CORE CURRICULUM ARTS AND IDEAS (CCA)

CCA 152 | EXPLORING THE ART MUSEUM | 4 quarter hours
(Undergraduate)
Museums have been a respected and trusted measurement of artistic accomplishment. In this course, the student will examine the museum's role as collector, conservator and educator. The student will investigate the traditional role of the art museum, its collection, practices and programs as well as its efforts to integrate new media into its collection. The course also investigates repatriation, which is the ownership of ancient and cultural heritage and other issues that affect the museum such as censorship and funding. Finally it will look at how we value art as a commercial commodity. (4 quarter hours)

CCA 153 | THE ART OF SPEECHMAKING | 2 quarter hours
(Undergraduate)
In this class, students will use tools based in the imagination, principles of design, and standard dramatic practice to create a unique, personal experience for an audience. Speech, whether we call it dramatic or declamatory, has the potential to move the masses. In this course, you will develop a personal approach and construct effective presentations that harness the power of their voice and body. (2 credit hours)

CCA 154 | STRESS REDUCTION USING HUMOR AND SPIRITUALITY | 2 quarter hours
(Undergraduate)
Stress affects the body in dramatic ways, and is a major contributing factor in chronic and degenerative diseases. We will understand/describe the physiology and biochemistry of stress and, more importantly, apply effective methods to reduce and manage it. Effective stress reduction and burnout prevention then become important health, wellness, productivity and disease prevention strategies for individuals, schools, businesses, the medical industry and the culture. The effective stress reduction techniques include breathing, biofeedback, humor, spiritual exploration, connection and inspiration. The holistic paradigm of body, mind and spirit supports our informed search for meaning, connection, calm productivity and enhanced health (2 quarter hours)

CCA 167 | DIGITAL PHOTOGRAPHY | 4 quarter hours
(Undergraduate)
Students learn in this course to take artistic digital photos. They will analyze photos they have taken prior to the course and discuss if they fulfill criteria to be seen as art. Several theories of artistic expression will be discussed. Rules of composition, light, exposure, colors, etc. will be reflected upon. In a second step the students will develop the competence to alter their digital photos with a program like "Photoshop Elements". They will be able to change the expression of their photos and combine different shots, creating their personal piece of art. As a final product, students will create a portfolio with about 5 photos including detailed descriptions of their work. (2-4 quarter hours)

CCA 170 | CREATIVITY AND ENTREPRENEURSHIP | 2 quarter hours
(Undergraduate)
IPads. Smart Phones. The automobile. These inventions, once unknown and now taken for granted, required years of imagining, experimentation and innovative thinking. While we value the end product, we are often unaware of the underlying creative/creating process. This class will explore the role of creativity in the development of entrepreneurial skills and the entrepreneurial personality. Creativity in this course will be seen both as a learned skill and as an exploration of our intuition. This course will explore contemporary approaches to the creative process based on the human capacity to imagine, to explore and, ultimately, to create. These are core skills for anyone pursuing a career as an entrepreneur or simply in search of ways to explore innovation. (2 credit hours)

CCA 172 | MAKING POEMS: AN INTRODUCTION TO VERSE | 4 quarter hours
(Undergraduate)
Making poems will be a creative writing offering that teaches metrics and verse forms, poetry the old-fashioned way. Topics will include metric feet, rhyme, lines, and verse forms. For example, students will learn about the iambic foot, write some iambic lines of various lengths, and finally use the iambic line to write a sonnet. Rap poetry with its structured rhythms and elaborate rhyming is another possibility. This "formalist" approach promotes a kind of creativity that is strongly infused with craft and discipline in contrast to the "spoken word" or confessional approaches to making poems. This class involves making audio recordings of your poems; students will be required to purchase a headset/microphone and download and install free software.

CCA 176 | CREATIVE WRITING | 4 quarter hours
(Undergraduate)
Designed to help you explore the art of writing stories, either stories that are "made-up" or stories based on lived experience. You will be required to complete six fiction-writing exercises, and either one short story, one autobiographical story, or one story based on an oral history collected by the you. In addition, you write a final essay in which you reflect on your learning and experience in the course. (4 quarter hours)

CCA 185 | THE BEATLES AND THE CREATIVE PROCESS | 4 quarter hours
(Undergraduate)
The Beatles are significant in many ways: they were an unprecedented show business phenomenon; they were leaders of Sixties cultural rebellion; and they stand, for many, as a signal instance of popular entertainment attaining the status of high art. This course will examine the musical craftsmanship of the Beatles, focusing on their work as songwriters and record makers. Recent audio and print releases documenting the group's performing and recording history provide a unique and detailed glimpse of the Beatles' creative process. We will utilize these materials to closely trace the development of the group's work while using other resources to place it in a larger historical and cultural context. The goal is to shed critical light on this recent chapter in cultural history. That discussion will, in turn, highlight questions about creativity in a modern context where commerce vies with art, technology redefines performance and an emerging global village culture transforms concepts of originality and tradition.

CCA 202 | LONDON ALIVE: IN THEATERS, MARKETS AND MUSEUMS | 4 quarter hours
(Undergraduate)
Join SNL in London for a course about performance and representation. Theater, live performance, museum collections and street markets are integral parts of English cultural history; they also represent Britain's international heritage. London theaters celebrate English history, culture and language, and carry the banner of the English artistic imagination into the future. London's museums make it one of the most visited cities in the world for the range of its collected artifacts and images. Outside the theater and museum doors, markets teem with life, creating a magical intersection of past with present and future, of art with life and politics, of cultural stasis with social change. (4 quarter hours)

CCA 211 | ANALYZING AUSTEN'S PRIDE AND PREJUDICE | 4 quarter hours
(Undergraduate)
Jane Austen must have known something about universal truths. Her novel, Pride and Prejudice, which begins with the sentence quoted above, was first published in 1813. Still in print today, it has also been made into at least eleven movies, four of which were released since 2000, including a Mormon and a Bollywood version. In this class, we will read the novel in the context of the gender and class norms at the time Austen wrote her book and then consider how Austen's exploration of universal truths is reinterpreted in more contemporary film versions of this novel. In exploring Austen's creation and the many reinterpretations of her work, we will use both analytic and creative writing assignments as well as class discussion to examine how context informs creativity and how creativity informs analysis. You most definitely do not need to be a creative writer to take this class. (4 quarter hours)

CCA 213 | MINDFULNESS MEDITATION | 2 quarter hours
(Undergraduate)
This introductory, two-credit course offers a practical and research-informed foundation in mindfulness meditation. Students will explore core principles, learn a variety of mindfulness techniques, and apply them to real-world experiences at school, work, and home. Emphasizing present-moment awareness, emotional regulation, and mind-body connection, the course supports students in developing a sustainable personal practice. Coursework integrates neuroscience, psychology, and contemplative traditions in a fully secular format. Through weekly practice logs, brief reflections, guided activities, and asynchronous and live online sessions, students will examine the psychological and physiological effects of mindfulness, build resilience, and reflect on their own growth. This course is designed for anyone seeking practical skills for well-being, focus, and personal development.

CCA 215 | FILM NOIR | 2 quarter hours
(Undergraduate)
In this course we will screen and discuss select noir films and develop skills of viewing and analyzing them closely. Highlighted topics will include the concept of genre in film; the relationship of genre codes to creativity; the dynamics of form and content; the tension between commerce and art; the auteur theory; psychologies of the divided self; representations of masculinity and femininity; and the question of what these films say about American society, post-World War II. (2 quarter hours)

CCA 216 | HOLIDAY FILMS | 2 quarter hours
(Undergraduate)
This course uses the holiday genre to introduce students to a range of perspectives from which to interpret and analyze films and other popular media. Using a selection of screenings and accompanying readings, students will identify the characteristics of the holiday genre, paying particular attention to the role of tradition and to the relationship between the individual and the community. They will also consider the broader cultural contexts of these films, analyzing them from historical, business, and ideological perspectives. By the end of this course, students will have gained confidence in employing critical approaches to media analysis, while interpreting and appreciating a diverse selection of holiday films and "very special" TV episodes. There will be no required textbook for this course, but students will be asked to rent films and/or view them on a subscription streaming service like Netflix.

CCA 217 | MINDFULNESS MEDITATION | 4 quarter hours
(Undergraduate)
Mindfulness mediation provides many different ways to broaden our awareness of the world around us, heighten our powers of concentration, deepen our under-standing of our experience, and cultivate creative and transformative ways of being in the world. Many approaches to mindfulness meditation draw on ancient religious and spiritual traditions from around the world. So mindfulness meditation is compatible with and can enhance whatever religious or spiritual commitments you may have. But mindfulness meditation does not require religious or spiritual interpretations. It can be practiced as a very powerful path to becoming a creative, healthy and effective adult. In this course, you will learn what mindfulness meditation is and various ways in which it can be practiced. We will explore in particular how mindfulness meditation can enhance creativity, address the ethical challenges of contemporary life, and foster collaborative learning. Class sessions will involve extensive practice in mindfulness meditation, listening and dialogue. You will be expected to maintain and reflect on a daily mindfulness meditation practice for the duration of the course. (4 quarter hours)

CCA 220 | YOGA: PHILOSOPHIES AND PRACTICES | 2-4 quarter hours
(Undergraduate)
This course combines an introduction to yoga and meditation techniques with an examination of the scientific and philosophical knowledge of yoga to improve health. Course is appropriate for beginners; no previous experience needed.

CCA 221 | BAD BUNNY AND CULTURAL HEGEMONY: THE LOCAL GLOBALIST | 2 quarter hours
(Undergraduate)
This course examines how Benito Antonio Martinez Ocasio (Bad Bunny) achieved unprecedented global dominance while refusing to compromise his local identity. Students will analyze how hyper-local Puerto Rican themes, slang, and politics transcend national borders. We will explore the mechanics of subverting traditional Anglo-centric music industries through localized authenticity.

CCA 224 | WRITING YOUR STORY: MEMOIR AS PRACTICE | 2 quarter hours
(Undergraduate)
Over the past thirty years, memoir has exploded as a literary genre. But writing a memoir is about more than telling stories from your past. It's an embodied practice: part archiving, part investigating, and perhaps even part reliving. It's about going somewhere else - even, and especially, when it's not a place you can return to. In this class, we'll explore memoir as a creative practice. We'll study excerpts from a wide range of contemporary memoirists working in different forms and styles. You'll learn strategies for finding entry points into your past - and strategies for dealing with the gaps and contradictions you find there. You'll read one another's work and learn strategies for revision. Finally, you'll produce a complete, 5-7-page memoir of your own.

CCA 225 | LIVE SUMMER MUSIC IN CHICAGO: A CHICAGO EXCURSION COURSE | 2 quarter hours
(Undergraduate)
The course introduces people to two of the most exciting and rewarding institutions in Chicago music: the superb professionals Grant Park Symphony Orchestra and top-name performers at the famed Jazz Showcase. We learn the background of these iconic concert places, about the musical arts they perform, and the ways and terms to describe and better appreciate the great music they play.

CCA 231 | VISIBLE & INVISIBLE CITIES | 4 quarter hours
(Undergraduate)
This course looks at THE CITY through the lenses of four philosophical domains: ontology, epistemology, ethics and aesthetics. Through carefully curated short readings of the most important texts of classical, modern, and contemporary writers, students will be introduced to the big philosophical questions in these four domains as they apply to life in a great city.

CCA 242 | AMERICAN HORROR FILMS: A CULTURAL HISTORY | 2 quarter hours
(Undergraduate)
Horror is one of the most beloved genres in American cinema. In this course, we will explore five of the most enduring horror subgenres: the slasher film, the haunted house film, the home invasion film, the monster film, and the cosmic horror film. Through analysis of the films themselves, as well as through exploration of the films' historical and cultural contexts, we will shine a light on the darkest corners of the American psyche, looking for all the fears 'interpersonal, economic, existential' that we're too afraid to face and too ashamed to admit.

CCA 249 | SOCIAL MEDIA: CREATING CONTENT | 2 quarter hours
(Undergraduate)
In this class students will learn about many of the various social media platforms (Facebook, Twitter, TikTok, Instagram, Reddit, etc) and how to create content that succeeds on each platform. Students will examine how brands and organizations use social media, learn how to create content for specific audiences, discuss how influencers and brand partnerships exist in the social media ecosystem, learn how to creatively repurpose content over a series of posts, and participate in content workshopping with their peers. The second half of this course puts the students in the shoes of a social media team where they will submit a final presentation that showcases their work.

CCA 250 | INTRODUCTION TO RECREATION AND SPORTS MANAGEMENT | 4 quarter hours
(Undergraduate)
This course will expose students to management theory, principles, administrative processes and functions with emphasis upon ethical practices and management procedures in recreation and sports. The course includes the examination of the roles, interrelationships, and uses of diverse leisure delivery systems to promote community development and equitable business practices. Focus will also be placed on understanding career options in the Recreation and sport industry and preparing for employment.

CCA 251 | SPORT AND RECREATION PROGRAMMING | 4 quarter hours
(Undergraduate)
Foundation for designing, planning, delivering, and managing recreation and sport events. Recreation and sport programming is the overall management process in which leisure service professionals plan, promote, conduct, supervise, and evaluate program services within the context of a specific organization. This course is designed to provide students with an understanding of recreation and sport programming in a variety of settings and situations for diverse participants. Formerly, Programming Principles and Applications in Recreation and Sports.

CCA 255 | SELF EXPLORATION: INSIDE OURSELVES, OUTSIDE WITH OTHERS | 4 quarter hours
(Undergraduate)
Exploring the self can be a very personal and satisfying experience. It can provide clues as to how you interact with others, accomplish daily tasks and how to become a more happy, productive and respected individual. Students in the course engage in self reflection in a collaborative learning format where they learn about themselves and observe the trends and conclusions of the class. Topics to be explored include family origins, gender perspectives, personality traits and development, self awareness and identity, creativity, and professional and moral perspectives.

CCA 281 | LIBERAL ARTS IN ACTION: BRAVE NEW WORLD AND NINETEEN EIGHTY-FOUR: DIVERGING DYSTOPIAS | 2-6 quarter hours
(Undergraduate)
The Liberal Arts in Action course directs students to analyze an engaging topic - in this case, the two preeminent dystopian fictions of the last 100 years, Aldous Huxley's Brave New World and George Orwell's Nineteen Eighty-Four -- from multiple perspectives in the liberal arts. Students strengthen their problem-solving skills by drawing upon the ideas and methods of three different liberal arts disciplines. The learning activities clarify how the liberal arts can be put into action to ponder and address problems. The course strengthens students' development of critical thinking and academic writing across the curriculum. Students also will learn about resources that will be useful for their academic success at DePaul.

CCA 285 | WORK, PLAY, REST: NAVIGATING COMPLEXITIES OF ADULT LIFE | 4 quarter hours
(Undergraduate)
Adult life has become complex. With expectations from family, school, work, home, social pressures, technology and social media, it sometimes feels impossible to keep up. When the news bombards us or becomes frightening, and the world around us feels uncertain, how do we make sense of things and find our way forward? In this course, we will begin from the place that human beings are full of creativity, ingenuity, resourcefulness, generosity and hope. Our very lives and the world around us will be our subject matter - our need to work, our bodies' need for rest, and our enjoyment of leisure and recreation. Where does stress, expectation and anxiety come from, how are these held in the body, and what can we do about it? And, how has story, movement, music and sound, humor, popular entertainment and fun helped humans get through the day, navigate relationships, and find more ease? By engaging in simple creative practices in and out of class and considering what might be useful for individual and collective well being, the goal is for students to create a toolbox of approaches for navigating life's complexities to carry forward beyond the class.(4 quarter hours)

CCA 322 | PROBLEMS AND ISSUES IN CONTEMPORARY ETHICS | 4 quarter hours
(Undergraduate)
An introduction to moral philosophy with emphasis on the conflict between "moral relativism" (or "subjective" ethics) on the one hand and "moral realism" (or "objective" ethics) on the other. During the course you will be introduced to classic theories and leading figures in the history of ethics, from Plato and Aristotle to Kant and Nietzsche. Course content will focus on issues (e.g., poverty, drug use, capital punishment, sexual behavior, euthanasia, biomedical research, animal rights, political violence) at the center of contemporary ethical debate in the United States and throughout the world. (4 quarter hours)

CCA 342 | LEARNING ART HISTORY THROUGH THE ART INSTITUTE OF CHICAGO | 4 quarter hours
(Undergraduate)
The Art Institute of Chicago is one of the nation's premiere art museums, with a collection that offers wide opportunities for the study of art. This course will examine great paintings in the museum from the Middle Ages up to contemporary works. Students will deepen their knowledge of art history and how to study a painting, develop an overall knowledge of major periods and trends, as well as gain insights into the lives of the artists. Students will also gain a knowledge of the museum itself as a starting off point for further studies. Class will meet at the Art Institute, Michigan and Adams, at the front information desk. (4 quarter hours)

CCA 357 | CATHEDRALS OF ENGLAND: A PILGRIMAGE | 4 quarter hours
(Undergraduate)
This study abroad program brings students to England - London, York, Canterbury, and other sites - to experience among the most impressive medieval cathedrals in the world. The travel segment is designed as a pilgrimage to the cathedrals because that is how people in the Middle Ages visited them, but also because that form of travel was, like the Silk Road, an early form of international commerce. As with globalization today, medieval pilgrimage involved people bringing not just goods but ideas across national borders, irrevocably impacting and being impacted by the cultures through which they traveled. As with pilgrimage, students in this program will share a collaborative journey of discovery and cultural exchange as they engage with England's medieval past and its post-Brexit present.

CCA 358 | CATHEDRALS OF ENGLAND II: A PILGRIMAGE | 4 quarter hours
(Undergraduate)
This study abroad program brings students to England - London, York, Canterbury, and other sites - to experience among the most impressive medieval cathedrals in the world. The travel segment is designed as a pilgrimage to the cathedrals because that is how people in the Middle Ages visited them, but also because that form of travel was, like the Silk Road, an early form of international commerce. As with globalization today, medieval pilgrimage involved people bringing not just goods but ideas across national borders, irrevocably impacting and being impacted by the cultures through which they traveled. As with pilgrimage, students in this program will share a collaborative journey of discovery and cultural exchange as they engage with England's medieval past and its post-Brexit present.

CCA 365 | JAZZ AND CHICAGO | 2 quarter hours
(Undergraduate)
This short course will introduce the student to the pleasures and enrichment of jazz. Students will learn what jazz is, learn about its fascinating history and some of its most influential players, and learn about the special role that Chicago has played-and still does play-in great jazz. In the classroom we'll hear records, view videos, engage the instructor in question-and-answer sessions, and hear stories about this unique musical art form and Chicago's ongoing role in it. The instructor, a jazz writer and longtime jazz drummer, will enliven the course with personal anecdotes covering a considerable part of Chicago jazz history. (2 credit hours)

CCA 367 | EXPRESSIVE ARTS THERAPY | 4 quarter hours
(Undergraduate)
This course offers a multi-arts approach in which different art modalities are woven into the therapeutic process as appropriate to a client's situation. It is grounded not in any particular techniques or media but in the capacity of the arts to respond to human suffering. Various arts--poetry, movement, drawing, painting, journaling, improvisation, music, and sculpture--are used in a supportive setting to facilitate growth and healing. Expressive arts processes have been used successfully in almost all psychotherapeutic contexts, ranging from work with the severely ill to the facilitation of human growth and potential. There is a growing use of the arts in health education, hospice work, and in community art projects especially after catastrophic events. The class will be conducted in a workshop format in which theoretical content will be combined with experiential learning. Lecture, discussion, audio-visual presentation, experiential exercise, guest speakers, and field trips comprise the structure of the class.

CCA 390 | APPLYING ETHICS IN THE PROFESSIONS | 4 quarter hours
(Undergraduate)
Moving from theory to applied practice, students will be invited to turn their new knowledge towards the field of engagement which is close to their own industry. Classic and contemporary case studies in business leadership, community organizing, nonprofit management, organizational development, education, healthcare, technology, and sports will all be made available.

CCA 396 | INTRODUCTION TO ART THERAPY | 4 quarter hours (Undergraduate)
This experiential class in will introduce students to concepts of art therapy and other expressive arts. It will address the therapeutic use of art making by people who experience illness, trauma, or challenges in living, as well as by people who seek personal development and general well being. By participating in expressive arts activities and reflecting on the products and processes, students will learn how art therapy can help people increase awareness of self and others, cope with symptoms, stress, and traumatic experiences; enhance cognitive abilities; and enjoy the life-affirming pleasures of making art.