

Syllabus

UH 3004H CRN 15428 Spring 2009

Exploring Career Options through *The Artist's Way*

Thursdays 10:00 AM - 12:00 PM, Hillcrest 132

Facilitators: Jill Sible (College of Science and Department of Biological Sciences)

Isha Williams (Marriage and Family Therapy Program, Department of Human Development)

Required Book: *The Artist's Way* by Julia Cameron

This Honor's Colloquium will be conducted as a workshop to guide students through the ~12 week Artist's Way program. The Artist's Way workshops were developed over 10 years ago by writer Julia Cameron to assist others who were suffering from writer's block. The course has subsequently been utilized by people from all walks of life who desire to tap deeper into their creative potential. Our course will enable students to explore career options that may not fall along their current academic trajectory, but will also enable all students to explore their creative selves and potentially remove current barriers to their creativity.

Jill and Isha will serve as *facilitators* and co-participants in the course. The Artist's Way cannot be taught by someone else. It must be learned from self by working through the daily and weekly exercises. Jill will serve as the instructor of record, responsible for keeping the classroom experience safe and sufficiently organized and for recording grades (more on that below). Isha is trained therapist and will be available to work with students (individually or as a group) when difficult issues arise.

How the workshop will be conducted:

Much of the experiential learning will happen during the week as participants complete the daily and weekly exercises. Class meeting time will be dedicated to a group discussion of the previous week's experiences, creating a simple piece of art that relates to that week's theme, and discussion/sharing of the art work. Attendance in class will be critical and contribute to a major portion of the grade for the course.

Daily exercise:

Morning Pages: Every day, participants are expected to write their "morning pages", three hand-written pages, written stream-of-consciousness, preferably as the first activity of the day. No one will ever read another's morning pages, not even the facilitators.

Weekly exercises:

Artist's Date: Each week, participants are expected to take themselves on an Artist's Date, an hour or more spent alone (or alone in a crowd) engaged in an activity that might

inspire their creativity. For this particular course, the date might be attending a class that has always sounded interesting to the participant but that he or she might not take because it doesn't fulfill major/minor requirements, etc. Jill is happy to provide a note or e-mail to professors teaching the class the participant would like to attend, to introduce the student and request permission for them to attend the class.

Tasks: Each chapter/week of the program includes a list of task to help "recover" that week's topic. A few of these tasks will be assigned to the entire class, so that there will be common experiences to discuss. Participants will be asked to choose a certain number of other tasks from the list.

Weekly Check-in: Each week, participants should complete the check-in questions at the end of the chapter. These answers and reflections will form the basis of discussions at the beginning of each class and in the mid-term and end-of-term conference with the facilitator.

Grades: Students will be asked to self-assign a grade and this will be discussed and negotiated with the facilitator during mid- and end-of-term conferences. The grade will be based on class attendance/participation and on the discussion of the weekly check-ins. The goal is for students to give themselves every possible chance to engage with their creative selves, by participating fully in the exercises. Thus, a student with excellent attendance and good (but not necessarily perfect) completion of morning pages, artist's dates, and tasks should assign themselves an A. However, a student who hits a roadblock (something really painful that is discovered as a block to his/her creativity) in Chapter 6, stages a mini-rebellion (doesn't write morning pages for a week) but comes through the experience with valuable insight (as evidenced by the reflections gained during weekly check-in or a really cathartic piece of art made at the end of the week) would still deserve an A. A student who never truly commits to The Artist's Way process, does some of the work, and never gains insight, is not deserving of an A.

Class Schedule:

The class will work through a chapter each week. For example, participants will be expected to read Chapter 1 and do the related activities between class 1 (Jan 22) and class 2 (Jan 29). At the end of that week (Jan 29 for Chapter 1), we will focus our class discussion and art project toward completion of that chapter as well as a brief preview of the subsequent week's topic.

Week	Class meets	Tasks(due before class meeting)
Welcome/introduction	Jan 22	
Week 1: Safety	Jan 29	pp. 38-40; 3, 4, 6, 8 (crayons, markers, pens)
Week 2: Identity	Feb 5	pp. 56 - 58; 2, 3, 4, 7 (bring a shoebox w/ lid to class)
Week 3: Power	Feb 12	pp. 75 - 77; 2, 4, 8, 9, 10
Week 4: Integrity	Feb 19*	pp. 89 - 90; 2, 3 and pick 2 others; reading deprivation
Week 5: Possibility	Feb 26	pp. 101-102; wish-trap, forbidden joys, wish list + 1 task
Week 6: Abundance	Mar 5	Mid-term conferences; pp. 113-114; money madness + two tasks; Consider sharing #4 with class
SPRING BREAK		morning pages
Week 7: Connection	March 19	Mid-term conferences; pp. 124 - 127 jealousy map, archaeology + 2 tasks
Week 8: Strength	March 26	pp. 146-148; 1 (steps 1 -6), 3
Week 9: Compassion	April 2	pp. 160-161; 1, 2
Week 10: Self-Protection	April 9	pp. 175-177; 1-4
Week 11: Autonomy	April 16	pp. 190-191; pick any 3 tasks
Week 12: Faith	April 23	Pp. 200-201; 1, 2 + 2 other tasks
Wrap-up	April 30	End-of-Semester conferences; art show?

*Jill out of town. Class will meet with Isha or on an alternative day.

Art Projects:

The in-class art projects are designed to be simple and fun. They will include activities such as drawing/painting, clay sculpture, collage, masks and possibly batik when the weather gets nice. Any and all suggestions are appreciated!

