LIBERAL LEARNING SEMINARS (LLS)

LLS 410 | AGENCY EFFECTIVENESS | 4 quarter hours (Graduate)

Seminar sections in this domain aim to explore various dimensions/dynamics associated with knowing, developing and engaging oneself as an agent? in one’s experience and contribution. Central questions include: Who am I and/or who am I having myself be? Who am I becoming and/or who am I having myself become? What habits of mind, attitude and behavior am I choosing and reinforcing versus becoming victim to and stuck within? Am I living my life or is my life living me? etc. Embedded in these questions are core concepts regarding personal efficacy, empowerment and accountability.

LLS 410B | BUILDING & ENGAGING RESILIENCE (IN ADULT LIFE) | 4 quarter hours (Graduate)

An ancient proverb reads: “Fall down seven times. Stand up eight.” But how? What’s involved in such flexibility, adaptability, tenacity, hardness and resilience? What understandings, values and skills help? How does one develop these and nurture them across an adult lifetime? Through this seminar, participants will explore various concepts, models and “best practices” for growing, rebounding and self-guarding one’s resilience—given the challenges and uncertainties of adult life.

LLS 410C | VOICES AND IDENTITY IN WRITING | 4 quarter hours (Graduate)

The course will examine the power of the written word and the ways in which modern writers from various outlets (including mass-media) from diverse communities and fields represent their cultures, styles and passions for writing through their works. Students will explore these modern writers and examine some of their favorites as well as lesser-known authors while being challenged to understand and apply their own voice, identity and writing in multiple styles—within conventions and boundaries of academic style and without those boundaries. Students will analyze and identify and apply various styles, processes and motivation which keeps a writer going. This course will challenge students to use the learning and framework to build their own diverse writing portfolio.

LLS 420A | ENGAGING SOCIAL MEDIA | 4 quarter hours (Graduate)

Social Media is essentially communication to the world. For the first time in the history of human communication, an individual has the ability—using the latest channels to connect with anyone and everyone in the world. There have been many examples of the power of this media as we witnessed the events of the Arab Spring. This course will empower you to engage with the most important channels at your disposal to maximize your social media experience. We will investigate many questions including: What’s in it for me? But, more importantly, how will this help me in my future business endeavors and personal life.

LLS 420B | ENGAGING PLAY ON PURPOSE | 4 quarter hours (Graduate)

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 fostering healthful play. Participants will explore an established improvisational play practice called InterPlay®, involving guided movement, story-telling and vocal activities. By examining play through the lenses of both experiential learning and 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.

LLS 420C | COMMUNICATING (MORE) EFFECTIVELY | 4 quarter hours (Graduate)

Being a better communicator and a more self-aware individual can lead to better performance on teams and to enhanced relationships in both professional and personal life. This seminar will explore ways for an individual to become more self-aware and more effective in a variety of settings. In particular, this awareness will contribute to better team interaction—whether the team is formal or informal—as well as better interpersonal dynamics overall. Basic characteristics of high-performing and dysfunctional teams will be explored, as well as various models of followership.

LLS 430 | ORGANIZATIONAL EFFECTIVENESS | 4 quarter hours (Graduate)

This domain includes the larger systemic contexts within which individuals function. As the world grows increasingly complex and interconnected, the ability to understand and navigate people-in-groups (organizational, societal, and global) becomes increasingly critical. In this domain, students broaden and deepen their capacity to make a difference at ever-widening levels of system. Central questions include: How do we engage as organizational resources, community participants, members of society and global citizens? How do we get along? How do we get work done? How do we both fit-in and remain unique? Seminar sections in this domain might include such topics as project management, leadership, organizational culture, career management, performance improvement, context scanning, global citizenship, trend analysis, cross-cultural agility, future visioning, etc.

LLS 440A | UNDERSTANDING AND FLEXING MINDSETS | 4 quarter hours (Graduate)

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 440C | TRAVEL, VALUES & IDENTITY | 4 quarter hours
(Graduate)
Sit at the gate at any airport waiting for a flight and you may find a
vacationer, a business traveler, a commuter, and an immigrant heading
toward a new home - all about to board the same plane. Stand in the
immigration line after disembarking, and each of these travelers might
have a very different experience. This seminar explores the concept of
'travel' and the deeper significance behind our own and others' choices
concerning physical movement from place to place. We will consider
topics ranging from 'enjoying the view,' curiosity, and the mundane to
ideas of the exotic, expectations, conflict, privilege, and choice versus
forced removal - all within the context of travel. While this is not a
travel course, experiential travel components will be built into some
class sessions. Through in-class activities, selected readings, written
assignments, and participant/observer field trips, students will be asked
to reflect on their own and others' travel experiences. The goal is that
students will emerge with an expanded awareness of travel not just as
journey and destination, but also as mindset and learning experience; in
turn, this can inform one's identity, choices and relationships as global
citizens.

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.