fulfilled the science lecture coursework at another institution but are missing the lab requirement. This application-based science lab course teaches students the foundations of gathering and analysis of empirical data on a topic of natural and physical science. Students will learn how to draw a valid conclusion based on basic experimental research.

### **Prerequisites & Notes**

This course is only open to transfer students who have completed the lecture portion of the Science requirement in the Core. Permission of the instructor is required to register

Credits: 1

CORE 250 - Printing for Protest: T-Shirt Messaging

*This course fulfills the Arts & Humanities Creative Practice Core Requirement*

**Type:** In-Person

**Course Meeting Days & Times:** TuW, 12:00 PM-3:30 PM (this includes studio work-time)

**Instructor(s):** Mount, Andrew

**Email:** alm16@stmarys-ca.edu

**Fee:** \$175

**Course Description:** This is primarily a hands-on creative practice course. Students will learn the processes of screenprinting, beginning with printing on paper with stencils. The subject area of this course is the use of t-shirts to mobilize political opinions and protest/resistance. Students will be exposed to a range of historical visual resources, texts, and at least one class visitor. It is necessary for students to understand some of the histories of this subject area in order to be able to make art that they are proud of - that they literally want to wear!

Over the duration of the course, students will learn two more techniques and ultimately produce a set of politically engaged t-shirt designs. The designs will be printed on t-shirts as part of the course. The course is taught in person, on campus.

**Prerequisites & Notes**

None

Credits: 1

JAN 251 - Confections of a Chocoholic

**Type:** Remote

**Course Meeting Days & Times:** TTh, 2:45 PM-4:00:00 PM

**Instructor(s):** Borges, Filomena

**Email:** fborges@stmarys-ca.edu

**Fee:** \$100

**Course Description:** Are you a chocolate enthusiast wanting to deepen your knowledge of chocolate, develop your tasting palate, and practice pairing it with other foods, drinks, and ingredients with confidence? While chocolate is often associated with decadent Valentine's Day confections as well as a cozy winter beverage, cacao is far more culturally complex than its contemporary media depictions. From its origins in Mesoamerica as a sacred drink, or the "food of the gods", to its modern uses in the food, cosmetic and pharmaceutical industries, Theobroma cacao affects life in more ways than the average consumer knows.

We will study chocolate's history and its global presence exploring its relationships to religion, economics, medicine, and beauty. There will be in-class chocolate tastings of cacao components, chocolates, and confections while focusing on local, organic, non-GMO, and fair-trade products whenever possible. We will actively avoid high fructose corn syrup, harmful ingredients, and well-known commercial brands. In addition to chocolate tastings, we will explore chocolate as a health food.

Students will learn how to mold chocolates, use chocolate confectionery equipment, and how to make chocolate from scratch as well as experiment with edible projects, such as nut butter-style cups, fondue, hot chocolate, chocolate tea, candy bars, flavored chocolate, chocolate chip cookies, and baked goods.

At the end of this course, you will have not only satisfied your chocolate curiosity, learned how to savor chocolate and how to use cacao in various ways, but you will also have gained an awareness of cacao's larger historical and contemporary role in culture, economy, and the planet's well-being.

PLEASE NOTE: Food inclusivity as well as allergy consciousness will be topics covered therefore the course is appropriate for all eating styles from vegan to paleo. While foods and ingredients will be gluten-free, students who tolerate gluten will be able to use the concepts learned in class.

**Prerequisites & Notes**

None

Credits: 1

JAN 350 - The Psychology of Becoming Happier

**Type:** Remote

**Course Meeting Days & Times:** W, 6:00 PM-8:00 PM

**Instructor(s):** Strahilevitz, Michal

**Email:** ms9@stmarys-ca.edu

**Fee:** \$0

**Course Description:** In this class, you will learn about research-based techniques for increasing happiness and well-being. The course features lectures, in-class discussions and opportunities to share what you have learned from your weekly assignments. There will be readings and videos assigned as well as homework. However, the majority of time outside of class will be spent carrying out a variety of happiness exercises and reflecting upon the effects of your experiences in written assignments. There will also be opportunities to discuss and share what you learn with others in the class. One technique for increasing happiness that we will explore in this class is freestyle dancing. So, you can expect dance breaks during class. You don't have to be a good dancer. You just need to get off your chair and move with the music. The goal of the in-class dance breaks will not be to look good but to feel good. The course is fully online with 65% synchronous over zoom, and 35% asynchronous via another online platform. This allows students to do and share about their happiness exercises every day of the week.

**Prerequisites & Notes**

None

Credits: 1

100 Level (3 Units)

JAN 100 - Aesthetic & Moral: Socially Conscious Art from Modernism to Graffiti

**PLEASE NOTE:** Level 100 courses are open ONLY to first-year students.

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30:00 PM

**Instructor(s):** Arnold, Chad

**Email:** [carnold@stmarys-ca.edu](mailto:carnold@stmarys-ca.edu)

**Fee:** \$20

**Course Description:** Do you love art? If so, take this course - it will give you the chance to learn about the recent history and theory of art and perhaps more importantly, it will give you the opportunity to go out into the world and have a look at some of the most exciting and important art in the world. This is an introductory course, so you don't need any expertise, just an open mind!

We will begin this course by asking what art is and further, do we know it when we see it? Other considerations and questions we will look at are what criteria is required for a work to be considered great? And what do we mean when we say 'great'?

The 20th and 21st centuries have been a remarkable period for many reasons, and one of the most important and uplifting is in the world of art. The central philosophical consideration of this course is that making art can be a moral act, it can make a difference in people's lives in the real world. We will focus on the social aspect of art, and how it can help the suffering and the world's poor. There are many artists and artworks that function in response to, for example, armed conflict, migration, and poverty among others.

It is a profound period of acknowledgment and affirmation. In this course, we will seek to understand the central movements, trends, and concerns that have come to define contemporary culture, with specific attention to works in the fields of sculpture, fiction, film, painting, and poetry that have been passed over or are otherwise marginalized. We will also examine economic considerations and social trends in art that help define the works and our society.

In this exciting course, we will be explicating in detail major works by Clarice Lispector, JR, Ai Weiwei, Pablo Picasso, Virginia Woolf, John Cage, Marina Abramovic, Kara Walker, Tauba Auerbach, and many others. This will be a short if detailed history of the last hundred years or so of primarily American and European art focusing on both canonic as well as marginalized, and disenfranchised artists and works.

This course also seeks to develop your analytical skills and attentiveness for reading deeply and seeing past the pigments' glow and tint. You will learn how to read and enjoy poetry and learn how to look at paintings and sculptures with new insight and appreciation. We will also explore the vital relationship between how much you know and how much you like. And it will be fun.

The ability to recognize and be moved by art is a skill that needs to be practiced, not only for the moral evolution of humanity but for its health and diversity. With such discipline, we might improve the condition of the world. Art has restorative powers beyond the page or gesso ground, and the study of art is one of the most satisfying ways to connect with other people and the world around you. This challenging course will explore connections between seemingly disparate modes of aesthetic inquiry to unpack the vitality of the whole.

### **Prerequisites & Notes**

None

Credits: 3

JAN 101 - Beginning Dance and Choreography

**PLEASE NOTE:** Level 100 courses are open ONLY to first-year students.

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30:00 PM

**Instructor(s):** Lawton, Dana

**Email:** dlawton@stmarys-ca.edu

**Fee:** \$100

**Course Description:** This course delves deeply into exploring the art of choreography and the training of the dancer. The dance technique portion of the class will develop strength, musicality, and performance skills. The choreographic portion of the class will entail the development of a dance from beginning to end. Group discussions will assist in aiding the choreographer toward personal insight and reflection when making choreographic choices. This in-person course will also invite guest teachers from the Bay Area and require daily journal and/or reading assignments.

**Prerequisites & Notes**

None

Credits: 3

JAN 102 - Beyond #Cottagecore: Self-Sufficiency as a Sustainable Lifestyle

**PLEASE NOTE:** Level 100 courses are open ONLY to first-year students.

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 9:15 AM-11:45:00 AM

**Instructor(s):** Vital, Sarah

**Email:** svital@stmarys-ca.edu

**Fee:** \$20

**Course Description:** Homesteaders. Preppers. DIYers. #Cottagecore. Many names and many different-- sometimes even questionable-- motivations, but these trends have the same thing in common: a back-to-basic focus on self-sufficiency. In this fully in-person class, we will survey the various economic, environmental, social, and personal benefits and concerns of self-sufficiency lifestyles. Through diverse readings and robust discussions, we follow how these

lifestyles, and the traditional skills inherent in them, can be a means towards personal satisfaction, environmental sustainability, and social equity and justice. A weekly in-class hands-on group workshop will allow for learning and practicing some very basic traditional skills, such as sewing, mending, gardening, and baking. The final class project will be a poster and oral presentation on a traditional craft of choice.

**Prerequisites & Notes**

None

Credits: 3

JAN 103 - Build Passive Solar Green Home

**PLEASE NOTE:** Level 100 courses are open ONLY to first-year students.

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30:00 PM

**Instructor(s):** LaGatta, Alexandra

**Email:** abl4@stmarys-ca.edu

**Fee:** \$70

**Course Description:** This is a really fun in-person class where you learn all about energy supply and then use that knowledge to build a model of an energy-efficient home! You will learn why energy efficiency is one of the easiest and most powerful tools we have to combat climate change, environmental destruction, and inflation. We investigate the fossil fuel industry, renewables, and learn the tenets of passive solar design. The class then divvies into teams and each team designs and builds a model of their vision of an energy-efficient, passive solar home.

A passive solar home is a comfortable home that gets at least part of its heating, cooling, and lighting energy from the sun. There is no magic formula and success comes in the form of leaving a lighter footprint on the environment through energy-efficiency and conservation of resources.



Come be a part of a team, harness your creativity, and build some magic!

**Prerequisites & Notes**

MATH 104 or 110 or 136 or 137 or Math Placement C or By Permission of the Instructor

Credits: 3

JAN 104 - Check All That Apply: Being Multiracial and Multiethnic in the US

**PLEASE NOTE:** Level 100 courses are open ONLY to first-year students.

**Type:** Hybrid

Week 1 - In Person

Week 2 - Zoom

Week 3 - In Person

Week 4 - Zoom

**Course Meeting Days & Times:** MTThF, 9:15 AM-11:45:00 AM

**Instructor(s):** Wilson Hirst, Ynez

**Email:** yhirst@stmarys-ca.edu

**Fee:** \$0

**Course Description:** In this course, we will deeply examine the history and existence of multiracial and multiethnic individuals. Although it wasn't until 2000 that the US Census recognized the importance and existence of multiracial and multiethnic identities, there is in fact a long history of such individuals and families. The new process of "check all that apply" offers multiracial and multiethnic individuals the opportunity to more accurately reflect their racial identity on the US Census. Multiracial researcher, Cynthia Nakashima states, "Mixed-race people, who do not completely 'fit in' to any racial/ethnic groups but who frequently have ties to more than one, should use their neither/both positionality to resist and destroy the dominant racial/ethnic structure" (in Root, ed. 1996:89).

Using the literature that dominates the field as a starting point, we will delve more deeply into personal stories-understanding the issues at a more complex and critical level, as we consider the significance of socio-historical time and place. Some of the topics that will be discussed include anti-miscegenation laws, the process by which the US Census adopted the "check all that apply" practice, ethnographies by and about multiracial and multiethnic individuals, and demographics relating to the multiracial and multiethnic population.

**Prerequisites & Notes**

None

Credits: 3

JAN 105 - Coding is Fun!

**PLEASE NOTE:** Level 100 courses are open ONLY to first-year students.

**Type:** Fully Remote

**Course Meeting Days & Times:** MTThF, 9:15 AM-11:45:00 AM

**Instructor(s):** Margitay-Becht, András

**Email:** am17@stmarys-ca.edu

**Fee:** \$0

**Course Description:** This course is aimed at students who have no experience in programming, but would like to get a quick introduction to the field. This course introduces students to the basics of programming, algorithm development, and computational thinking. These are essential skills for a 21st century professional life and can complement a student's training in other disciplines. Some students may also continue to pursue further study using a CS or DS minor, CS certificate, etc.

Programming is a highly creative activity that can be rather fulfilling, but the stigma surrounding it can scare people away. This course is focusing on a series of fun interactive activities that will see the students discover for themselves the basics of computational thinking. The aim of this course is to show that programming can be fun, and that anyone can do it.

**Prerequisites & Notes**

None. No prior computer programming experience is required.

Credits: 3

JAN 106 - Designing the Quest Board Game: Heroes, Heroines, and Healers

**Please Note:** Level 100 courses are open ONLY to first-year students.

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 9:15 AM-11:45:00 AM

**Instructor(s):** Gearhart-Utchen, Jenyth

**Email:** jjg13@stmarys-ca.edu

**Fee:** \$50

**Course Description:** In this 100% in-person course, we will read quest narratives and create board games based on plot and character archetypes from hero's and heroine's journeys. Part reading, part writing, and part manufacturing, this interdisciplinary course encourages students to synthesize patterns of thinking and play as they contend with assumptions surrounding "winning." If you are curious how one may translate the Hero's Journey into a game of skill or chance or thrones, this course is for you. If you wonder how the Heroine resolves feminine seduction and betrayal to overcome obstacles, you should study with us. If you're questioning how play might help a protagonist heal their painful circumstances and become whole, try creating a board game using healing tokens and tiles to aid the protagonist across the finish line.

We will read excerpts from Joseph Campbell's *Hero with a Thousand Faces*, Maureen Murdock's *The Heroine's Journey*, and use the *Avatar* series as our mentor movies. Book groups will choose from fantasy (*A Wrinkle in Time*), folklore (*Where the Mountain Meets the Moon*), science fiction (*Ender's Game*), mythology (*The Hidden Oracle: The Trials of Apollo*), or realism (*A Man Called Ove*). We will play three categories of board games in class, then design our own in collaborative small groups (selected according to areas of interest).

In these four weeks, we will practice the five "Ps" of project management: proposal, plan, people, process, and product. Imagine the last day of the course: groups of three or four students at five tables playing and evaluating each others' original and exciting board games.

### **Prerequisites & Notes**

None

Credits: 3

## JAN 107 - Empires and Barbarians

**Please Note:** Level 100 courses are open ONLY to first-year students.

**Type:** In-Person

**Course Meeting Days & Times:** TuTh, 12:00 to 2:30 and Fri, 10:00 a.m. to 3:00 p.m.

**Instructor(s):** Dopfel, Costanza

**Email:** cdopfel@stmarys-ca.edu

**Fee:** \$120

**Course Description:** This January Term is based on experiential learning coupled with socio-historical lectures.

The course explores the tension between highly defined, established cultures at the center of a military and commercial global empire and the populations surrounding them, often referred to as 'Barbarians'. Students will observe the situation both from the point of view of the literate Imperial Roman culture and from the perspective of the populations outside the empire's borders, generally perceived as a threat.

These perspectives will be brought to light through the participation of historical re-enactors and experts, who will offer military training, games, sports, and a historically accurate meal. These groups will re-enact the lives of Iron Age Celts, Romans, and Vikings.

By the end of the course, students will be able to have an overall understanding of late Iron Age cultures, of the development of Roman power, and of early medieval migrations that moved both east and west. Additionally, each Tuesday and Thursday there will be a 'swordfighting break', during which students will learn about tactical moves and enact historical battles. Each student will be given a boffer sword to keep. The last Friday will be instead dedicated to archery.

In order to accommodate the re-enactors' activities there will be four double sections during the first three Saturdays and the last Friday, starting at 10:00 a.m. and ending at 3:10 p.m.

Students are required to attend the whole long section, not just part of it.

Students must be willing to participate in all physical activities, as well as watch all the videos, read the material on Canvas, and take several tests.

### **Prerequisites & Notes**

None

Credits: 3

## JAN 108 - Experiencing Museums

**Please Note:** Level 100 courses are open ONLY to first-year students.

**Type:** In-Person

**Course Meeting Days & Times:** MTuThF, 12:00 PM-2:30:00 PM

**Instructor(s):** Manter, Lisa & Spero, Susan

**Email:** lmanter@stmarys-ca.edu

**Fee:** \$150

**Course Description:** Museums reflect a community's culture and are places for lifelong learning. In this class you will experience museums through on-site visits, in-class discussions and lectures. As you develop your museum literacy skills and improve your visual intelligence, you will enjoy your visits more and be able to creatively engage with the objects you encounter. By practicing basic interpretative skills, you will also build the confidence to approach any object or exhibition. In addition to exploratory weekly reflections where you can reflect and ask questions, the two larger assignments for the course will provide a place for you to show off your newly-honed interpretive abilities in two different ways. The "Art Back" assignment provides a chance to creatively respond to a particular object or exhibit. The "Reading for an Other" allows you to use the insights you have learned throughout the term to craft an experience for an imagined visitor. This course is fully in-person and requires some travel to museums in the Bay Area. Students must be able to travel to and attend museum tours in person.

**Please note:** Our 3 site visits to off-campus museums will typically last twice as long as a typical class period, so we will only meet 2 days on campus each week when we have off-campus museum visits. Students will need to have flexible schedules to be able to budget time for these required museum visits and the travel time to those sites. Though there will only be one 5-hour off-campus visit per week, due to the different schedules of the museums, students need to be available between 10:30 a.m. - 5:30 p.m. on Tuesdays and Wednesday for these required visits.

**Please note the class will meet:** Week 1: W, Th, F. Week 2: M, T, TH, F. Week 3: T, W, Th, F. Week 4: M, T, Th, F.

### **Prerequisites & Notes**

None

Credits: 3

## JAN 109 - Experiments in Video, Stop Motion Animation, and Creative Writing

**Please Note:** Level 100 courses are open ONLY to first-year students.

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 9:15 AM-11:45:00 AM

**Instructor(s):** Kulbeck, Jennifer & Rourke, Jeremy

**Email:** jak12@stmarys-ca.edu

**Fee:** \$0

**Course Description:** In this dynamic on-campus course, you will create a series of digital videos and stop-motion animation projects. Each project will include an audio track, developed from creative writing exercises and assignments. Attendance and participation are central components of this class. There will be numerous in-class projects, both individual and collaborative, using the campus as our inspiration, studio, and set. You will learn to use a variety of animated forms (claymation, paper cutout, pixilation), creative writing (free writing, found sound, written and spoken word), and video editing tools (transitions, masks, green screen) to explore the moving image as a unique form of communication. You will also survey a range of modern and contemporary artists and writers to inform and inspire your own creative work and place it in context.

**Prerequisites & Notes**

None

Credits: 3

JAN 111 - Grateful Dead: 59th Anniversary

**Please Note:** Level 100 courses are open ONLY to first-year students.

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30:00 PM

**Instructor(s):** Marston, Sue

**Email:** smarston@stmarys-ca.edu

**Fee:** \$25

**Course Description:** This seminar-style course is designed to help students gain a better understanding and appreciation of the Grateful Dead. One emphasis of the course will be on the history of the band. Another emphasis will be on understanding the Grateful Dead as a cultural/social phenomenon and their influence on people of their time and those that followed. The course will also focus on the music (throughout four decades) and help students personally interface with the Grateful Dead story.

**Prerequisites & Notes**

None

Credits: 3

JAN 112 - Hands-on STEM Exploration for the Science Inspired

**Please Note:** Level 100 courses are open ONLY to first-year students.

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30:00 PM

**Instructor(s):** Pesavento, Jim

**Email:** jjp6@stmarys-ca.edu

**Fee:** \$0

**Course Description:** This course is intended for first-year students who are inspired by science, yet are currently undecided as to whether a STEM major is right for them. This class aims to highlight the relevance of introductory course content, provide hands-on (in-person) experience, and see the interconnectedness of the STEM disciplines. For instance, topics and hands-on laboratory experiments draw from biology, mathematics, biochemistry and earth and environmental science. With input from the class, the course instructors will facilitate the generation of a hypothesis from a research project in the aforementioned fields, design a set of experiments that attempts to answer the hypothesis, and then analyze the data collected from each experiment.

**Prerequisites & Notes**

None

Credits: 3

## JAN 113 - Imagination is Not a Luxury: Understanding the Importance of Engaging Our Radical Imaginations

**Please Note:** Level 100 courses are open ONLY to first-year students.

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 9:15 AM-11:45:00 AM

**Instructor(s):** Brown, Nicole & Schonfeldt-Aultman, Scott

**Email:** nmb22@stmarys-ca.edu, sschonfe@stmarys-ca.edu,

**Fee:** \$0

**Course Description:** What if we told you imagination is like a muscle? The more you work it, the stronger it becomes. This course is intended to foster and generate radical imagination, both individual and collective. Drawing on the radical Black feminist tradition of communal exploration, self-love, and acceptance (with a focus on the works of Angela Davis, Audre Lorde, and Sylvia Wynter), the class will serve as an imagination incubator that inspires radical learning practices to imagine the world we want to live in and to foster transformative pasts, presents, and futures. This is an in-person course. Via an interdisciplinary approach, students will join our Radical Imagination Lab and work collaboratively to explore and practice genuine curiosity, creative problem-solving, un/productive play, community-building, and wellness. This class explores all these topics in service to expanding our individual and collective imaginations. Because imagination is not a luxury, but a necessity.

### **Prerequisites & Notes**

None

Credits: 3

## JAN 114 - Introduction to Japanese Language and Culture

**Please Note:** Level 100 courses are ONLY open to first-year students.

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 9:00 AM-11:45:00 AM

**Instructor(s):** Uehara, Naoko

**Email:** nuehara@stmarys-ca.edu

**Fee:** \$30



**Course Description:** Do you want to travel to Japan? Or maybe study abroad in Tokyo? Eat amazing sizzling ramen at half price! Eat authentic sushi far beyond your expectations! Understand Anime without subtitles!

Step into an express Japanese immersion in January, an ambitious, highly interactive course covering both language and many aspects of culture, with many games, activities, songs, awards, and prizes. Communicative ability is the focus of the course. You'll take a field trip to a Japanese restaurant where we will order in Japanese, make a skit as a group, and have a chance to become a celebrity among the SMC Japanese community.

You will love "tasting Fridays" for Japanese foods and drinks, on top of daily Japanese treats. Taste the flavor of stinky and sticky fermented soybeans, or the texture of chewy and stretchy Mochi. In a short month, you will be as big a fan of Japanese Snacks as of Anime and Manga! Whether you know Demon Slayers, One Piece, Naruto, or the classics of Studio Ghibli like Totoro and Princess Mononoke, we will enjoy a weekly film review and you will be able to appreciate new details for the first time.

We will have great fun learning a language most Americans may not recognize, yet is vitally important for both the global economy and to U.S. pop culture. Rejoice as strange squiggles quickly become an alphabet. Real conversations with native speakers are arranged to practice communication. Imagine your sense of achievement making basic conversation in just one short month! Whatever your major, Japan has something to inspire you!

**Prerequisites & Notes**

None

Credits: 3

JAN 115 - Introduction to Magic

**Please Note:** Level 100 courses are open ONLY to first-year students.

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 9:15:00 AM-11:45:00 AM

**Instructor(s):** Noquez, Victoria

**Email:** vln1@stmarys-ca.edu

**Fee:** \$100

**Course Description:**

Students will learn tricks from several branches of magic such as close-up magic (cards, coins), parlour magic (ropes rings), and mentalism (mind reading). We will cover some basic performance theory as well as the history of famous magicians and various magical effects, and there will be guest speakers/performers visiting the class. The course will culminate in an optional recital in which students will have the opportunity to perform.

Beyond her career as a mathematician, Professor Noquez has been performing magic professionally for over a decade. Described by The New York Times as a "math professor by day, conjurer by night," she has shared her magic all over the country and her act has been featured on national television. She is very excited to be bringing her expertise to this Jan Term course!

**Prerequisites & Notes**

None

Credits: 3

JAN 116 - Laugh at Me, Please! An Intro to Stand Up Comedy

**Please Note:** Level 100 courses are ONLY open to first-year students.

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30:00 PM

**Instructor(s):** Chavez, Anastasia

**Email:** amc59@stmarys-ca.edu

**Fee:** \$90

**Course Description:** Do you like to laugh? Do you enjoy it when other people laugh? And is it extra thrilling when those people are laughing AT YOU? In this course, we will learn the fundamentals of stand-up comedy through a variety of mediums: daily readings, daily writing and developing of new material both individually and in community, short videos, guest speakers, and frequent opportunities to stand up with a mic and find the funny. We will explore the history of comedy, learn to dissect and discern comedic approaches and aim to build a supportive, encouraging, empowering, and inclusive environment. This is also a great course to develop public speaking skills and learn to spice up your next presentation. We will have at least one field trip to enjoy stand-up comedy (all ages show). The class will culminate with a Comedy Showcase at the 1928 Pub on the SMC campus where each member will have a 5-minute slot to keep us in stitches. This will be open to the public, family and friends are welcome!

**Prerequisites & Notes**

None

Credits: 3

JAN 118 - My City Oakland

**Please Note:** Level 100 courses are open ONLY to first-year students.

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30:00 PM

**Instructor(s):** Yee, Russell

**Email:** rmy1@stmarys-ca.edu

**Fee:** \$50

**Course Description:** From Native American homeland to Spanish/Mexican Rancho, to American boom town, to industrial and civic showcase, to migrant and immigrant destination, to city of protest, to city in search of revival and respect, to city of new growth and opportunities--Oakland has changed dramatically several times in just two centuries. Today, post-pandemic Oakland is riding out an unprecedented building boom, now with a new mayor, ongoing policing and education challenges, and ever-changing demographic, political, economic, and cultural currents.

We'll explore the story of Oakland: its natural setting; social and racial history; political and civic development; commercial and industrial achievements; architectural heritage; and athletic, educational, arts, and religious aspirations. Getting behind headlines and common (mis)perceptions, students will discover Oakland's storied history, beautiful settings, vital cultures, principled debates, and unfolding opportunities. Using Oakland as an example, we'll also explore larger issues of housing, homelessness, and gentrification.

Two classes each week will be field trips to Oakland (all during scheduled class hours). Planned and possible sites include: the Cathedral of Christ the Light, Lake Merritt, City Hall and Downtown, Uptown, the Oakland Museum of California, Chabot Space & Science Center, Redwood Regional Park, and Jack London Square (with possible substitutions due to weather and/or class interest). Students are responsible for their own transportation to field trips; most are BART accessible. Class meets four days a week but, because of holidays, varies from MTuThF to TuWThF.

**Prerequisites & Notes**

None

Credits: 3

JAN 119 - Revolutionary Love: Justice in Action

**Please Note:** Level 100 courses are ONLY open to first-year students.

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 9:15 AM-11:45 AM

**Instructor(s):** Pigza, Jennifer

**Email:** jpigza@stmarys-ca.edu

**Fee:** \$50

**Course Description:** Our worlds - both micro and macro - are fraught with injustice and division. "The wrong first question is not what do we need to do? The right first question is Who do we need to become?" Inspired by Bay Area activist Ben McBride's question, this course explores who we need to become both individually and collectively to create a more just and equitable society and save democracy and the planet. What is revolutionary love? What does it look like to put justice into action? In addition to course readings and panel discussions, we'll dive deeply into the political-social-environmental issues that you choose. This class meets in person on campus; we will have two field excursions (the dates will be provided well in advance).

**Prerequisites & Notes**

None

Credits: 3

JAN 120 - Sport Writing: The "I" in Team

**Please Note:** Level 100 classes are open ONLY to first-year students

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30:00 PM

**Instructor(s):** Volmer, Mary

**Email:** mvolmer@stmarys-ca.edu

**Fee:** \$30

**Course Description:** Despite the clichéd phrase, "there is no I in team," a team is a collection of I(s): individuals with needs and goals distinct from and, at times, in conflict with team goals. In this course we will use all kinds of sports writing (journalism, creative, scholarly, reflective) to explore the difficulties and rewards of being an individual on an athletic team, and by extension an individual within a community.

Fear not. To take this class you do not need to be an athlete. We will be exercising our minds and the topics we investigate have far-reaching implications. How does one best satisfy and balance individual needs with the needs of a collective (be it a team, family, corporation, theater troupe, campus, class, etc.)? What is a "team player?" Are/How are sports a religious activity, a patriotic activity, a selfish or selfless activity? How do we view race, gender, and sexuality through the lens of sports? We will explore these questions and more in our reading, in our writing, and in our discussions. Our goal is to gain a broader understanding of the place of sport in our own lives and in our society.

**Prerequisites & Notes**

None

Credits: 3

JAN 121 - The Art of Correspondence

**Please Note:** Level 100 classes are open ONLY to first-year students.

**Type:** Remote

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30:00 PM

**Instructor(s):** Newson, Patrick

**Email:** [pjn2@stmarys-ca.edu](mailto:pjn2@stmarys-ca.edu)

**Fee:** \$15

**Course Description:** In this age of rapidly expanding digital communication, our correspondences influence the jobs we get, the lives we lead, the personal histories we record, and the relationships we foster. Though physical letters and letter-writing have begun to slip toward antiquity, in this class we will explore the historical and literary significance of correspondence as well as the practical importance of crafting a well-written letter. We will also discuss and evaluate the ways in which we learn and the methodology of this particular type of education. We will explore the impact of letters in documenting not only political or environmental events, but also in capturing the thought, belief, and aesthetics of the time. We will also read very contemporary examples of letters that challenge and expand the established understanding of their power. In addition, we will read and discuss fictional and poetic epistolary work, modern popular music which utilizes the epistolary form, and the widespread use of postal art around the globe. Finally, we will discuss the internet, email, social media, and forum anonymity, some of the elements which now define our digital correspondent culture. This class is both a platform for in-depth discussion and analysis of the formal and historical importance of correspondence and an opportunity for creative and pragmatic engagement within the practice of writing letters.

**Prerequisites & Notes**

None

Credits: 3

JAN 122 - The Art of Race: (Re)-Imagining Ethnicity and Identity in Literature, Art, & Pop Culture

**Please Note:** Level 100 classes are open ONLY to first-year students.

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 9:15 AM-11:45 AM

**Instructor(s):** Meneses, Rashaan

**Email:** rm7@stmarys-ca.edu

**Fee:** \$25

**Course Description:** How do writers and artists such as Danez Smith, Beyoncé, Ice Cube, Kara Walker, and other historically marginalized creative practitioners, subvert, de-center, and make new notions of race, identity, gender, and sexual orientation? How do they challenge cultural otherness to incite as writer Pankaj Mishra calls "a bolder cartography of the imagination"? In this class, we will explore how writers, musicians, artists, and comedians make stylistic choices of form and content to challenge dominant narratives and put center stage traditionally marginalized voices, neglected histories, and sub-histories. The aim of this course is to discover how art can complicate and challenge some of our greatest public narratives: race and gender; and how these narratives serve as writer Kaitlyn Greenidge says as a "collective and imagined space that exists only as a metaphor, rhetorical argument, figurative language, in short, as a fiction, though that does not mean that [they are] not real."

Reading from diverse authors and viewing other artistic forms, we will consider the many different ways art and pop culture help us understand and challenge identity and politics, and conversely how we can interrogate notions of identity and politics to create art that incites a world awareness. This course may include a field trip to a local art museum such as the San Francisco Asian Museum or the Museum of African Diaspora as well as in-class visits from guest artists.

#### **Prerequisites & Notes**

None

Credits: 3

JAN 123 - The Art of the Domestic: The Personal is Political as Praxis

**Please Note:** Level 100 classes are open ONLY to first-year students.

**Type:** In-Person

#### **Course Meeting Days & Times;**

Week 1: Wednesday (9:15-12:15), Thursday (9:15-12:15), Friday (9:15-1:15)

Week 2: Tuesday, Thursday, Friday

Week 3: Tuesday, Thursday, Friday

Week 4: Tuesday, Thursday, Friday

**Instructor(s):** Schmidt, Suzanne & Maciesz, Patti

**Email:** scs14@stmarys-ca.edu

**Fee:** \$80

**Course Description:** In this class, we will explore the political underpinnings of domestic work and express the impacts of this work in our own lives. Our inquiry focuses on intersectional feminist art and students will produce a studio assignment in each class session, culminating in a final piece that they will share with others in a public art opening in Oakland on the last day of class. Class sessions will pair seminar-style discussions with a studio assignment in which they will create a piece of artwork in the theme of the class. In subsequent class sessions, students will give and receive supportive feedback on their work.

Students interested in the creation of their own artworks will develop a final artwork. Students interested in the theory will curate the exhibition and create interpretative materials. The class culminates in a student exhibition of final projects that respond to a class topic that has captivated their imagination and instigated further research. Students do not need prior experience in art, drawing, painting or even domestic work to succeed in this class. They should bring a curiosity about art, feminism, politics, and activism. This class is fully in-person, with Zoom accommodations for illness.

**Prerequisites & Notes**

None

Credits: 3

JAN 124 - Writing and Publishing a Romance Novel

**Please Note:** Level 100 classes are open ONLY to first-year students.

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 9:15 AM-11:45 AM

**Instructor(s):** Ahlfeldt, Rebecca

**Email:** raa12@stmarys-ca.edu

**Fee:** \$20



**Course Description:** Many people aspire to write a novel and few ever complete one. In this class, students will write the first three chapters of a romance novel and create a roadmap for completing and publishing it. This process includes writing a summary and a query letter as well as exploring the genre and paths to publication. We'll look at the structure of romance novels, read samples, chat with industry professionals, and watch clips from movies. Students should come to class ready to write!

**Prerequisites & Notes**

None

Credits: 3

JAN 126 - Tolkien & The Rings

**Type:** In-Person

**Course Meeting Days & Times:** MTWTh 2:45 PM - 5:15 PM

**Instructor(s):** Redemer, Colin

**Email:** cr6@stmarys-ca.edu

**Fee:** \$100

**Course Description:**

This generation of students knows of J.R.R. Tolkien as the inspiration for the film series "The Lord of the Rings" and perhaps even more relevantly as the source for the Amazon series "Lord of the Rings: The Rings of Power." Both the film and the web series find their source in an unlikely place, the text of J.R.R. Tolkien's novel published in 1954. Yet value can be found in unlikely places. It isn't for nothing that Amazon spent over \$200 million for the rights and is promising total production costs to run over one billion dollars. People are fascinated by the world the book creates. Even if folks haven't seen the films, the memes ripped from particular scenes have become part of the lingua franca of social media culture. Where would we be without that image of Sean Bean, playing Boromir, explaining to the council of Elrond the difficulties of walking into Mordor? It has been used as a stand-in to emphasize the difficulty of tasks ever since. But too rarely do we recognize the depth and breadth of the impact that this fusty Oxford Don has had on the English-speaking world.

In this class, we will take the time to explore the thinkers and writers who influenced Tolkien. This includes sources as varied as the Tridentine Latin Mass, linguistic studies, the British role

in World War I, ancient myths, and the romantic fantasy writers. We will move into a study of his own works including his academic essays, his major works of fiction, but also trying to glean insights from his personal letters and the lectures he delivered as a professor to his students. Finally, we will take time to consider the impact he has had on the landscape of modern fiction in his role as the father of the fantasy genre that has brought us the Game of Thrones series.

The course will be an immersive experience attempting to draw us as close to Tolkien's ideas as we can, but also attempting to give us a sense of his life and his loves too. There will be five field trips. Expect to take nature walks, learn how to identify trees and mushrooms, and explore the arcane connection between obscure Catholic ritual and ancient Greek mythology. As Tolkien might say himself: "it is the job that is never started that takes longest to finish." This January we may not learn everything there is to know about Tolkien, but we will make a start. Class will be held exclusively in person.

Please note: This course will have additional nature-walk field trips.

### **Prerequisites & Notes**

None

Credits: 3

JAN 127 - Taylor Swift as Mirrorball: Reflections of Ourselves & Culture

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30:00 PM

**Instructor(s):** Noble, Megan

**Email:** [mjn6@stmarys-ca.edu](mailto:mjn6@stmarys-ca.edu)

**Fee:** \$ TBA

### **Course Description:**

**"Taylor Swift as Mirrorball: Reflections of Ourselves & Culture"** is a course that analyzes how the Nashville-raised artist and icon operates as a temperature gauge for the culture at large. Contrary to what Swift implies on her 2022 release, *Midnights*, the reason why so many fade, but she's "still here" is not a phenomenon that can be solely attributed to 'karma.' Together, we'll think critically about the nuances of what Swift represents in our culture by analyzing her relationship to girlhood, whiteness, feminism, and fandom. We will learn how to read and analyze critical theory, cultural criticism, music journalism, and personal essays in multimedia forms. To aid our discoveries, we will research, write, and generate three distinct products of different genres - mirroring the genre literacy and shifts of Swift herself. Our class will be a community of writers and thinkers. Through the workshop, we will participate in a lot of

thinking, reading, writing, rewriting, listening, and discussing with one another. Lastly, familiarity with Swift's music is preferred, but not required.

**Prerequisites & Notes**

None

Credits: 3

200 Level (3 Units)

JAN 200 - Bay Area Social Justice Movements: Identity and Place-Based Activism

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 9:15 AM-11:45:00 AM

**Instructor(s):** Cook, Corey & Wise, Andrea

**Email:** cdc13@stmarys-ca.edu

**Fee:** \$200

**Course Description:** Through the lenses of power, resistance, and identity, this course provides an introduction to American social movements from the 1950s to the present. The San Francisco Bay Area has been fertile ground for social justice movements for three generations. This is a discussion-based local travel course about American protest movements that examines the unique role of Bay Area political structures and mobilizing institutions as the basis for these diverse movements. First, we will look at some questions that pertain to all protest movements, such as leadership, mobilization, organization, strategy, and consciousness. Then, using these concepts, we will spend the rest of the course examining racial and social justice movements in the Bay Area and the ways in which places have a profound effect on people who in turn constitute these unique places.

We will be taking three trips during the class - A Black Panther walking tour of West Oakland, a visit to Alcatraz Island to learn about the tribal occupation of the island in 1969 with a stop in San Francisco's Chinatown and Manilatown, and a walking tour of the San Francisco's Castro District with a foray into the Mission District.

Students will be expected to be available all day each day during the third week for these excursions.

**Prerequisites & Notes**

None

Credits: 3

JAN 201 - Can Comedy Save Democracy? Understanding and Making News Satire

**Type:** Hybrid

**Course Meeting Days & Times:** MTuWTh, 6:00 PM-8:30 PM

**Instructor(s):** Dailey, Keli

**Email:** kld5@stmarys-ca.edu

**Fee:** \$35

**Course Description:** Satire = making fun of something to expose its truth.

This course provides instruction in analyzing and creating satirical broadcast news and digital media. It teaches you how to decode and challenge it as an engaged audience member, as well as prepare it for presentation. Our goal in this course will be to define this genre, explore its evolution, identify its public impact and importance, determine whether it's an agent of journalistic information-dissemination, suggest improvements in areas such as ethics and diversity, and gain experience in creating news satire.

WHAT YOU WILL LEARN IN THIS COURSE:

- What is satire and why it matters
- The important democratic effects of informative comedy
- The basics of writing a joke
- Using your point of view to make jokes with meaning (topical humor or social commentary)
- How to deconstruct comedy (sketch, standup and satire)

- The difference between parody and impression
- How satire is an age-old form of media criticism and holding powerful accountable
- How to perform a short news parody
- The importance of visual satire (i.e. cartooning)
- The impacts and limitations of news satire today

The second meeting day of each week will be an asynchronous online engagement session (students must complete real-time tasks e.g. quizzes and online engagement) in lieu of meeting in person).

**Prerequisites & Notes**

None

Credits: 3

JAN 203 - Discovering the World of Argentine Tango

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30 PM

**Instructor(s):** Nakano, Hiroko & Coté, Christy

**Email:** hn1@stmarys-ca.edu

**Fee:** \$50

**Course Description:** In this course, we will learn Argentine Tango dancing, music, and history; experience the social dance culture by attending the milongas (Argentine Tango social dance gatherings); and appreciate new perspectives of social, psychological and physical communications among us. Classes consist of Lecture and Dance Lab. We will learn not only how to dance Tango but also how to navigate ourselves in the milonga. Applying the learned skills of dancing and the knowledge of historical backgrounds, the class will make two field trips to local milongas in the SF bay area. Dance lessons are provided by Christy Coté, one of the most professionally renowned and recognized tango instructors and choreographers in the U.S.

~ What is it that draws people to Argentine Tango so intensely? ~

"I think that at the heart of the tango is the music. It's like an undiscovered continent. It's rich and devouring because it's so passionate. But at the same time, it's meditative and contemplative. It can be calm or rhythmically driving. And it has a lyrical intensity. Tango is unique in world music because, although it is popular, it has the depth and profundity usually associated with classical music. When you dance tango, you are constantly in the embrace of both an extraordinary musical culture and of another human being. Because of the physical closeness of the dance, it is possible to explore intimacy in a metaphorical way while pushing your own inventiveness and creativity to their limits." Sally Potter, Filmmaker and creator of The Tango Lesson

**Prerequisites & Notes**

None

Credits: 3

JAN 204 - Meet The Beatles!

**Type:** In-Person

**Course Meeting Days & Times:** MTWTh, 2:45 PM-5:15 PM

**Instructor(s):** Cowan, Jake

**Email:** jac50@stmarys-ca.edu

**Fee:** \$0

**Course Description:** Few twentieth-century artists have had as widespread & long-lasting an impact as the Beatles, their creative influence ranging from fashion to film, politics to pop art, religion to rock 'n roll. Tracking the artistic trajectory of the band beginning with their early Liverpoolian days as the Quarrymen to their bitter dissolution a decade later, this fully in-person course will explore in depth the compositional techniques, recording innovations, psychedelic lyricism, stylistic choices, & broad cultural legacy of the Fab Four. Through a close historical study of the group's development as songwriters & performers, students will gain a greater understanding & appreciation of the musical concepts & technical experiments that made their work so distinctive & influential, as well as the pivotal role the Beatles played within the revolutionary counterculture of the 1960s. In turn, the course will attend to the historical & contemporaneous context, the social forces & artistic milieu that informed the evolution of the band, as well as their continued relevance among artists today.

**Prerequisites & Notes**

None

Credits: 3

JAN 205 - Screenwriting: Core Elements and Writing a First Act

**Type:** Hybrid

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30 PM

**PLEASE NOTE:** This hybrid course will be:

Week 1: In-person every day;

Week 2: In-person M/Th/F, Online Synchronous on Tuesday;

Week 3: In-person T/Th/F, Online Synchronous on Wednesday;

Week 4: In-person M/T/F, Online Synchronous on Thursday

**Instructor(s):** Manning, Chase

**Email:** cm23@stmarys-ca.edu

**Fee:** \$0

**Course Description:** Film. Movies. Cinema. Literature. Yes, film is literature. Someone had to write the screenplay, the words that the actors speak, after all. And film is literature worth studying. In this course, you will not only study the written screenplays behind several films, but you will also transfer what you learn from these scripts to your own creative work.

Reading and writing are inseparable. Throughout this course, you will get practice doing both. You will read and analyze produced screenplays (some of which have won Academy Awards) and write the first act of your own screenplay. And to take it a step further, Ernest Hemingway once said, "The only kind of writing is rewriting." So you will be conducting peer review workshops and rewriting your work based on the feedback you receive.

Coursework will consist of reading responses to the assigned screenplays, writing a film review; an individual presentation (your movie pitch); peer review work; and writing the first act of your screenplay. Classes themselves will vary between lectures, group work, and seminar discussions.

**Prerequisites & Notes**

None

Credits: 3

JAN 206 - Stories of the Universe: Making Meaning and Finding Purpose Together

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30 PM

**Instructor(s):** Hughes, Sheila Hassell

**Email:** smh21@stmarys-ca.edu

**Fee:** \$20

**Course Description:** What does it mean to be human in the 21st Century, and what will it mean a few decades from now, as rapidly shifting technologies impact every aspect of our lives and consciousness? How can we make sense of our place in the world, and gain a deep sense of purpose and direction, when we can't even keep up with what is happening around and to us? This crux, what some have called the "techno-social dilemma," presents a profound challenge, but it's one we have resources to address. In this course, we will explore origin and orienting stories from different cultural and religious sources, to consider the ways they have lent purpose to human life. We will also consider how the disciplines of science have framed narratives of earthly and human origins in ways that, along with rapid technological change, have profoundly disrupted traditional narratives. And we'll consider the ways some scientists and thinkers today are working to reconcile these conflicts through a "third story of the universe" that finds purpose and hope in the narrative of evolution, and specifically, the evolution of human consciousness.

**Prerequisites & Notes**

None

Credits: 3

JAN 207 - The Wild Women of Memoir

**Type:** In-Person

**Course Meeting Days & Times:** MTWTh, 12:00 PM-2:30 PM



**Email:** jf14@stmarys-ca.edu

**Fee:** \$20

**Course Description:** As Isabel Allende put it, "Most male authors want to look good in their memoirs and have a place in posterity, while most women know that posterity is what happens when you no longer care." In this class we will be reading about women who, in effect, "no longer cared" and created groundbreaking memoirs that created a stir by bending genres, exploring forbidden sexuality, breaking gender roles or otherwise challenging the status quo.

The structure of this in-person class is two-fold: we'll first read memoir and discuss craft issues the work raises and then attempt to mimic that writer's particular style through in-class freewrites and three Short Assignments. Your most successful piece will be expanded into one longer Final Assignment.

This class will meet: Week 1: W,TH,F; Week 2: M,T,W,TH; Week 3: T,W,TH,F; Week 4: M,T,W,TH

**Prerequisites & Notes**

None

Credits: 3

JAN 208 - Yoga for Conscious Living and Transformation

**Type:** Hybrid.

**On-Campus Dates:**

Thurs, 1/4

Fri, 1/5

Mon, 1/8

Tues, 1/9

Tues, 1/16

Wed, 1/17

Mon, 1/22

Tues, 1/23

**Course Meeting Days & Times:** MTThF, 12PM - 2:30PM

**Instructor(s):** Subrahmanyam, Saroja

**Email:** ssubrahm@stmarys-ca.edu

**Fee:** \$100

**Course Description:** About 37 million Americans are estimated to be practicing yoga for improved physical fitness and stress relief. Yoga, a practical philosophy, offers transformative benefits that go much beyond these benefits. It offers a map for navigating life more consciously instead of moving along on autopilot. Yoga philosophy is based on an eight-step path with the first two steps (called yama and niyama), offering ethical guidelines for building a strong foundation for our lives. Mahatma Gandhi, who was inspired by yoga philosophy, particularly stressed two of the ethical principles; ahimsa (non-violence) and satya (truthfulness). All ten ethical guidelines will be explored in this course. Other steps on this path provide guidance for physical comfort, breathing, concentration and meditation. These steps are not practiced linearly but together and consistently so we can lead healthy, peaceful, joyful and useful lives. The purpose of this course is to provide participants with an overview of the discipline, and the opportunity to experience, reflect and document the transformative effects of this holistic practices even during the brief January term. Participants will also read books on how others applied these ancient teachings, hear the perspectives of experienced yoga practitioners and experience guest workshops. Participants should note that this class is not an exercise class aimed at giving a workout. It is a course on applying yoga philosophy that will enable one to start or progress on the journey of self-discovery and transformation. This is a hybrid course, with students meeting remotely via Zoom (synchronously) for 40% of the time. There may be a session in a studio setting outside the campus.

#### Reading List

1. "Yoga and the Path of the Urban Mystic," 4th edition, by Darren Main; CreateSpace Independent Publishing Platform; 2002. [Kindle version available].
2. The Yamas & Niyamas: Exploring Yoga's Ethical Practice, Deborah Adele, On-Word Bound Books. 2009. ISBN: 978-0-9744706-4-1 [Kindle version available].
3. "The Healing Path of Yoga: Time-Honored Wisdom and Scientifically Proven Methods that Alleviate Stress, Open Your Heart and Enrich Your Lives," by Nischala Joy Devi; Create Space Independent Publishing Platform; 2nd edition (2000).

In week-1, only the first class on 1/03/2024 will be online. Exact dates of the online sessions for the remaining weeks will be posted in the syllabus about two weeks before start of term. Please email [ssubrahm@stmarys-ca.edu](mailto:ssubrahm@stmarys-ca.edu) with questions.

**Prerequisites & Notes**

None

Credits: 3

JAN 209 - Decoding the Subtext of Labels

**Type:** Remote

**Course Meeting Days & Times:** MTThF, 12:00 PM - 2:30 PM

**Instructor(s):** Borges, Filomena

**Email:** [fborges@stmarys-ca.edu](mailto:fborges@stmarys-ca.edu)

**Fee:** \$125

**Course Description:** Labels on everything from food to make-up / personal care products, from medicine to household cleaning products are billboards replete with information waiting to be digested. But what do they mean? What do their certifications tell us? What do sections like "nutrition facts" or "drug information" communicate to the consumer? And how does the consumer know what is safe or potentially harmful?

In this course, we will delve into these questions while exploring the intersections of the food, drug, and personal care industries and their effects on both the environment and human health. We will examine what is healthy with a holistic lens based in biology and scientific inquiry.

Students will learn how to personalize a meal plan with food inclusivity in mind and how to make healthy versions of popular college foods, personal care products and household cleaning products.

While we will study many problems, we will also explore solutions and positive ways to address

these issues so that you can feel empowered and invigorated with not only knowledge but also with tools to be part of the solution.

**PLEASE NOTE:** This course will include the topics of food inclusivity & allergy-consciousness. While foods will be gluten-free, students who tolerate gluten will be able to apply the concepts learned in class to foods that contain gluten. This course is appropriate for all eating styles from vegan to paleo.

**In-class projects:** ramen, pizza, cookies, breakfast options & beverages.

**Demo recipes:** wholesome breakfasts, nourishing 1-pot meals, simple snacks & decadent desserts.

This is a fully remote class.

### **Prerequisites & Notes**

None

Credits: 3

JAN 210 - Climate Change and Carbon Sequestration

**Type:** In-Person

**Course Meeting Days & Times:** MTThF 9:15 AM - 11:45 AM

**Instructor(s):** Croft, Gregory

**Email:** gdc1@stmarys-ca.edu

**Fee:** \$10

### **Course Description:**

Climate change has been described as the greatest challenge facing humanity. It has also been described as a hoax. Which is it? This course will look at the evidence in the context of climate variations since the last glacial maximum, about 20,000 years ago. We will also look at the history of fossil fuel use and deforestation and at the modeling approaches used to forecast climate change.

The Intergovernmental Panel on Climate Change states that major efforts will be required on alternative energy, nuclear power and carbon sequestration to mitigate human carbon emissions. All three of these approaches will be discussed, but most of the second half of the course will be devoted to carbon sequestration. This rapidly-growing field remains controversial because its critics claim that it is simply a way to continue using fossil fuels. This criticism will be debated in class. We will examine the potential of forestry, carbon dioxide injection and

mineralization to store large volumes of carbon.  
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### **Prerequisites & Notes**

None

Credits: 3

300 Level (3 Units)

BSAN 300 - Culture and Business in Egypt

**Type:** Travel

*Please be aware that this is not a JAN travel course, but is through the Business School. It does not fulfill any Jan Term requirements.*

### **Instructors:**

Ameera Ibrahim (ai7@stmarys-ca.edu)

Noha Elfiky (nme5@stmarys-ca.edu)

**Fee:** \$4,444

### **Course Description:**

This course takes the students on a journey along the longest river in the world, the Nile, as we travel along its banks from Cairo to Aswan in a captivating trip through the heart of Egypt's ancient history and modern beauty.

Starting in Cairo, Egypt's bustling capital, we will begin by visiting the Pyramids of Giza and witness the greatness of the Ancient Egyptians.

Our days in Cairo will be packed with lectures, speaker sessions and company visits arranged by the American University in Egypt (AUC), one of the leading universities in the Arab World and our partner and host university.

The trip will then take its most exciting turn as we travel to upper Egypt, where we will be surrounded by Ancient Egyptian history anywhere we go. In that part of the trip, we will move with the flow of the Nile, south to north, in a cruise ship from Aswan to Luxor. In Aswan we will visit the Nubian Village, Temple of Philae, the Unfinished Obelisk. The trip will continue to Kom Ombo then to Luxor as we explore more stories and secrets about the ancient and current cultures before we head back to the US.

**Prerequisites & Notes**

WRIT-201 or permission of the instructor.

Credits: 3

CORE 311 - Identity, Power, Equity and Social Justice in the Bay Area (IPE)

**Type:** Hybrid

**Course Meeting Days & Times:** MTThF, 9:15 AM-11:45:00 AM

**Instructor:** TBA

**Email:** TBA

**Lab Fee:** TBA

**Course Description:**

This course will offer a social justice-oriented approach to personal and professional spheres of life central to the SMC mission and vital to leading an increasingly diverse society in the United States. This course will serve as a guide to the history of social justice in the Bay Area (and beyond). Students will learn about leaders in various social justice movements in the past and visit important landmarks that represent social change in the San Francisco Bay Area.

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**Learning Goal**

Students will learn to examine different forms of diversity and study how identities work together and against each other to produce the lived experience. They will also learn how power functions in communities and the workplace and what it means to promote equity. They will accomplish this by critically examining social categories of identities, such as race, ethnicity, gender, sexuality, class, (dis)ability, immigration status, language, and/or religion in the U.S.

**Learning Outcomes**

The following learning outcomes will be used for course designation and assessment of student learning.

**IPE Learning Outcomes:** *Students will...*

1. Critically examine the intersectionality of two or more socially constructed identities, such as race, ethnicity, gender, sexuality, class, (dis)ability, immigration status, language, and/or religion in the U.S.; and
2. Articulate how such socially constructed identities reflect(s) structures of power that affect society and equity.

**Prerequisites & Notes**

None

Credits: 3

CORE 320 - Film Music: Sounding the Screen and the Pursuit of the Extra Narrative

This course fulfills the GIP requirement.

**Type:** In-Person

**Course Meeting Days & Times:** MTTHF (when possible) 9:15 AM - 11:45 AM

**Instructor(s):** Michelson, Helena

**Email:** hm4@stmarys-ca.edu

**Fee:** \$10

**Course Description:** Music lies at the heart of film. It can transcend, subvert, decenter, and refocus the film's narrative space. Yet, its potent presence is at once immediately noticeable and invisible. In this course we will focus on one of the most conspicuous yet often overlooked aspects of film -its accompanying music. Reading from diverse authors with a variety of perspectives and viewpoints, we will explore different approaches how music is used in film, the

role it plays, and examine how music relates and interacts with other elements of the film such as dialogue and visual elements. Our focus will be an eclectic mix of films produced in the last four decades coming from Hollywood and the international world of cinema, particularly Bollywood. Musical experience is helpful, but not required.

**Prerequisites & Notes**

None

Credits: 3

JAN 300 - Art of the Music Video

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30 PM

**Instructor(s):** Jakaitis, Jason

**Email:** jwj3@stmarys-ca.edu

**Fee:** \$50

**Course Description:** A dominant force in pop culture, music videos are simultaneously artworks, promotional devices, and cultural messages whose content reflects - and affects - our socio-political landscape. This hands-on media production course is an investigation of the medium through an interdisciplinary lens: exploring visual culture, narrative and experimental storytelling, musical structures, lyrics, poetry, and performance, with a focus on the role that music videos often play as aesthetic pioneers.

**Prerequisites & Notes**

None

Credits: 3

JAN 304 - End of the World

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 9:15 AM-11:45 AM



**Instructor(s):** Harter, Wayne

**Email:** wharter@stmarys-ca.edu

**Fee:** \$0

**Course Description:** If you're like me-after a long day doing my bit for shared inquiry, for the common good, social justice and all that-there's nothing quite like a good story to round-off the rough edges of the day! Everything falls sweetly into place with the opening lines of high adventure, of promise of better things to come-of a story that begins with the End of the World.

Maybe friends and family are a little discomfited by this attraction to a future wherein most of them are vaporized in the first chapter. Dreams of nuclear holocaust or viral pandemic for "getting things off to a good start" are, quite frankly, not what jumps to mind when one thinks "inspirational reading". No, not at first.

This course looks at three very different, but typical depictions of global destruction. Students will examine the "three ways" in light of fundamental doctrines of the Catholic philosophical and theological tradition. They will discover good reasons, and not-so-good reasons, for counting "right as rain" our persistent fascination for stories of the

Apocalypse.

**Prerequisites & Notes**

TRS 97 or 281 or 189 or 380-389 or PHIL 120 or PHIL 220

Credits: 3

JAN 305 - Exploring Fairy Tales

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30 PM

**Instructor(s):** Tillis, Steve

**Email:** stillis@atmarys-ca.edu

**Fee:** \$50

**Course Description:** Everyone is familiar with fairy tales, but few have taken the time to look at them closely. Investigation reveals these tales to be imaginative creations of surprising richness and cultural significance. In this course, we will explore fairy tales through scholarly approaches practiced by folklorists. Among other approaches, we will consider fairy tales as materials for performance; as entities with specific histories that can be traced across history and geography; complex structural constructs; manifestations of fundamental psychological fears, needs, and desires; as cultural artifacts that convey specific understandings of class and gender; and as works of oral literature. The exploration will be conducted through readings of tales and folklore scholarship; daily writing assignments in which students will compare and contrast tales and reflect upon the scholarly texts associated with them; and in-class analysis and discussion of tales and scholarly approaches. This is an in-person, on-campus class.

**Prerequisites & Notes**

None

Credits: 3

JAN 306 - Fencing and Swords in History and Popular Culture

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 9:15 AM-11:45 AM

**Instructor(s):** Thelen, Carl & Hefner, Veronica

**Email:** [cthelen@stmarys-ca.edu](mailto:cthelen@stmarys-ca.edu), [vh10@stmarys-ca.edu](mailto:vh10@stmarys-ca.edu)

**Fee:** \$75

**Course Description:** En Garde! Prepare to enter the world of D'Artagnan, Zorro, and Luke Skywalker. This class is two things: a beginning fencing class (that's the easy part), and an exploration of all things fencing, including a medieval duel with 30 people to a side! We will examine the cultural representations of fencing in the western tradition and through popular culture; fencing and race and gender in the US; the sociology of fencing in the history of dueling and honor culture; how fencing culture intersects with the culture of sport in contemporary fencing; and representations of fencing in movies. You will get training in fight choreography using Star Wars lightsabers, and perform a fight for the class. There's even a lesson about the relationship between fencing and communism. There will be a required field trip to observe a sword fighting practice with the Society for Creative Anachronism the second Thursday of class in the evening. And through it all, you learn to fence. Athletes, please note this class will feel like an additional workout.

**Prerequisites & Notes**

None

Credits: 3

JAN 307 - Finding Your Infinity Stones

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 9:15 AM-11:45 AM

**Instructor(s):** McCauley, James

**Email:** jbm16@stmarys-ca.edu

**Fee:** \$0

**Course Description:** As characterized in the Marvel Comics and Marvel Cinematic Universe movies, infinity stones are six pure elements of immense power created at the beginning of the universe. These stones help control essential aspects of our existence: Power, Mind, Soul, Space, Reality, and Time. The purpose of this course is to examine information about each of these essential aspects using research and theory from the field of psychology and other social sciences. As each stone grants the user immense amounts of power related to these aspects, the goal of this course is to develop an understanding of how much control we may or may not have over these elements, and how we can use these 'stones' together to help us navigate through the course of our lives (but not take out half of all life in the universe).

**Prerequisites & Notes**

None

Credits: 3

JAN 308 - Sports on Screen: Exploring the Intersection of Sport and Film

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 9:15 AM-11:45 AM

**Instructor(s):** Pond, Addison

**Email:** amp32@stmarys-ca.edu

**Fee:** \$0

**Course Description:** As the cliché goes, sport is a microcosm of society. This course is designed to challenge students' critical thinking skills by examining the way key societal issues are captured and depicted in sport films. Specifically, this course uses popular sport feature films to investigate the role of sport in our culture, encourage critical thinking, and appreciate issues of diversity. Topics we will cover include sport as a film genre, sport leadership, women in sport, and violence in sport. While this class will be fully in-person, you will be expected to watch the movies outside of class on your own time.

**Prerequisites & Notes**

None

Credits: 3

JAN 309 - God & Gangs: Redeeming the Streets and the Sacred, a Latin@ Perspective

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 9:15 AM-11:45 AM

**Instructor(s):** Suárez-Abraham, Anthony

**Email:** as116@stmarys-ca.edu

**Fee:** \$25

**Course Description:** God and Gangs: Redeeming the Streets and the Sacred, a Latin@ Perspective: For many Latin@s gang life is a forced reality that often functions as alternative communities of not only family life but also that of divine life. For Latino and Latina gangs, brotherhood and sisterhood function as a unified body-much like the body of Christ. The understanding of community and relationality is not unlike that of the church body. The language, rules, rituals, symbols, and structures of gang life parallel that of church doctrines and liturgy. When Latinos and Latinas join gangs, they are "blessed in," learning the necessity of communal life, faithfulness, and service to one another. In their "new communal life" Latin@s invoke the protection of God, the Virgin Mary, and the saints-the sacred is alive in gang life. But how? And where? And when? And wait, what? This face-to-face course will explore the complexities of Latin@ gang life to determine what, if anything, is disclosed about the mystery of God and how this understanding may lead toward the redemption of the streets, and the sacred. Students with an academic and/or professional interest in sociology, criminology, education,

ethnic studies, political science, psychology, theology, and/or ministry may find the course of particular relevance.

**Prerequisites & Notes**

None

Credits: 3

JAN 310 - Great Company or Great Stock? How to Make the Investment Connection

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 9:15 AM-11:45 AM

**Instructor(s):** Parlett, Stephen

**Email:** stparlett@gmail.com

**Fee:** \$25

**Course Description:** In this (100% in person) course you will learn the skills to assess a company both in respect to what makes a company great financially and link that to determine if the company's stock is a good investment. In small groups, you will select a company and learn the skills to both assess the company's quality and the value of its stock price. Finally, you will learn how to make the "pitch" of why an investor should act on your recommendation. Skills learned in this course are life skills that can be applied to a wide range of personal and career financial tasks. The course is taught by Stephen Parlett, CFA who was an Equity Analyst and Portfolio Manager for over 20 years at Montgomery Asset Management and Citadel. Stephen currently coaches the SMC Investment Group and CFA Challenge team. The course will include several guest speakers from Stephen's network addressing the topic of what makes a company great and matching that with strategies to assess, invest and "pitch" a stock idea.

**Prerequisites & Notes**

ACCTG 001 or ACCTG 100 or a 3 hour Udemy Course "Accounting and Financial Statement Analysis: Complete Training"

Credits: 3

JAN 311 - Heroes, Heroism, and the Heroic

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 10:00 AM-12:30:00 PM

**Instructor(s):** Larlham, Daniel

**Email:** dl15@stmarys-ca.edu

**Fee:** \$35

**Course Description:** This course examines the figure of the hero and the nature of the heroic impulse in myth, fairytales, pop culture, social justice movements, and real-world acts of bravery and sacrifice. The overall goal of the course will be to understand the heroic as both an artistic genre and a territory of morality and feeling. In addition, class exercises and projects will help students develop their own relationship to resonant images of heroism, in service of their personal empowerment and their capacity to contribute to the common good.

The course will begin with an introduction to Carl Jung's and Joseph Campbell's psychological and mythological perspectives on the hero's journey. We will then explore manifestations of the heroic in various artistic and social contexts - superhero movies, pop music, the civil rights era, and the climate justice movement, for example. We will ask: What are the main features of heroic characters and narratives? What feelings and fantasies do they evoke? What values and virtues do they uphold? What role do they serve in the collective psyche of a culture? We will confront and challenge the gendered manifestations of the heroic, and we will watch out for heroism's shadow aspects: delusional grandiosity and self-righteous recklessness.

**Prerequisites & Notes**

None

Credits: 3

JAN 312 - The Art Remains: The Case for Literary Merit in Video Games

**Type:** In-Person

**Course Meeting Days & Times:** MTWTh, 6:00 PM-8:30 PM

**Instructor(s):** FitzPatrick, Erin-Clare

**Email:** ef3@stmarys-ca.edu

**Fee:** \$100

**Course Description:** It all started with a plumber named Mario. Since the dawn of arcades in the late 1970s, the world has developed a fascination with video games. This interactive medium transformed the way people interacted with computers, and their market value caused them to evolve steadily from a simple, mindless objective of jumping over blocks, to a complex, character-driven narrative that challenged the player not just in skill, but often on a deeper and more emotional level. Games like BioShock, Red Dead Redemption, The Elder Scrolls: Skyrim, and Dragon Age offered players massive, sweeping narratives to influence and become immersed in. Video games inspired a new direction for storytelling. But what makes these stories different from all the other stories we have read over the course of history? Can we compare "The Last of Us" to Mary Shelley's Frankenstein, or Cormac McCarthy's The Road? Better yet, should we? In this class, we will explore the evolution of story in video games by examining some of the most compelling games in the medium. We will draw parallels between "classic" interpretations of literature and modern video games that are breaking new ground in storytelling. We will also trace the evolution of key characteristics of storytelling, like character development, motivation, and gender roles. Gaming continues to evolve and make its case as a valid art form in a world still skeptical of its merits. In this class we will work to support that case.

**Prerequisites & Notes**

None

Credits: 3

JAN 313 - Lasallian Service Internship I (Local)

**Type:** In-Person

**Course Meeting Days & Times:** Varies by individual service site

**Instructor(s):** Davis, Carrie

**Email:** cak6@stmarys-ca.edu

**Fee:** \$140 + Local travel costs to and from LSI site, which varies per student

**Course Description:**

The Lasallian Service Internship course, a tradition at Saint Mary's College since 1985, provides opportunities for students to engage reflectively with organizations that directly serve

economically poor and marginalized populations, actively participate in community with each other and their assigned organization, and explore these experiences through the lens of the Lasallian mission.

Each student enrolled in the LSI course is matched with one of several local organizations (traditionally including a preschool, middle schools, a high school, a senior center, free dining room, and social service agencies), and prepares for their engagement experience through one site-specific orientation and asynchronous academic/logistic preparations in the fall, and class time and accompanying assignments during the first four days of Jan Term.

All other days (Monday-Friday, usually) during the remaining 3 weeks of Jan Term, students spend approximately 6-7 hours per day at their assigned organization. Students check in at least weekly with their on-site supervisor, complete weekly readings and reflections, and meet as a class once a week for a potluck dinner and discussion. A final paper captures students' experiences and significant learnings connecting the course content with those experiences.

Most of the LSI course time occurs "on site" at students' assigned community partners. The in-class time will be 12-3PM for January 3, 4, 5 8). Students are also required to attend discussion/reflection sessions each of the following Wednesday evenings: January 10, 17, & 24.

*Attendance at 1 information session is required. Information session dates and more details about the course can be found [HERE](#).*

**Prerequisites & Notes**

By Permission of Instructor

Credits: 3+1 Core Unit

JAN 314 - The Holocaust: Antisemitism Through the Ages and The Rescue of Jews

**Type:** Hybrid

**Course Meeting Days & Times:** MTWTh, 2:45 PM-5:15 PM

**Please note:** This course will meet remotely on Jan 9-10 and 22-23.

**Instructor(s):** Hadani, Michael

**Email:** mh21@stmarys-ca.edu



**Fee:** \$0

**Course Description:** How is it possible that six million Jewish men, women, and children were "exterminated" in death camps and killing fields by a Christian country? Why does Antisemitism, called the world's "oldest hatred," still exist and why is there a proliferation of Neo-Nazi groups today? We will uncover the religious and racial history that led to the Holocaust and discover as well how, in spite of the terrible numbers murdered, there were individuals and religious who exposed themselves and their families to certain death to save their Jewish brothers and sisters. They were Catholic, Protestant, Muslim, and atheist; among them were women, teenagers, and diplomats, and none considered themselves to be heroes.

Only 54% of people surveyed worldwide by the Anti-Defamation League had ever heard about the Holocaust and 32% believed the event to have been greatly exaggerated or a myth. We have an obligation to be educated about this event. Elie Wiesel wrote "Although we today are not responsible for the injustices of the past, we are responsible for the way we remember the past and what we do with the present"

Students will be able to follow a particular interest relating to Holocaust history and present their findings to the class through a presentation and in a final paper.

**Prerequisites & Notes**

None

Credits: 3

JAN 316 - The Science of Cooking

**Type:** Remote

**Course Meeting Days & Times:** MWF, 6:00 PM-9:00 PM

**Instructor(s):** Chugh, Neeraj (Jay)

**Email:** nchugh@stmarys-ca.edu

**Fee:** \$0

**Course Description:** Cooking represents one of the earliest forms of scientific inquiry. Through curious observation, followed by careful and repeated experimentation, our recipes have

evolved over hundreds of years. But what is the science behind cooking? What molecular changes drive culinary successes (or failures)?

In this course, we will reflect on past culinary traditions and critically evaluate the ethical, legal, biological, and political ramifications of current agricultural transformations. We then learn about the science of cooking and apply it while we design and create our own meals through inquiry-driven, hands-on experimentation. We will capitalize on our interdisciplinary understanding of culinary science to shape a new vision of cooking and eating, thereby strengthening our present and future roles as nurturing family members, responsible community members, thoughtful consumers, and productive citizens.

All students who harbor a genuine enthusiasm for the science of cooking are welcome. A basic understanding of cooking practices is recommended. The course will meet remotely, so students are welcome to use a kitchen of their choice. There is no course fee but funds will be required to purchase ingredients for the recipes and experiments.

**Prerequisites & Notes**

None

Credits: 3

JAN 317 - The Science of Happiness and Well-Being

**Type:** Remote

**Course Meeting Days & Times**T/TH, plus the first Friday of the semester: **2:10 pm - 5:15 pm**

**Instructor(s):** Strahilevitz, Michal

**Email:** ms9@stmarys-ca.edu

**Fee:** \$0

**Course Description:** In this class, you will learn about research-based techniques for increasing happiness and well-being. The course features lectures, in-class discussions and opportunities to share what you have learned from your weekly assignments. There will be readings and videos assigned. However, the vast majority of time outside of class will be spent carrying out a variety of experiential happiness assignments and reflecting upon the effects of these science-based tools on your own happiness and well-being. There will also be opportunities to discuss and share what you learn with others in the class.

**Prerequisites & Notes**

None

Credits: 3

JAN 318 - Tolstoy: Art, Faith, Politics, Philosophy

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 9:15 AM-11:45 AM

**Instructor(s):** Arndt, David

**Email:** dda2@stmarys-ca.edu

**Fee:** \$50

**Course Description:** This will be a seminar-style discussed-based course on the works of Leo Tolstoy, who is widely considered one of the greatest novelists of all time, but who was also a memoirist, a theorist of art, a religious thinker, and a proponent of nonviolence who corresponded with Gandhi and who influenced Martin Luther King Jr. We will read his letters to Gandhi, his memoir, A Confession, selections from his treatise, What Is Art?, his novella, The Death of Ivan Ilyich, and his very great and very long novel, Anna Karenina. (We will also watch the film version of Anna Karenina written by Tom Stoppard and directed by Joe Wright.) We will end with texts by two of the thinkers he most influenced, Hind Swaraj, by Gandhi, and "Love, Law, and Civil Disobedience" by Martin Luther King Jr.

Credits: 3

JAN 319 - Turning on the Light Bulb: Illuminate, Unleash, and Unlock Your Creativity

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30 PM

**Instructor(s):** Lam, Nancy

**Email:** nl4@stmarys-ca.edu

**Fee:** \$65

**Course Description:** Creativity abounds in the world around us. We often misconstrue creativity to exist only in certain realms, such as arts or technology. Yet in our everyday life, creativity is crucial in helping to change status quo for the better. Creativity, at its most fundamental, can lead to challenging our current conventions and can incrementally or dramatically improve our way of living. Creativity, in essence, can enhance our personal and professional lives. With creative thinking skills in our cognitive repertoire, we can live better lives (and perhaps impact some parts of the world in a positive way).

Creativity is a highly valued approach. In a study of young Americans across the globe, they identified creativity as the foremost characteristic that will distinguish future innovators, higher than their ratings for academic ability, technical skills and the ability to challenge. In the same survey, innovation is considered a top three purpose of business and just as important as profits, and 78% believes that innovation is essential for business growth. Organizations also share similar sentiment on creativity: in a recent study by Business Week, 72% of companies surveyed cite innovation as a top strategic priority.

However, despite the crucial link between creativity and innovation, critical thinking is much developed in the education pathway while creative thinking is less emphasized. That is, creative thinking is often trumped in the classroom by critical thinking.

This Jan Term course provides students with a hands-on understanding of how creativity can be unleashed, facilitated and managed. We will bust the myth of creativity as a mysterious and random process. Through theoretical conceptualizations of creativity and many practical applications involved in fostering creativity and innovation, students will gain knowledge and experience in enhancing their creativity. This course aims to develop students' creative thinking skills, hone their idea generation process, and demonstrate ways to stimulate creativity in more meaningful and manageable ways. Students will gain a better understanding of the appropriate context to cultivate and implement creativity and innovation. An understanding of the creative process is not only a necessary prerequisite for successful innovation, but also a basic skill for general management across disciplines. In essence, the course aims to help students better enhance the process of creativity and innovation in their own personal and professional lives.

The structure of the course encourages learning at multiple levels: through in-class lectures, exercises, discussions, small teams, individual assignments, and individual reading, study, and analysis, and a visit to the Bedford Gallery. The assigned readings provide basic concepts, theories, and approaches that identify important issues and describe effective and efficient creativity practices. Lectures and class discussions will review and extend this material. In-class activities in combination with individual assignments and case analyses will provide rich examples to anchor and guide class discussions. We also have a course-long team project that is designed to enable you express your creativity and to develop your creativity mind-set.

**Prerequisites & Notes**

None

Credits: 3

JAN 320 - Understanding the Body You Live In: A Creative Somatic Exploration

**Type:** Remote

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30 PM

**Instructor(s):** Barragan, Rosana

**Email:** rb7@stmarys-ca.edu

**Fee:** \$75

**Course Description:**

This course focuses on Somatic Movement Education as it applies to well-being, personal processes of transformation, and the holistic understanding of the human body. Emphasis is given to historical antecedents of the field of Somatics, what defines somatic theory and the practice that characterize specific modalities of somatic movement education and therapy. Sessions include seminar style discussion of readings; embodied practices with main professor and guest teachers; creative projects, and reflection on healing processes.

A strong focus of this course is given to the creative exploration of the body following healing principles that pertain to certain somatic disciplines. It is appropriate for undergraduate students who have prerequisites such as anatomy, physiology and/or who actively engage in movement practices like Yoga, Pilates, Dance, Sports. The contents of the course are relevant for students from the Biology, Kinesiology, Psychology, Education, Special Education, and Justice, Community and Leadership programs.

The course will prioritize movement as the main tool to reach hidden places in our body where we can recognize patterns. The experiences that each class will offer are directed toward opening up true processes of transformation that lead us to having a greater understanding of our body, our life, our purpose of being and the cultivation of the best sense of well-being, health of body and mind, and the embodiment of acceptance, freedom and

happiness.

**Prerequisites & Notes**

None.

Please read the course description closely or email the instructor to get a full understanding of this course and its requirements, particularly in relation to movement practices.

Credits: 3

JAN 321 - Utopias and Imaginary Societies

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30 PM

**Instructor(s):** Gorsch, Robert

**Email:** rgorsch@stmarys-ca.edu

**Fee:** \$0

**Course Description:** Utopia means "no place" and Sir Thomas More invented the name in the early 1500s during a time of geographical and ethnographic discovery and revived knowledge of the ancient Greek and Roman world. More's famous Utopia was the first in a long line of modern representations of Imaginary societies, in books with titles like *The City of the Sun*, *The New Atlantis*, *"A Voyage to the Land of the Houyhnhnms,"* *Erewhon*, and *News from Nowhere*. While More's own ultimate model seems to have been Plato's Republic, and he described his Utopia as being about "the best state of a republic [i.e., commonwealth]," the books of his successors seem to inhabit, each with its special positioning, a mental realm ranging from sober serious plans for reforming the world to ingenious exercises in satire and fantasy. Even Utopia itself leaves some readers wondering whether it should be read as a political blueprint or rather as, in C. S. Lewis's words, "a spontaneous overflow of intellectual high spirits, a revel of debate, paradox, comedy and (above all) of invention."

This long line of imagined societies reveals timeless concerns about how societies should be organized and what sort of happiness is possible for human beings individually and collectively. But the centuries after More were also a time of new lands, new cultures, new science, new

inventions, and new technology, and these books also reflect the gradual emergence of the modern world as we know it and the triumph of the "machine age." Authors read will include Christopher Columbus, Amerigo Vespucci, St. Thomas More, Francois Rabelais, Michel de Montaigne, Tommaso Campanella, Francis Bacon, the Duchess of Newcastle, Jonathan Swift, Voltaire, Samuel Johnson, Samuel Butler, Edward Bellamy, and William Morris.

**Prerequisites & Notes**

None

Credits: 3

JAN 322 - Creating Paradise? Seeking Sustainability in Bali and Beyond

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30:00 PM

**Instructor(s):** Worthy, Kenneth

**Email:** kaw9@stmarys-ca.edu

**Fee:** \$30

**Course Description:** This course asks the question, How might sustainability be achieved at global and local scales? We will consider cases of environmental problems and proposed or imagined solutions, along with visions for more environmentally friendly societies, in Bali, Indonesia, which has been ravaged by rapid development, primarily for tourism; other islands around the world that are notable tourist destinations; the United States; and elsewhere to learn about (1) the extent, types, and severity of global and local environmental problems, (2) responses to these problems that could increase sustainability, and (3) the links among environmental issues across the global, regional, and local scales. We will first gain an overview of the scope and severity of the global environmental crises afflicting the planet today. We will then survey the range of environmental problems currently afflicting Bali. We will study the special role of the tourist industry in Bali's significant environmental problems and compare that with tourist development done elsewhere, particularly on island locations such as Corfu, Greece and Hawaii, and the environmental justice implications of such developments. And we will draw causal linkages and comparisons between Bali's environmental problems and those in the U.S. and globally. Finally, we will consider how environmental approaches and solutions used in Bali might be used in other locations, and how ideas and practices from elsewhere might help restore ecological health in Bali.

**Prerequisites & Notes**

None

Credits: 3

JAN 323 - How to Live, What to Do: Ten Short Films about the Ten Commandments

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 9:15 AM - 11:45 AM (Additional class time may be spent viewing media in lieu of home-viewing)

**Instructor(s):** Ebenkamp, Paul

**Email:** pe1@stmarys-ca.edu

**Fee:** \$5

### **Course Description:**

This course is a meditation on Krzysztof Kieslowski's "Dekalog" film cycle: ten short films about the Ten Commandments. Long considered a "holy grail" of world cinema, in this class, we will have the uncommon pleasure of studying and appreciating all ten films as a class community. The many different perspectives each of us bring to the world around us every day-including but not limited to aesthetics, spirituality and religion, history, politics, identity, and difference-will form our basis for thinking through real-life ethics with compassion, humor, and curiosity.

We will learn some basics of cinematography and film theory to allow us to hone in on the films' meanings and messages. We will watch, absorb, enjoy, and expound upon - in narrative writing and class dialogue - the modern conflicts faced by Kieslowski's characters, with their audacious, sad, weird, drastic, diffident, hilarious, yet always plausible ways of negotiating an individualistic world still deeply informed by the laws of those ancient books, Exodus and Deuteronomy.

Students of any and all academic and spiritual disciplines are encouraged to enroll. This is an intellectually and emotionally challenging class designed for adventurous souls.

See this link for a Dekalog trailer: <https://vimeo.com/178495846>

### **Prerequisites & Notes**

None

Credits: 3

JAN 324 - Living in Stalin's Russia: Daily Life in Extraordinary Times, 1928-1953

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30:00 PM

**Instructor(s):** Sherry, Dana

**Email:** dls6@stmarys-ca.edu

**Fee:** \$25



**Course Description:** As leader of the Soviet Union from 1928-1953, Joseph Stalin oversaw cataclysmic changes that wiped out old ways of life and established a new society - and in the process, caused the deaths of millions of Soviet citizens. This course looks at these changes through the eyes of those who lived through them - and those who did not survive. What was it like to live in that new world, which offered a bright future for those who conformed to Stalinist ideals - and promised to liquidate enemies (real or imagined) of the state? Lectures will present the historical narrative of these years, and readings will explore the experiences of Russian citizens in their diaries, memoirs, public autobiographies written for propaganda purposes, and underground literature.

**Prerequisites & Notes**

None

Credits: 3

JAN 325 - Reading and Writing Young Adult Literature

**Type:** In-Person

**Course Meeting Days & Times:** MTThF, 12:00 PM-2:30 PM

**Instructor(s):** Davis, Deborah

**Email:** dld7@stmarys-ca.edu

**Fee:** \$30

**Course Description:**

Welcome to Reading and Writing Young Adult Literature. Over the four weeks of Jan Term, we will read a small sample of a large, ever-expanding body of work. With the exception of M.T. Anderson's *Feed*, all of the books on our syllabus were published within the last 10 years. They include science fiction, fantasy, realistic fiction, and nonfiction. Together they provide a glimpse into a vibrant, diverse genre.

This is a class about writing as well as reading. Our discussions will focus as much as possible on the writing-techniques, style, devices-in these books rather than on typical English-class questions. You will not have to write a paper on the theme of violence in Ibi Zobo's *American Street*, or compare and contrast that book with M.T. Anderson's science fiction novel, *Feed*. But you will be asked to pay attention to Zobo's and Anderson's writing choices, how they put words together to create characters, how they structure events to create engaging plots; how, in short, they make their writing compelling and believable.

Each class will consist of a mix of brief (10 to 20-minute) lectures or lessons, in-class writing time, small-group discussion and constructive peer writing critique, quizzes, student presentations, and class discussion. If taught as a hybrid course, it will be 75% in-person and

25% online (and synchronous).

**Prerequisites & Notes**

None

Credits: 3

JAN 326 - Dance for Camera

**Type:** In-Person

**Meeting days & times:** MTThF 9:15 AM - 11:45 AM

**Instructor:** Jia Wu

**Email:** [jw14@stmarys-ca.edu](mailto:jw14@stmarys-ca.edu)

**Lab Fee:** \$50

**Course Description:**

This course will be 100% in person.

This is a course in the field of Dance For Camera that focuses on an overview of the history and current state of the field, with exposure to supporting film, photography, and editing theories and the acquisition and application of basic video production skills for the creation of movement-based video projects. Students will be given rudimentary tools to film, frame, set up shots, storyboard, design shot lists and set up lists, edit, and export footage in order to create their own Dance For Camera video projects. At the end of the Jan Term students will have a deeper understanding of Dance For Camera in conceptualization, practice, theory, history, and its current state.

**Prerequisites & Notes**

None

Credits: 3

Travel: 400 Level (3 Units)

JAN 400 - DIRT-y Work in the Brazilian Amazon

**Type:** Travel

**Dates:** January 4th - January 25th, 2024

**Course Instructor (s):** Anderson, Shawny & Wheeler, Jesse

**Email:** sanderso@stmarys-ca.edu

**Course Fee:** \$3,250 \*All expenses included: airfare, lodging, transportation, food, excursions, etc. The only remaining expenses will be souvenirs and food in airports. Travel shot costs will depend on individual insurance coverage.

### **Course Description:**

Since 2002, SMC groups have traveled to disaster zones or areas of extreme need to work in collaboration with those communities as they take the next steps they have planned to improve their own quality of life. Under the acronym DIRT (Dismantle, Immerse, Reflect, Transform), we participate in direct manual labor alongside members of the communities in which we live.

In the Brazilian Amazon, we live in a small ecotourism camp in a remote community, where we sleep in hammocks every night, eat the foods that our local hosts eat, and walk to our worksites in the beautiful Amazon rainforest. Our past projects in our Amazon home include the development of a community garden (including a "living pharmacy" of medicinal plants), the construction of a community chicken coop, the extension of a shared "fish farm," the construction of a "fish food factory" to support the fish farm, construction work in the ecotourism camp along with the promotion of it, reforestation efforts, water and sanitation work, and documentation of our own experiences and the lives of our hosts.

We will prepare for our trip during three overnight retreats on the SMC campus in Fall 2023, then gather ahead of our departure for our final training and packing pushes, complete our final video projects upon our return to Moraga, then present our work to the SMC community (along with family and friends) in Spring 2024.

**\*This course fulfills the Engaged Learning core requirement.**

### **Prerequisites & Notes**

- Attendance at pre-registration meeting;
- Permission of the instructor

**Information Sessions:**

<b>Date</b>	<b>Time</b>	<b>Location</b>
Thursday, August 31, 2023	4:00 PM	Dante 116
Friday, September 1, 2023	1:00 PM	Dante 116
Thursday, September 7, 2023	4:00 PM	Dante 116
Friday, September 8, 2023	1:00 PM	Dante 116

**\*Failure to attend Health & Safety Orientations will result in immediate drop from the course, and once registered all course fees are non-refundable.**

Credits: 3+1 Core Unit

JAN 401 - History of Science: London and Paris

**Type:** Travel

**Dates:**

**On campus:** January 3, 4, 5, 8, and 9 (W, TH, F, M, TU), 2024

Time: 9:15AM - 11:50AM

**Traveling:**

London - January 11 - January 20, 2024

Paris - January 20 - January 27, 2024

**Instructor:** Valerie Burke

**Email:** vab1@stmarys-ca.edu

**Course Fees: \$3900** \*All expenses included: airfare, lodging, transportation, food, excursions, etc. The only remaining expenses will be souvenirs and food in airports. Travel shot costs will depend on individual insurance coverage.

**Course Description:** We have grown up with models of the solar system, but what was it like to make the discovery that the sun does not orbit the earth? We have seen dinosaurs in museums, books, and movies, but what did it mean to discover the first dinosaur bones?

We will explore the history of Western science from Copernicus through the 20th century, and visit sites in London and Paris that were central to scientific discoveries and developments in astronomy, chemistry, physics, geology, biology, and more. We will examine some cultural and religious factors that facilitated or hindered scientific development. And we will consider the impact of various scientific discoveries within the framework of knowledge at the time of discovery.

On campus, we will engage in reading and discussion. Readings give an account of the history of science for a lay audience, while the class periods will emphasize the relevant scientific concepts. In London and Paris, we will visit the home of Charles Darwin; explore the labs of Marie Curie and Louis Pasteur; see equipment used by Lavoisier, Faraday, Boyle; and visit the final resting places of Newton, Rutherford, Herschel, and Hawking; and stand on the Prime Meridian at the Royal Observatory Greenwich.

### **Prerequisites & Notes**

#### **Prerequisites:**

- Seminar 1
- English 5
- College science course with lab, or strong high school science preparation, or permission of instructor

### **Information Sessions:**

<b>Date</b>	<b>Time</b>	<b>Location</b>
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Wednesday, September 6th	6:00 PM	Galileo 202
Monday, September 11th	2:00 PM	Dante 215
Tuesday, September 12th	7:00 PM	Zoom
Friday, September 15th	3:30 PM	Dante 220

**\*Failure to attend Health & Safety Orientations will result in immediate drop from the course, and once registered all course fees are non-refundable.**

Credits: 3

JAN 403 - Decadence in Venice

**Type:** Travel

**Dates:**

**Week 1**

**Jan 2-3:** Depart from SFO/Arrive in Venice.

Watertaxis pick you up from airport and brings you to housing.

- Orientation and Reception.
- Introduction to Venice. Piazza San Marco. Introductory architecture walk.
- Early History; environment. Visit Basilica San Marco (Church and treasury)
- Venetian Painting intro lecture. Visit Accademia.

Weekend off.

**Week 2**

- Merchant of Venice. Republic of Venice, Visit Palazzo Ducale.
- Merchant of Venice 2. Trip to Ghetto.
- Architecture walk and talk (Madonna dell'Orto, S. Zaccaria, S.M. Della Salute.)
- Plague and Painting, Tintoretto to the 18th/19th c. Scuola S. Rocco
- Museum of Naval History
- Sailing trip from Chioggia across the Laguna, to Venice. Overnight docked in Venice.

- Sailing trip to Islands.

### **Week 3**

- Carnival and Opera. Visit to la Fenice opera house.
- Don Giovanni. Visit to Ca' Rezzonico.
- Painting: Bellini, Giorgione, and Titian.
- Modernist culture in Venice. Visit Museo Fortuny.
- Modernist culture in Venice. Guggenheim Museum trip

Weekend off.

### **Week 4**

- Joyce, Dubliners.
- Trip to Trieste and Duino. Duino Castle, Rivoltella Museum of Modern Art, Molo Audace, Caffè San Marco, city center.
- Brodsky, Watermark. Renaissance and Baroque Venice walk #3 (Basilica Dei Frari, San Giovanni e Paolo, Ca' D'oro.
  - Urbanistic problems in contemporary Venice.

**Jan 28:** Departure from Venice and arrival SFO, Jan 27th. Second Essay Due after return to US

**Instructors:** Br. Charles Hilken & Gabe Pihás

**Email:** chilken@stmarys-ca.edu

**Course Fee: \$4200** \*All expenses included: airfare, lodging, transportation, food, excursions, etc. The only remaining expenses will be souvenirs and food in airports. Travel shot costs will depend on individual insurance coverage.

### **Course Description:**

We will try to understand decadence, and why Venice was a symbol for decadence, from a number of angles. We will try to understand the cultural aspects of Venice through classic and modern works of visual art, music, and literature that made it a symbol of decadence, as well as consider the physical decay of Venice and its place in today's environmental crisis. Finally, we will look at how Venice is looking to become a better city by limiting tourist decadence. In addition to exploring Venice, we will spend a couple of days exploring the lagoon on sailboats. We will also visit Padua, Trieste, and Duino, nearby cities that reflect the theme of the course. In his novella *Death in Venice*, Thomas Mann suggested the oppressive problem of decadence for

modern culture. What Mann called decadence at the beginning of the 20th century has perhaps become normal life for us today, such that we are no longer aware of modern decadence as a falling away from anything. Can we recover this awareness? What is "decadence", and is there a way to find meaning in the midst of a decadent culture, or is it really something to avoid? And why is Venice the symbol for decadence?

It is understandable that Mann chose Venice as the setting for his book. After Venice's empire began to slip away in the 1400's, the city has been forever sinking and its elegant buildings rotting. Its decadence has long been part of its appeal. Since the days of the grand tour (16th -19th century), a lady or a gentleman from Northern Europe on their way to get an education in Rome would make sure to stop in Venice, as much for its loose living as for its scenery. Its foggy canals, courtesans, and gothic shadows made it the passionate, romantic alternative to classical harmony and clarity. Its un-classical art with its mix of Eastern and Western influences was typified by a hazy picturesque or by excessive, voluptuous color. As the Enlightenment gained ground, Venice was an escape. Once a center for rationalism, liberty, and commerce, it became the city of sentimentalism and idleness. In the early 20th century its elegant cafes became the place for romantics and modernists from all over the world to reflect on the incoherence they detected in European humanism. Venice was also central to the history of music and continues to be a world capital of contemporary art. At the same time, Venice has always also been in physical decline. The salty moisture in the air, and the annual flooding known as acqua alta eats away at the buildings as the city slowly falls ever deeper into the sea. This year its submerged piazzas called attention to rising sea levels across the globe. Despite desperate attempts to save it, Venice lives on borrowed time. The coronavirus essentially shut down Venice's tourist business and brought to the fore new questions. Why did Venetians (or anyone) want hordes of tourists rushing through their city? Might the city not be a better place if they could get rid of cruise ships and crowds of people taking selfies in front of gondolas? Could they survive without it? We will study our theme through a combination of (1) Seminars and lectures on classic and modern texts, operas, and a major recent book in urban studies (this year we are making the readings shorter than last year's version of this course, so as to allow us time to see Venice). (2) Excursions with preparatory lectures that explore the art, architecture, history and culture of Venice, (3) two-day exploration of the lagoon of Venice and its environs by sailboat. We will learn a lot of Venice's history and environment by understanding how the laguna shaped the life of the city. (4) We will visit Padua, with its ancient university, its art, the beautiful city center, and we will sample its cuisine together. (5) We will visit Trieste, like Venice an important center for modernism and a meeting point of cultures. You will be living in dorm accommodations right in the heart of Venice, which is especially beautiful in January when the fog creates the magical atmosphere for which the city is so famous. The dorm is a modern building built within the walls of a ruined medieval church. It has two large courtyards and a basketball court/soccer field. In an adjacent building is a dorm for Italian university students. We will meet them early in the program so that if you want to, you can make friends with Italians your own age and get to be a part of Italian life. But you will mainly be living in a community setting with your fellow SMC students, so you will have a lot of support to help you feel at home in a foreign country, and create lasting friendships.



Jan Term is a unique opportunity for visiting Venice. January is Venice's only real low season, when the city not overrun with tourists and you can actually enjoy its mystique. January is the very best time of year possible to see the city.

The student fee includes, among other things, airfare, watertaxis that take you to and from the airport in Venice, housing, all tickets for transport around Venice and all museums, churches, etc., groceries for at least two meals per day (breakfast and dinner) which will be in a communal kitchen, as well as occasional meals out at restaurants, and receptions. The fee also includes the trips to Padua, Trieste, and Duino.

This is a long Jan Term course, almost four weeks. Our schedule allows us to leave two weekends free for you to explore other cities in Italy/Europe on your own should you want to do so.

### **Prerequisites & Notes**

#### **Prerequisites:**

- Attendance at pre-registration meeting;
- Permission of the in

#### **Information Sessions:**

<b>Date</b>	<b>Time</b>	<b>Location</b>
Friday, September 1, 2023	10:00 AM	<u>Zoom</u>
Tuesday, September 5, 2023	10:00 AM	<u>Zoom</u>
Thursday, September 7, 2023	12:00 PM	<u>Zoom</u>
Monday, September 11, 2023	1:00 PM	<u>Zoom</u>
Wednesday, September 13, 2023	8:00 AM	<u>Zoom</u>

**\*Failure to attend Health & Safety Orientations will result in immediate drop from the course, and once registered all course fees are non-refundable.**

structor

Credits: 3

JAN 405 - Sundance Film Festival: Cinema & Spirit

**Type:** Travel

**Dates:**

On-Campus: January 3rd - 17th: MTuWTh, 2:45 pm - 5:15 pm

Off-Campus: January 18th - 28th.

**Instructors:** Virginia McCarthy & Norrie Palmer

**Email:** vsmccarthy@mac.com, npalmer@stmarys-ca.edu

**Course Fee: \$3400**

\*All expenses included: airfare, lodging, transportation, food, excursions, etc. Only remaining expenses will be souvenirs and food in airports. Travel shot costs will depend on individual insurance coverage.

**Course Description:** From humble beginnings in 1978, the Sundance Film Festival has become a major force within the film industry, now ranking among the top five film festivals worldwide. With a focus on emerging artists and independent cinema, Sundance has truly become a global phenomenon. For example, for the 2023 festival, 111 feature films representing 37 countries were selected from more than 4,000 submissions and screened with an in-person attendance of over 80,000 and 500,000 online views. Sundance is a big deal.

In this course, we will study the history of Sundance within the context of the evolution of American independent film. Our focus will be "Cinema and Spirit" and we'll study films created by, for, and about those who have been and are marginally represented, stereotyped, and caricatured in mainstream movies: women, people of color, the LGBTQ+ community, and diversely abled persons. We will analyze films on their own terms as well as through the dual lenses of film studies and theology/religion. From January 18 to January 28, students will attend the 2024 Sundance Film Festival in the mountain resort town of Park City, Utah. All students

interested in learning more about independent film and the film industry are welcome to this course.

Students who participate in this course will have one of the most memorable learning experiences of their lives and will be among the select few people in the world to attend the entire 10 days of the 2024 Sundance Film Festival. Students will leave the festival as Sundance pros with the knowledge and expertise to return to future festivals with friends and/or family and teach others how to Sundance!

From January 18 to January 28, students will attend the 2024 Sundance Film Festival. All students interested in learning more about independent film and the film industry are welcome to this course.

### **Prerequisites & Notes**

- By permission of Instructor

### **Information Sessions:**

<b>Date</b>	<b>Time</b>	<b>Location</b>
Thursday, September 7, 2023	5:30 PM	Dante 218
Monday, September 11, 2023	3:30 PM	Dante 218
Tuesday, September 12, 2023	5:30 PM	Dante 218
Wednesday, September 13, 2023	3:30 PM	Dante 218

Tuesday, September 19, 2023	5:30 PM	Dante 218
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**\*Failure to attend Health & Safety Orientations will result in immediate drop from the course, and once registered all course fees are non-refundable.**

Credits: 3

JAN 406 - A Portal into Tibetan Buddhism: A Dispersed People Impacting the World

**Type:** Travel

**Dates:**

Preceding fall: **(dates to be confirmed by each Center)**

Visit Buddhist centers in the Bay Area:

- Saturday, Oct. ....: Zen Center of San Francisco
- Sunday, Oct./Nov. ....: Dharmata Foundation, Point Richmond
- Sunday, Nov. ....: Nyingma Institute, in Berkeley

January Term: **(flight details to be confirmed by airline)**

**Dec. 31:** departure SFO to Pokhara **(with layovers in tbd and Kathmandu)**

**Jan. 1-3:** Kathmandu, including:

- Stay on the grounds of Shechen Monastery and School; tour and learn about Shechen, in the Boudhanath neighborhood, settled by Tibetan refugees and connected with the refugee community in Pokhara
- Talks by Buddhist lamas, teachings by instructors, optional meditation
- Optional morning and evening circumambulations around Boudhanath stupa; monks, families, and friends chant and walk slowly around the stupa twice daily
- Visit the sacred site of Swayambhu, in another Kathmandu neighborhood

**Jan. 3-17:** Pokhara, including:

- Engagement with the schoolchildren of Tashiling settlement, 3 hours x 10 days of direct service
- Talks by Buddhist lamas, teachings by instructors, optional meditation
- Daily reflective discussions incorporating what we're studying and experiencing
- Visit to Shree Urgen Choling Monastery
- Free day of exploration

**Jan. 17-22:** Kathmandu, including:

- Stay on the grounds of Shechen Monastery & School
- Talks by Buddhist lamas, teachings by instructors, optional meditation
- Optional morning and evening circumambulations around Boudhanath stupa; monks, families, and friends chant and walk slowly around the stupa twice daily
- Daily reflective discussions incorporating what we're studying and experiencing
- Visit the arts and crafts area in Kathmandu
- Free day of exploration

**Jan. 22:** departure Kathmandu to SFO (**with layover in tbd**)

**Jan. 24-26:** Engagement with local Tibetan leaders in the Bay Area

**Instructors:** Tereza Joy Kramer & Larry Mermelstein

**Email:** [tjk2@stmarys-ca.edu](mailto:tjk2@stmarys-ca.edu)

**Course Fee: \$3560** \*All expenses included: airfare, lodging, transportation, food, excursions, etc. Only remaining expenses will be souvenirs and food in airports. Travel shot costs will depend on individual insurance coverage.

### **Course Description:**

This course offers a portal into the community of Tibetan Buddhists exiled in Nepal - particularly schoolchildren and young monks and nuns. We will study their socio-political realities, community structure, and religious education through readings and daily engagement with them - serving young Tibetan refugees in their school.

We will learn how and why, after China devastated Tibet in the 1950s, the once-closed country was burst open as thousands of Tibetans escaped to the greater Himalayan region and many subsequently migrated to the West - ultimately spreading Tibetan Buddhism worldwide. We will consider how the Tibetan refugees' new settlements impacted the cultures in their adopted countries, including Nepal and the United States. We will read and reflect on texts written by political and cultural experts and by the spiritual leaders whose temples we will come to know in Nepal. We will be living in the local community and serving in the refugee school every day, teaching the children English and study skills while getting to know them and understanding how their religion infuses everything about their daily lives and perspectives. Through meta-reflection, we will bring together our experiences and what we're learning about the

Buddhist viewpoints of "Impermanence," "Bodhicitta," and "Loving-kindness" - how our actions and thoughts impact those we engage with.

During the fall before traveling, we will study and visit three Bay-area Buddhist centers, offering insight into how Tibetan Buddhism has been adapted to Western culture. Then, while in Nepal, we will experience the political, social, and religious foundations of the community of Tibetan exiles in Nepal's small city of Pokhara, as well as the Boudhnath neighborhood in the capital city, Kathmandu, which has been settled by Tibetan refugees. Through our Bay Area explorations and particularly our immersion in Nepal, we will consider how the dispersion of Tibetans and the subsequent spread of Buddhism has impacted the world. At the same time, we will be reflecting upon our own cultural, political, and spiritual backgrounds and obligations within the context of the global community.

**\*This course fulfills the Engaged Learning core requirement.**

#### **Prerequisites & Notes**

- Attendance at pre-registration meeting;
- Permission of the instructor

#### **Information Sessions:**

<b>Date</b>	<b>Time</b>	<b>Location</b>
Friday, September 1, 2023	9:00 AM	<u><a href="#">Zoom</a></u>
Friday, September 8, 2023	9:00 AM	<u><a href="#">Zoom</a></u>
Friday, September 15, 2023	9:00 AM	<u><a href="#">Zoom</a></u>

**\*Failure to attend Health & Safety Orientations will result in immediate drop from the course, and once registered all course fees are non-refundable.**

Credits: 3+1 Core Unit

JAN 407 - Positive Psychology of Scandinavia

**Type:** Travel

**Dates:**

- October Date TBD: (required) Course Overview and Initial Orientation and Gear Information Meeting and Initial Cold Weather Gear Check
- November Date TBD: (optional) Trip to Columbia store
- December Date TBD: (required) Evening outdoor (cold weather) walk in gear/ Final gear check, and assign Pursuing Human Strengths reading assignment to be completed over Winter Break
- On-Campus class periods: January 3rd-5th, 2024
- Traveling Days: January 8 - January 23, 2024
- On-campus Presentations: January 26th and 27th, 2024

**Instructors:** Emily Hause & Makenzie O'Neil

**Email:** eh1@stmarys-ca.edu & mjo6@stmarys-ca.edu

**Course Fees: \$5000** \*All expenses included: airfare, lodging, transportation, food, excursions, etc. The only remaining expenses will be souvenirs and food in airports. Travel shot costs will depend on individual insurance coverage.

**Course Description:**

This course is designed to explore the research methods, principles, techniques, and theories of Positive Psychology as they apply to the tasks and strategies of life in Denmark and Sweden. Scandinavian countries are consistently ranked as the happiest countries in the world. The focus of this course will be to discover what it is about these societies that lead their citizens to be so happy. Two themes will guide our activities: (1) the general principles of positive psychology and (2) cultural differences in their application. In examining the food, culture, architecture, business practices, and daily life in these countries, we will explore the basis for their very high life satisfaction ratings, as well as examine current societal challenges taking place in Denmark and Sweden in order to consider the ways in which a happy place does not equate to a perfect place. Activities will include an exploration of "Hygge," the Danish concept

of "coziness/contentment" and "arbejdsglæde," the Scandinavian concept of happiness at work. We will also travel north of the Arctic Circle to experience the darkness of Swedish winter and the winter sports and activities that are integral to it. We will also experience awe at the stark natural beauty of the region. Weather permitting, we will also see the Northern Lights from one of the best vantage points in the world.

**Prerequisites & Notes**

ENGL 005

**Information Sessions:**

<b>Date</b>	<b>Time</b>	<b>Location</b>
Wednesday, September 6, 2023	5:30 PM	Dante 114
Tuesday, September 12, 2023	3:30 PM	Galileo 202
Wednesday, September 13, 2023	5:30 PM	<u>Zoom</u>

**\*Failure to attend Health & Safety Orientations will result in immediate drop from the course, and once registered all course fees are non-refundable.**

Credits: 3

JAN 408 - Engaging Christian Art: Italy & France

**Type:** Travel

**Dates:** January 1 - January 27, 2024

**Instructor:** Tom Poundstone

**Email:** tpoundst@stmarys-ca.edu



**Course Fee:** \$4900 \*All expenses included: airfare, lodging, transportation, food, excursions, etc. The only remaining expenses will be souvenirs and food in airports. Travel shot costs will depend on individual insurance coverage.

What shape should a church have, and how should it be decorated? What symbols or scenes from the Bible would you feature, and how would you portray Jesus? What do your answers to these questions say about your understanding of Jesus and theology? Attempting to answer these questions will take us deep into the study of Christian art and situate you as dialogue partners with some of the world's most famous artists.

In this course, we will study buildings, paintings, and sculptures in Italy that artists over the centuries have created to embody their understanding of the Christian faith. We'll situate the works in various eras of art and architecture, ask what they reveal about how the artists understood the gospel, and consider the influence of these works on our understanding of the Christian faith.

Our primary "texts" will include some of the most famous churches and museums in the world: the Basilica of St. Francis in Assisi, the Uffizi in Florence, St. Peter's and the Sistine Chapel in Vatican City, and the Borghese Galleries in Rome. We will go from studying the earliest Christian art in the catacombs to the beginnings of the Italian Renaissance in Assisi in Florence to the High Renaissance masterpieces of Michelangelo and Raphael, to the flowering of the Baroque in Rome. We will also spend days studying the art and cathedrals in the wonderful medieval cities of Siena and Orvieto.

Interested?

Come to the information sessions and learn more about what it is like to explore these cities - including sampling their gastronomical delights and perhaps trying our hands at making some pasta dishes too.

### **Prerequisites & Notes**

- Grade of B- or higher in either TRS 281 or TRS 380-389
- Attendance at pre-registration meeting;
- Signature of instructor.

### **Information Sessions:**

<b>Date</b>	<b>Time</b>	<b>Location</b>
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Thursday, September 7th	7:00PM	Dante 218
Monday, September 11th	5:30PM	Dante 218
Wednesday, September 13th	5:30PM	Dante 218
Tuesday, September 19th	7:00PM	Dante 218

\* Meetings will last for 75 minutes (ie from 7:00 to 8:15 and from 5:30 to 6:45). If a student needs to leave early, they won't be there to fill out the distributed forms.

**\*\* Failure to attend Health & Safety Orientations will result in immediate drop from the course, and once registered all course fees are non-refundable.**

Credits: 3

JAN 409 - Globalized Mexico

**Type:** Travel

**Dates:** January 1 - January 27, 2024

**Instructor:** Alvaro Ramirez

**Email:** aramirez@stmarys-ca.edu

**Course Fee: \$2800** \*All expenses included: airfare, lodging, transportation, food, excursions, etc. The only remaining expenses will be souvenirs and food in airports. Travel shot costs will depend on individual insurance coverage.

**Course Description:** In this course, students will focus on the socio-cultural and political changes that have occurred in Mexico in the new millennium, which have put in doubt the national project initiated by the Mexican Revolution. Students will analyze these transformations as they travel to visit ancient Teotihuacan, the colonial city of Puebla, and the postmodern metropolis of Mexico City, where they'll visit the Museum of National Anthropology and Frida Kahlo's Casa Azul. The base city is Cuernavaca where students will attend classes at Universidad Internacional Monday through Friday from 10:00 am to 2:00 pm. During the first two hours of each day, Prof. Ramírez will lead seminar-type discussions in English. We will discuss the post-revolutionary politics that helped to define the national project and its nationalism that created a Mexican identity that had its heyday during the mid-twentieth century and has lately been transformed by the forces of globalization in both in urban and rural areas. We will specifically focus on Mexican identity during the NAFTA years; the cultural transformation of rural communities, in particular traditional indigenous groups. From 12:00 p.m. to 2:00 p.m. all students will attend language courses according to their level. Once a week, students volunteer at a nearby school where they will work with indigenous children. With the exception of two afternoon trips, excursions will take place on weekends. All students will be housed in pairs with Mexican families who provide room and board. Four meetings scheduled prior to leaving on the trip are considered part of the course.

**Prerequisites & Notes**

- Students who enroll in this course must be in good academic standing at the time of enrollment.
- Attendance at pre-registration meeting;
- Permission of the instructor

**Information Sessions:**

Date	Time	Location
Wednesday, September 6, 2023	1:00 PM	Dante 220
Thursday, September 7, 2023	5:30 PM	Dante 220
Tuesday, September 12, 2023	6:00 PM	Zoom

Wednesday, September 13, 2023	1:00 PM	Dante 220
Thursday, September 14, 2023	6:00 PM	Zoom

**\*Failure to attend Health & Safety Orientations will result in immediate drop from the course, and once registered all course fees are non-refundable.**

Credits: 3

JAN 410 - Creative Geniuses or Hard Workers: Innovation Insights from South Korea

**Type:** Travel

**Dates:** January 4th - January 21st, 2024

**Instructors:** Tina Xiaotian Zhang & Young-Jae Le

**Email:** xz4@stmarys-ca.edu

**Course Fee: \$4,150** \*All expenses included: airfare, lodging, transportation, food, excursions, etc. The only remaining expenses will be souvenirs and food in airports. Travel shot costs will depend on individual insurance coverage.

**Course Description:** South Korea is currently ranked as one of the world's most innovative countries, beating out countries like Japan, Germany, the USA, and China. This Course, "Creative Geniuses or Hard Workers: Innovation Insights from South Korea," is designed to raise awareness of the culture of Creativity and Innovation in South Korea. Special attention is placed on what makes Korean culture so innovative - are they a highly creative people or is it rooted in a hardworking Asian culture? As nations increasingly aim to become "creative economies" (Florida, 2002), we look at the role of national culture in two of Korea's best-known creative industries, namely electronics and online gaming, to more deeply understand the local and global business contexts that have made companies like Samsung and NCSOFT, some of the most innovative in the world. We will also compare and contrast Korea and other nations on innovation policies, to better understand how national systems of innovation are created.

Participants will learn about Korean creativity and innovation experientially through international immersion, lectures by local professors and industry experts in Korea, interactions with local Korean students, visits to Seoul-based electronics and game development companies, and meetings with Korean innovators, gamers, and business leaders. Participants are expected to deepen their understanding about:

- The concepts of creativity and innovation, as they apply in the cultural contexts of South Korea and the US
- The society, politics, culture, and economy of South Korea
- The various aspects of economic development that support national systems of innovation in South Korea
- Macro-environmental forces affecting organizational and industry level innovation
- Different business models for bringing new product innovations to market

#### **Prerequisites & Notes**

- Attendance at pre-registration meeting;
- Permission of the instructor

#### **Information Sessions:**

<b>Date</b>	<b>Time</b>	<b>Location</b>
Wednesday, September 6, 2023	Noon	<a href="#"><u>Zoom</u></a>
Thursday, September 7, 2023	Noon	<a href="#"><u>Zoom</u></a>
Friday, September 8, 2023	Noon	<a href="#"><u>Zoom</u></a>
Monday, September 11, 2023	Noon	<a href="#"><u>Zoom</u></a>

**\*Failure to attend Health & Safety Orientations will result in immediate drop from the course, and once registered all course fees are non-refundable.**

Credits: 3