

Living From the Inside Out

DEPAUL UNIVERSITY - SCHOOL FOR NEW LEARNING

AI 326 LIVING FROM THE INSIDE OUT

Winter Quarter 2010 – Loop Campus

Wednesdays – 6:00 – 9:00 p.m. – January 6 – March 17, 2009

SYLLABUS

FACULTY

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COMPETENCES

- A-3-B Can explore a model of spiritual development and apply it to oneself or others.
- A-3-D Can assess the assumptions and implications of a significant thinker's ideas about work or leisure.
- A-5 Can define and analyze a creative process
- H-3-C Can use theories or models of adult growth and development to understand one's own experience.

Faculty:

Mary Jane (M.J.) Dix earned her B.A. at School for New Learning and her Masters in Pastoral Studies from Loyola University in Chicago. She earned her Ed.D at National-Louis University in spring of 2007 studying the impact of feminist spirituality on women's development. She has been teaching Learning Assessment Seminars, Foundations, Spirituality & Leisure, Externship, and Summit Seminar since 1984. She advises students as Core faculty, and is SNL's Advocate for student concerns and university issues.

Veronica (Roni) Buckley earned a Master of Arts in Adult and Continuing Education and an Ed.D. from National Louis University, the latter in 2007. Her research focused on the mature learner with an emphasis on women. An SNL alum, she is a member of the Core Visiting Faculty of SNL and serves as an Academic Advisor. She is also the current president of the DePaul University Alumni Board and is the Director of Administration of the Chicago law firm, McCracken & Frank LLP.

COURSE DESCRIPTION

Ben LeShahn says, "Everyone of us, even if we have nothing else . . . has this one thing: a wholly separate and individual self with individual dreams and passions, its unique landscape, unmapped and unexplored . . . peopled with shapes and forms unknown to others. And that private unknown self, where it has been realized well, has been of increasing value and wonder to others."

This class is a study of the benefits of leisure and spirituality which can be important elements in enriching one's life. The curriculum also explores creativity as a path to and/or result of incorporating these practices into one's life and examines theories of adult growth and development. This class makes time to think in order to experience how one's outer and inner worlds can interact to help us make meaning in life. Students will use a combination of reading, practices, small group work, guided imagery, journaling, and reflection papers to articulate and demonstrate understanding of the competences.

REQUIRED READINGS

- DeMello, Anthony. (1990). Awareness...the perils and opportunities of reality. New York: Doubleday
- Dominice, Pierre. (2000) Learning from our Lives. San Francisco, Ca.: Jossey Bass.
- Hays, Edward. (1986). St. George and the dragon and the quest for the holy grail. Easton, Kansas: Forest Peace Publishing.
- Various articles in on-line reserve.

Syllabus, Winter 2010

Living From the Inside Out

ANTICIPATED OUTCOMES

A-3-B

- To understand the concept of spirituality.
- To develop a personal spirituality and learn how to foster it as a foundation for daily living.
- To explore a number of spiritual theories different from our own.

A-3-D

- To understand the concept of leisure and to foster it as a foundation for daily living
- To explore a number of leisure theories different from our own

A-5

- To understand the elements of creativity.
- To understand the stages of adult maturation and their application in self-development.
- To incorporate spirituality, leisure and creativity in one's daily life to enhance lifelong development.

H-3-C

- To understand how behaviors are rooted in values and attitudes and develop a strategy for identifying and changing same.

All of the Above

- To understand the course content through readings, personal reflection, and class participation.
(All)

EVALUATION

- 1) 30% - Class participation.
- 2) 30% - Student journals. (Students will prepare journals on the assigned readings and on self-designed competence based practices. One journal is due each week for 8 weeks beginning Week 2. **Journals submitted late will not be accepted for credit or returned with comments. In the event of an absence, students should e-mail their journals by the deadline to the assigned instructor.**
- 3) 30% - Final paper. (A paper reflecting on changes in understanding of the material during the course is due the 11th week).
- 4) 10% - Final class presentation.
- 5) The faculty of this course upholds the University's guidelines on academic integrity found in the Student Handbook (see www.depaul.edu).
- 6) Students wishing to take the course for Pass/Fail, should notify one of the instructors prior to the beginning of the second class.

WEEK

TOPCIS TO BE COVERED (subject to change)

Week 1

Getting Started

Introductions
Overview of course
Review of competence statements
Adult Development: What is it? Recognized theories
Leisure and Spirituality: What are they?
Creativity: Who me? Yes You!
Adult Development – yes, there's still time!
Introduction to journaling
Discussion of deliverables

Week 2

Awakening

Spirituality not Religion
Beginning the Search
Call to Self

Week 3

Creating

The Creative Process
Flow and Creativity
Participating in our own ongoing co-creation

Living From the Inside Out

	The Creative Personality
Week 4	Spirituality Making Meaning Going inside and returning Letting go: head vs. heart Self Observation
Week 5	Leisure Leisure not a Vacation Enjoying Solitude and Other People Learning to relax
Week 6	Theories of Adult Development The Power to Create Change in Oneself Becoming A Person Beliefs, Values, Attitudes and their relationship to behavior
Week 7	Positive Aging Must aging be a negative experience? Using narrative to Make Meaning in one's life.
Week 8	Transformation Mezirow's theory of <i>transformational learning</i> : everything is the same, but everything is different
Week 9	Wisdom Perspectives on Self, spirituality, leisure and creativity
Week 10	Sharing our Journeys