Followership and dysfunctional teams will be explored, as well as various models of interpersonal dynamics overall. Basic characteristics of high-performing interaction—whether the team is formal or informal—as well as better settings. In particular, this awareness will contribute to better team performance on teams and to enhanced relationships in both individual to become more self-aware and more effective in a variety of settings. Being a better communicator and a more self-aware individual can lead to "engage play on purpose" as a means of further enhancing their current research, participants will deepen their understanding of what it means to "engage play on purpose" as a means of further enhancing their interpersonal effectiveness.

A growing body of scientific research indicates that "play" is an essential element of both learning and expression across the lifespan. This course examines the role of play in adult life, the science and research behind play, and selected techniques for fostering healthful play. Participants will explore an established improvisational play practice called InterPlay, examining the role of play in adult life, the science and research behind "play" and its benefits and liabilities. We will also consider dynamics and strategies involved in shifting/managing mindsets in order to develop/engage new approaches to learning, decision making, problem-solving and optimizing positive influence in various spheres of impact (personal, interpersonal, organizational and societal).

A mindset is a set of mind - a mental aggregate - that fixes thinking into a narrowed range of perceiving and behaving. Our expectations then conform and we indulge behaviors that align with those expectations. The mindset then sets the mind. Through this seminar we will explore both how mindsets (e.g. a fixed mindset vs a growth mindset) form and their benefits and liabilities. We will also consider dynamics and strategies involved in shifting/managing mindsets in order to develop/engage new approaches to learning, decision making, problem-solving and optimizing positive influence in various spheres of impact (personal, interpersonal, organizational and societal).
LLS 450A | FINDING & ASSESSING INFORMATION | 2-4 quarter hours  
(Graduate)  
This domain includes methods and processes of systematic inquiry regardless of domain. Adults must be able to engage in self-directed inquiry in order to understand and act effectively in their personal, professional, social, and civic lives. In this domain, students learn methods for systematically and strategically exploring questions, problems, ideas, and experiences. Central questions include: How do I formulate viable questions? What information do I need to understand a problem and what is the best way to obtain it? What are different ways to analyze an idea? How can I make sense of what I have experienced? Seminar sections in this domain might address topics such as strategies and methods for generating and utilizing primary research, gathering and managing information, analyzing and presenting data, pursuing targeted methods of inquiry, etc. (2 quarter hours)

LLS 450B | APPLYING SYSTEMATIC INQUIRY (IN PROFESSIONAL PRACTICE) | 4 quarter hours  
(Graduate)  
The two required sections in this domain, LLS-450a & LLS-450b, aim to explore various dimensions/dynamics associated with investigating sources of information and conducting primary research. Central questions include: How do I formulate incisive questions? How do I find and gather relevant and credible information? How do I assess/analyze information and its sources, including my own experience as a source? How do I make sense of confirming and disconfirming information? How do I differentiate knowledge from opinion from reasoned judgment? Embedded in these questions are core concepts regarding the authority of systematic observation/inquiry and evaluated experience.