

Bridgewater State University Senior College Spring 2021 Detailed Course Descriptions & Instructor Biographies

Please Note: All courses take place virtually via Zoom

<https://www.bridgew.edu/ccs/seniorcollege>

Questions: please call the Senior College at (508) 531-2570

Or email: BSUSeniorCollege@bridgew.edu



COURSES STARTING IN JANUARY

The American City

Dr. Lisa Krisoff Boehm, Dean and Professor, College of Graduate Studies, Bridgewater State University

*Mondays, January 25 & February 1, 8, & 22, 8-9pm

*Note: There is no class on February 15.

The United States is an urban nation. As such, it is impossible to understand American civilization without studying its cities. This course examines the ever-changing American city, including its place within and influence upon American culture. Each session will have an assigned article to read prior to the session. But if you do not get to it, remember, there are no grades!

- **Class #1: Place Matters: Exploring the American City.** This class explores the concept of cities and the rise of Urban Studies internationally.
- **Class #2: Pre-Columbian and European Foundations.** This session looks at Native American cities and large settlements, and then starts to look at urban colonial America.
- **Class #3: Industrial Revolution.** We will examine how the US's industrial Revolution contributed to the rise of cities in the United States, particularly in the Northeast.
- **Class #4: Race and the American City.** This class focuses on the impact of the First and Second Great Migrations on the diversity of cities, and cultural and political influence of urban diversity.

Dr. Krisoff Boehm is the Dean of the College of Graduate Studies at Bridgewater State University. Formerly, she served as Founding Dean of the School of Arts and Sciences (and Professor of History) at Manhattanville College in Purchase, New York. She also worked at Worcester State University for thirteen years and rose from Assistant Professor to Professor during that time. She is the author of Making a Way out of No Way: African American Women and the Second Great Migration (Mississippi, 2009), Popular Culture and the Enduring Myth of Chicago (Routledge, 2004), The American Urban Reader: History and Theory (with Steven Corey, Routledge, 2010), and America's Urban History (with Steven Corey, Routledge, 2014).

Fake News, Alternative Facts, Frauds, and Scams

Pamela Hayes-Bohanan, Senior Research Librarian & Adjunct Instructor, Global Languages and Literature, Bridgewater State University

Wednesdays, January 27, & February 3, 10, and 17, 4:30-5:30pm

Misinformation, disinformation, and other fake news is here to stay. This course will provide tools for helping you to identify what's real and what's not and how to respond to those who might be unwittingly sharing bad information.

- **Week 1: Definitions and biases** – What is fake news? What is the difference between misinformation and disinformation? How do our own biases effect what we believe?
- **Week 2: Social media** - How to win friends and influence people through memes and other half truths.
- **Week 3: Lies, damn lies, and statistics** – We will discuss how real information can be manipulated to tell a story that may not be completely accurate.
- **Week 4: Scams and frauds** – We will explore some of the ways to help you avoid getting taken.

Pamela Hayes-Bohanan is a research and instruction librarian at Bridgewater State University. She holds a Master's degree in Library Science from the University of Arizona and has been studying bias, and how people make decisions for over a decade.

Post-Election America

Nan Loggains, History Professor, Bristol Community College

Wednesdays, January 27, & February 3, 10, and 17, 11am-noon

This course will provide you with an overview of the political climate in 2021. An open discussion of the issues and the policies facing the United States will be presented.

Nan Loggains spent eight years on active duty in the Army working in military intelligence. While in the Army, she spent time in Germany, Alabama, Texas, Arizona, and Monterey, California (along with a number of TDY - temporary duty assignments). Nan has been at Bristol Community College since 2010. She loves teaching and has taught a variety of history courses including all of the foundation courses and several special topics courses (Vietnam War, Cold War, America's War on Terrorism, and The 1960s). Last fall, she introduced another new course on campus: Social Science 260: Election 2020. Nan also works as an academic adviser and a special programs coordinator on the Attleboro campus.

Path to a Healthier YOU!

Mary Ellis, Assistant Administrative Dean of Undergraduate Studies, Bridgewater State University

Thursdays, January 28, and February 4, 11, & 18, 6-7pm

Have you made a New Year's Resolution and need help staying on track? This course will explore the concept of "whole person health" while applying and supporting each other on a personal health journey. Scholars should think about a health goal that they would personally like to work on (losing weight, stop smoking, increasing fruits and vegetables, increased moderate exercise, decreasing anxiety and/or stress, are some examples) as this course will help you devise a plan to become successful in your goal. This course will be presented in a lecture style with many discussions with the group.

Scholars will develop their plans and journal their own personal progress. The goal is for Scholars to deepen their understanding of the concept of holistic wellness while applying it to their own personal health goals as well as supporting and helping others on their own personal wellness journey.

Mary Ellis is the Assistant Administrative Dean of Undergraduate Studies at Bridgewater State University where she also worked as a freshmen advisor and part time faculty for a combined 18 years. She also worked as a part time faculty member in the Movement Arts, Health Promotion, and Leisure Studies where she taught freshmen seminars in Health and Wellness. She aided the Health Science faculty in developing the newly added Health Science major at Bridgewater State University. She has always had an interest in holistic health for folks of all ages and earned her undergraduate degree in Health Psychology. She earned her Master's in Criminal Justice where she studied Post Traumatic Stress Disorder in First Responders.

COURSES STARTING IN FEBRUARY

Learning Basic American Sign Language*

Glenna Caliendo, Visiting Lecturer, Department of Communication Sciences and Disorders, Bridgewater State University

Mondays, February 1, 8, 22, March 1, 8, 15, 22, & 29 12-1pm

****Note: this course is offered for 8 weeks instead of 4, and there is no class on February 15.***

This course is designed to develop visual, expressive, and receptive skills using American Sign Language. Students acquire basic vocabulary, phrases, and simple sentences to communicate in common life situations at home, school or in public. Instruction focuses on basic sign language vocabulary beginning with words and then using those words to construct ideas and concepts.

Instruction also focuses on the necessity of eye contact, facial expressions and hand/body movement and gestures to clearly communicate using ASL. Students participate in interactive activities to practice the ASL they are learning, develop fluency and solidify their knowledge.

Glenna Caliendo is deaf and grew up in mainstream public schools. She earned her BA degree in Secondary Education with a concentration of math at Dominican College and earned her MS in Teaching and Curriculum at University of Rochester. She has been a part time faculty member at Bridgewater State University for 21 years where she teaches Sign Language 1. She also teaches ASL 1 and ASL 2 at Westfield State University. She taught ASL for a dual enrollment program through Stonehill College and Massasoit Community College at Hanover HS for four years and Cardinal Spellman HS for two years. She taught sign language for kids with the Footbridge summer program at BSU for six years. This program is to provide the children from Brockton area with an authentic on-campus experience, and to instill an expectation whereby they will see themselves as future college students.

Introduction to Origami*

Andrea Plate, Origami Artist, Instructor, Senior College, Bridgewater State University

Mondays, February 1, 8, & 22, & March 1, 8, 15, 22, & 29, 6-7pm

****Note: this course is offered for 8 weeks instead of 4, and there is no class on February 15.***

Are you looking to find a unique hobby that allows your creative side to shine through while stimulating your mind? Origami art dates back to 105 AD with the invention of paper in China and new models are constantly being invented. In these 4 eight weeks while folding two traditional models each lesson, you will learn how to read an origami diagram and the basic folds and bases that will enable you to continue developing your artistry. Origami has many benefits for everyone, from young students to seniors: such as the ability to focus, to problem solve, and to visualize from 2D to 3D. There is also documentation of the meditative qualities of origami, and so much more. The course is great for those who want to learn a new skill. This is an introductory course offered over an eight-week period.

Andrea Plate has practiced origami for over 10 years and displays her work in local art shows. Her origami journey began in earnest when, as a middle school math teacher, she taught angle relationships through crease patterns. Since retiring she has developed her practice by studying independently, by participating in online workshops and by attending origami conventions. Her passion is sharing the beauty, benefits, and joy of folding with others. She has successfully remodeled her classes to the Zoom environment.

Genealogy Part 3: A Closer Look at Genetics & Genealogy

Dr. Cynthia B. Ricciardi, Visiting Lecturer, English Department, Bridgewater State University

Tuesdays, February 2, 9, 16 & 23, 1:15 to 2:15pm

In this four-part session, participants will discuss the basics of DNA testing and its use as a tool in genealogical research. We will also examine the options and resources offered by some of the most popular testing companies, including Ancestry, My Heritage, 23andMe, Nebula, and others. Each session will offer an optional 30-minute post-session question & answer opportunity.

Note: This session is the third in a series and will occasionally refer to topics discussed in Parts 1 & 2.

Cynthia B. Ricciardi began collecting leaves on her family tree more than four decades ago, starting with the discovery of a Civil War soldier, and following branches back to the founding of Plymouth (MA), settlements elsewhere in the Old Colony, and beyond. She has worked for the General Society of Mayflower Descendants as a verifying genealogist, served as the President of the Old Colony Historical Society/Museum in Taunton, MA, and currently volunteers at the museum as "genealogist in residence." A Bridgewater alumna and visiting lecturer with the English Dept., Cynthia is delighted to share her extra-curricular research obsession with Senior College participants.

America in 2021 & Beyond: The Challenges Facing a Divided Nation

Dr. Michael Kryzanek, Professor Emeritus, Political Science, Bridgewater State University

Weekly pre-recorded lectures will be emailed to you every Wednesday at noon from 2/3 to 4/21.

Additionally, Dr. Kryzanek will offer to “live Zoom” conversations on Wednesday, March 10, 2021 at 2pm and Wednesday, April 21, 2021 at 2pm.

The course on “America in 2021 and Beyond: The Challenges Facing a Divided Nation” will provide a comprehensive examination of how the United States under a new administration responds to a number of critical challenges political, economic, social and cultural that will shape the country for years to come. The objective of the course is to provide the seniors with a working knowledge of the problems/challenges facing the United States and the steps that will need to be taken in order to restore this country to a cohesive and functioning democracy. This course will follow a twelve-session format with ten presentations and two interactive chats with the seniors. The presentations will be as follows:

1. Feb 3 - America in the post-election period -where are we as a nation?
2. Feb 10 - Sources of grievance, anger, mistrust and division – why did Trump receive 70,000,000 votes?
3. Feb 17 - Race and white privilege – the changing demographic
4. Feb 24 - Elites and working - class Americans – the forgotten citizens
5. March 3 - Women v. men – the power dynamic
- 6. March 10 - Interactive Virtual Chat, 2-3pm**
7. March 17 - Religion and the spiritual side of America- Evangelicals, Catholics, Protestants, Jews and seculars
8. March 24 - Socialism and the Left – Is big government bad for America?
9. March 31 - Democrats and Republicans – who is to blame for our division?
10. April 7 - The Biden Agenda – can it bring meaningful change?
11. April 14 - The Possibilities of achieving national unity – what needs to happen?
- 12. April 21 - Interactive Virtual Chat, 2-3pm**

Pre-recorded video presentations will be approximately 35-40 minutes long and will be sent to the seniors for viewing each Wednesday before noon. Helpful links and/or handouts that expand upon the topic may also be included along with the video. Participants are encouraged to email questions and concerns related to the presentations to Dr. Kryzanek.

Dr. Michael Kryzanek is currently the Special Assistant to the President of Bridgewater State University. Dr. Kryzanek's areas of expertise are in American government, US foreign policy and comparative politics. He was Chair of the Political Science Department and was named as the Executive Director of the Minnock Center for International Engagement with responsibilities for all international programs at BSU.

It's All About Communication!

Christopher F. Ferraro, Assistant Director, Office of Residential Life & Housing, Bridgewater State University

Wednesdays, February 3, 10, 17, & 24, 7-8pm

Plain & simple, communication breakdown is costly, whether it be in our personal or professional lives. Come explore & share in a wholistic view of communication including communication styles, trends of different demographics, listening, & enhancing communication.

Christopher F. Ferraro has been an Assistant Director in the Office of Residence Life & Housing at Bridgewater State University since July 2016. He holds a Masters of Business Administration in Human Resource Management from Towson University & the University of Baltimore, a Masters of Education in Psychology from Springfield College, & a Bachelors of Arts in History from the University of Connecticut. He is a Society for Human Resource Management Certified Professional & has worked in higher education for over nine years. His career passions center on organizational culture, leadership, & development with firm beliefs of the critical importance communication plays in & outside of the workplace.

Katharine Gibbs: Beyond White Gloves

Rose Doherty, Instructor, Senior College, Bridgewater State University

Thursdays, February 4, 11, 18, & 25, 4-5pm

Katharine Gibbs School and Gibbs College were world famous in the Gibbs century 1911-2011. In this course you will learn about the fascinating truth behind the legend. Katharine Gibbs created her school in 1911 and was CEO of three schools by 1918, two years before women had the vote. Gibbs was an entrepreneur who educated women for business when they were not welcome. After her death, the family and later large corporations fostered the icon of Gibbs excellence worldwide. Multiple campuses, new programs of study, the introduction of degrees, and the return of male students remade Gibbs with adaptability reminiscent of the founder. The Gibbs family motto, “Hold to your purpose,” motivated graduates from 1911 to 2011. The graduates include a bank president, college president, US ambassador, CIA operatives, lawyers, business owners, writers, graphic designers, and professionals in many fields. Men and women who care about business, education, or women’s history will be interested in this important piece of American history.

Rose Doherty is the author of the first book-length study of Katherine Gibbs. Doherty is well known for her illustrated talks about this pioneering businesswoman and regularly gives presentations at libraries, historical societies, lifelong learning organizations, the DAR, and more.

Sleeping and Dreaming

Dr. Caroline Stanley, Associate Professor of Psychology, Bridgewater State University

Fridays, February 5, 12, 19 & 26, 11:30am-12:30pm

This course explores a variety of issues pertaining to sleeping and dreaming. What constitutes good sleep? What happens to the mind and body when we don’t get enough sleep? Why do we dream? What causes insomnia? How are sleep problems treated?

- Class #1: What Happens When We Sleep? This class explains sleep states and describes what happens to our minds and bodies when we sleep.
- Class #2: Sleep Deprivation—How do scientists define good sleep? What factors affect sleep quality? What happens to the mind and body when we don’t get enough sleep?
- Class #3: Dreaming—What is the purpose of dreaming? What is lucid dreaming? Why are dreams so bizarre?
- Class #4: Sleep Problems—This class reviews common sleep problems (such as insomnia) and other sleep disorders. Discussion will also focus on the treatment of sleep disorders.

Dr. Caroline Stanley is a clinical psychologist and professor at Bridgewater State University. Her clinical specialization is in child and family studies. Her research focuses on the teaching of psychology. Specifically, she explores the effectiveness of classroom-based, experiential techniques for promoting personal change. She has over a dozen published works and collaborates with an international team of researchers on the teaching of psychology.

Civics 101

Vinny deMacedo, Director of Regional Partnerships, Bridgewater State University
Tuesdays, February 23 & March 2, 9, & 16, 4:30-5:30pm

In this course you will explore local, state, and federal government from the perspective of a politician with over 20 years' experience as an elected official in Massachusetts. You will learn how a bill becomes a law and strategies for how to effectively lobby for legislation. You will also learn what it takes to run for office and how to stay in office! Finally, you will also have the chance to ask the questions you are always curious about but could never ask before!

Vinny DeMacedo is the Director of the Office of Regional Partnerships at Bridgewater State University. Vinny plays a critical role in helping our students, to connect them to pathways to employment, and in turn helping regional employers to find talent, resources and programs that they will need to thrive and prosper in the workforce. Prior to becoming the Director of the Office of Regional Partnerships, Vinny represented Plymouth and Barnstable counties in the Massachusetts Senate from 2015-2019, where he served as the ranking minority member on the Senate Committee on Ways and Means, and the Committee on Health Care and Financing. Previously, he served the town of Plymouth in the Massachusetts House of Representatives for 16 years.

Wolf to the Modern-Day Dog: How Did We Get There? Part 1

Mary Ellis, Assistant Administrative Dean of Undergraduate Studies, Bridgewater State University
Thursdays, February 25 & March 4, 11, & 18, 6-7pm

In the 21st century we mainly think of dogs as pets. However, did you ever consider that canines are one of the most diverse and adaptable species of mammals on earth? Each breed was specifically developed by man with an explicit job in mind. This course will look at how environment, man's specific needs, and domestication shaped what we know as "the dog." This course will be presented in lecture and discussion format. Scholars will have the opportunity to ask questions that may arise while reading/watching material that explores how man shaped the modern-day dog to suit their environment. Thought provoking reading material will be provided.

Mary Ellis is the Assistant Administrative Dean of Undergraduate Studies at Bridgewater State University College where she also worked as a freshmen advisor and part time faculty for a combined 18 years. She has been involved in the sport of showing dogs both in confirmation and performance events for the past 37 years with her beloved Siberian Huskies. Before working in Higher Education, she was a professional dog groomer who competed and was awarded medals in grooming competitions. She looks forward to sharing her love of dogs and extensive knowledge of the canine species with you.

COURSES STARTING IN MARCH

Media in Middle East and North Africa Region

Dr. Jabbar Al-Obaidi, Professor, Communication Studies, Academic Director of Global Programs, Institute for Global Engagement, Bridgewater State University
Mondays, 3/1, 3/8, 3/15, & 3/22, 6-7pm

This course is designed to expose participants to the nature and history of media in the Middle East and North Africa (MENA) including the press, radio, television, film, photography, social media, blogging, and caricatures. It addresses topics ranging from weddings, cuisine, to participation culture such as arts, dance, and music. Simply, it offers everything you wanted to know about the middle east but were hesitant to ask. It tells the story of the people of MENA as they see and live it on daily bases.

Dr. Jabbar Al-Obaidi is Professor of Media Studies and Communication Technologies. Currently, Professor Al-Obaidi serves as the Academic Director of Global Programs in the Dr. Minnock Institute for Global Engagement at Bridgewater State University (BSU). In addition to his extensive teaching and administrative experiences in the US, he taught in Iraq, Jordan, Yemen, United Arab Emirates and China. Professor Al-Obaidi 's administrative contribution, scholarly work, and teaching cover curriculum and programs, management and leadership, assessment, pedagogy, online learning communities, instructional technology, intercultural communication, and media in the Middle East. He also produces and hosts a television program and documentary films. He organized and participated in numerous workshops and training sessions in the area of intercultural communication, professional development, curriculum assessment, online learning and teaching, and institutional strategic development. He also works closely with student clubs to promote collaboration and diversity integration, and intercultural communication.

How Can Tech Help You?

Christopher F. Ferraro, Assistant Director, Office of Residential Life & Housing, Bridgewater State University
Wednesdays, March 3, 10, 17, & 24, 7-8pm

Are you overwhelmed by the sea of technology available but looking for how today's tech can help you? Explore & share varying trends, apps, & programs that can help you be more productive in the workplace, save money, communicate & more!

Christopher F. Ferraro has been an Assistant Director in the Office of Residence Life & Housing at Bridgewater State University since July 2016. He holds a Masters of Business Administration in Human Resource Management from Towson University & the University of Baltimore, a Masters of Education in Psychology from Springfield College, & a Bachelors of Arts in History from the University of Connecticut. He is a Society for Human Resource Management Certified Professional & has worked in higher education for over nine years. His career passions center on organizational culture, leadership, & development. Growing up loving & embracing technology, he uses it every day both in & out of the workplace exploring ways to improve both.

The Rise of White Supremacy in the United States

Nan Loggains, History Professor, Bristol Community College

Wednesdays, March 3, 10, 17, & 24, 11am to Noon

This course is a four-week study analysis and overview of white supremacists and their threat to America. The course will include an examination of several major groups (i.e., Proud Boys) including their beliefs, tactics, and goals.

Nan Loggains spent eight years on active duty in the Army working in military intelligence. While in the Army, she spent time in Germany, Alabama, Texas, Arizona, and Monterey, California (along with a number of TDY - temporary duty assignments). Nan has been at Bristol Community College since 2010. She loves teaching and has taught a variety of history courses including all of the foundation courses and several special topics courses (Vietnam War, Cold War, America's War on Terrorism, and The 1960s). Last fall, she introduced another new course on campus: Social Science 260: Election 2020. Nan also works as an academic adviser and a special programs coordinator on the Attleboro campus.

Mental Health Across the Lifespan

Dr. Taylor Hall, Assistant Professor, School of Social Work, Bridgewater State University

Fridays, 3/5, 3/12, 3/17, & 3/26, 1-2pm

This course will explore human development from a lifespan perspective, highlighting how mental health develops over time and patterns of risk and resiliency at each of four stages of the life course: (1) conception through childhood; (2) adolescence; (3) early to middle adulthood; and (4) late adulthood. Looking to developmental hallmarks in each of these four stages, we will examine and analyze mental health/illness trends and related factors.

Dr. Taylor Hall is an Assistant Professor in the School of Social Work at Bridgewater State University. She grew up in Southeastern Massachusetts and is an alum of Bridgewater State University, where she studied both sociology and social work. It was here at Bridgewater State that Dr. Hall discovered what she wanted to do: change the systems we have in place to make services more accessible to groups who need them. After completing her bachelor's degree, Dr. Hall worked within the Veterans Administration and Suffolk County House of Corrections. It was in these work environments she saw the vast number of people who experience a co-occurring substance use and mental health disorder, and how healthcare and social service systems have many barriers keeping people from accessing what they need to get well. In her spare time, Dr. Hall enjoys strength training and spending time with her family and three dogs.

The Moveable American Frontier

Sandra Mondykowski Temple, Instructor, Senior College, Bridgewater State University

Mondays, March 8, 15, 22, & 29, 11am-Noon

The frontier can be defined as the place between the known (civilization) and the unknown (the wilderness). In America, as settlers moved west, that meant the frontier moved with them. On the frontier a person amounted to the sum of his or her skills and endurance. Without the established lines of wealth, ancestry, and social standing of Europe, success on the frontier, with its wealth of natural

resources, was open to anyone strong or courageous enough to tackle it. We will follow the movement of the frontier, starting from the early Native American trails, through the French and Indian wars, the Pontiac Rebellion, Daniel Boone's discovery of the Warrior's Path through the Cumberland Gap, the Discovery Expedition of Lewis and Clark, and ending with the final completion of the National Road from Pittsburgh through to St. Louis.

Sandra Mondykowski Temple holds a Master's degree from Harvard and has previously taught American History, Special Topics in Social Studies, and Human Development for Wheelock College and the Massachusetts Department of Correction at various state prisons. She currently teaches part time at Plymouth County Corrections facility. She is also the great-grand-daughter of a Victorian workhouse inmate who was sold out as an indentured servant to Canada during her childhood.

Genealogy Part 4: Sorting and Sharing the Leaves on Your Family Tree

Dr. Cynthia B. Ricciardi, Visiting Lecturer, English Department, Bridgewater State University
Tuesdays, March 9, 16, 23 & 30, 1:15 to 2:15pm

In this four-part session, participants will review examples from genealogical publications of family data, including materials from popular culture, scholarly materials, publicly viewable online trees, and other methods of publishing one's family history. We will also discuss the options of joining various groups which can help you feed your new genealogical passion. Each session will offer an optional 30-minute post-session question & answer discussion opportunity.

Note: This session is the fourth in a series and will occasionally refer to topics discussed in Parts 1-3.

Cynthia B. Ricciardi began collecting leaves on her family tree more than four decades ago, starting with the discovery of a Civil War soldier, and following branches back to the founding of Plymouth (MA), settlements elsewhere in the Old Colony, and beyond. She has worked for the General Society of Mayflower Descendants as a verifying genealogist, served as the President of the Old Colony Historical Society/Museum in Taunton, MA, and currently volunteers at the museum as "genealogist in residence." A Bridgewater alumna and visiting lecturer with the English Dept., Cynthia is delighted to share her extra-curricular research obsession with Senior College participants.

Anxiety and Anxiety Disorders

Dr. Caroline Stanley, Associate Professor of Psychology, Bridgewater State University
Fridays, March 19, 26, & April 2 & 9, 11:30am-12:30pm

How do psychologists "draw the line" between anxiety and anxiety disorders? Along with describing basic anxiety, this course covers generalized anxiety disorder, panic disorder, phobias, and obsessive-compulsive disorder. This course will also explore the causes and treatments for anxiety disorders.

- Class #1: Defining Anxiety—How do psychologists "draw the line" between anxiety and anxiety disorders? How do psychologists conceptualize anxiety disorders?
- Class #2: Panic Disorder and Generalized Anxiety Disorder—What are panic disorder and generalized anxiety disorder? How do cognitive psychologists explain and treat these disorders?
- Class #3: Phobias—What is a phobia? How do phobias differ from typical fears? What are the most common phobias and how do behavioral psychologists treat them?

- **Class #4: Obsessive-Compulsive Disorder**—What is obsessive-compulsive disorder (OCD)? What are some OCD-related disorders and how do psychologists treat them?

Dr. Caroline Stanley is a clinical psychologist and professor at Bridgewater State University. Her clinical specialization is in child and family studies. Her research focuses on the teaching of psychology. Specifically, she explores the effectiveness of classroom-based, experiential techniques for promoting personal change. She has over a dozen published works and collaborates with an international team of researchers on the teaching of psychology.

Becoming Anti-Racist

Dr. Jenny Olin Shanahan, Associate Provost for High-Impact Practices, Bridgewater State University
Tuesdays, March 23, 30, April 6, & 13, 4:30-5:30pm

The idea of *anti-racism* has received a lot of attention recently, especially in conversations about the Black Lives Matter movement and other responses to racist violence. Anti-racism implies *actively working* against bigotry, as opposed to just passively or privately disapproving of intolerant behavior. This course is taught by a white woman who serves on BSU's Racial Justice Task Force and is committed to collaborating with others to build more equitable relationships, institutions, and communities. The most important course requirements are *curiosity, self-reflection, humility, and compassion* to ourselves and each other. That's because it's often emotionally challenging to talk about racial issues. Many of us fear making a mistake, saying the wrong thing, and even being shamed for our ideas and experiences. We can change that dynamic—and make meaningful differences in the world—through open-minded and respectful learning and discussion, in this course and beyond.

- Week 1: "I don't see color, so why all this talk about race?" Understanding Race and Racism
- Week 2: "I'm not racist, and I treat everyone the same. Isn't that good enough?" Valuing *Anti-Racism*
- Week 3: "Plenty of white people aren't privileged and have had to work as hard as anyone else to succeed." Recognizing White Privilege and White Supremacy
- Week 4: "What can I do about racism?" Walking the Walk of Anti-Racism

Jenny Olin Shanahan is the Associate Provost for High Impact Practices at Bridgewater State University. She is committed to fostering excellence in higher education; ensuring equitable access to high-impact practices; supporting faculty with high-quality professional development; building interdisciplinary and interdivisional collaborations; and developing, implementing, and assessing innovative curricula and programs. Dr. Olin Shanahan holds a Bachelor of Arts degree in English from Saint Mary's College of California, a Master of Arts in English from San Francisco State University and a Ph.D. in English from Marquette University.

Wolf to the Modern-Day Dog: Shaping the Modern-Day Dog Part 2

Mary Ellis, Assistant Administrative Dean of Undergraduate Studies, Bridgewater State University
Thursdays, March 25 & April 1, 8, & 15, 6-7pm

In Part 2 of the Wolf to Modern-Day Dog course will look at how man shaped the dog we know today into a beneficial working partner. We will continue to discuss "form follows function" as we explore the anatomy of the dog and how it impacts their jobs in our world (this includes companionship). Through

videos and reading we will take an in-depth look at some of the jobs that dogs were developed to perform as well as look how this now translates into a modern-day working relationship assisting man in everyday life. This course will be presented in lecture and discussion format. Scholars will have the opportunity to ask questions that may arise while reading/watching material that explores how man shaped the modern-day dog to suit their environment.

Note: This session is the second in a series and will occasionally refer to topics discussed in Part 1.

Mary Ellis is the Assistant Administrative Dean of Undergraduate Studies at Bridgewater State University where she also worked as a freshmen advisor and part time faculty for a combined 18 years. She has been involved in the sport of showing dogs both in confirmation and performance events for the past 37 years with her beloved Siberian Huskies. Before working in Higher Education, she was a professional dog groomer who competed and was awarded medals in grooming competitions. She looks forward to sharing her love of dogs and extensive knowledge of the canine species with you.

COURSES STARTING IN APRIL

The Social and Economic History of Early Industrial America

Charles Cox, Instructor, Senior College, Bridgewater State University

Mondays, April 5, 12, 19, & 26, 11am-noon

We begin our journey into early American industrial history by starting where industrialization began in this country: Pawtucket, Rhode Island. It was the Slater Mill that showed this colonial population, recently liberated by the American Revolution, what a mill actually was and how it would change their lives forever. From Pawtucket, the economic changes brought on by the textile factory revolution would spread to surrounding communities. Wherever there was a river with cascading waterfalls, generating the energy necessary to propel machines, factories would be built. We can see this further north on the Blackstone River in Woonsocket, R.I. And as this river plunges into the Narraganset Bay, so also would more factories be built. We will see industrial architecture, as well as the housing and religious buildings constructed by both native workers as well as the swelling population of immigrants coming to this country to fulfill their "American Dream." We are witnessing the birth of American industrialization.

Charles Cox graduated from the University of Virginia with a B.A. in History and earned an M.A. in History from Northeastern University. He also attended Harvard University studying immigration history under the renowned British immigration scholar, Prof. Maldwyn Jones. After graduation, he taught for two years at Northeastern's University College, then entered the Boston College history doctoral program. After completing the course requirements, he was destined for a career both in business and in education. In 1992, he began teaching at Bridgewater State University where he has been for twenty-eight years, as well as continuing to teach at Northeastern. Among other programs, he helped develop online history courses for Northeastern's College of Professional Studies. He recently published a feature article in the Bridgewater Review (V. 19, April, 2020) on Shuji Isawa, a former student at the original Bridgewater Normal School from the 1870s, who went on to forge the elementary and secondary school curriculum for Japanese, and later Taiwanese and Korean school children, in the late 19th century.

Orientation to Senior Living Health Care

Mathew J. Muratore, LNHA, State Representative 1st Plymouth District

Mondays, April 5, 12, 26, & May 3, 1-2pm

Note: No class on April 19

This course is a brief overview and introduction to the complex system of senior health care in the Massachusetts today. It is intended to be give provide a basic understanding of the key concepts and themes of the senior health care delivery system. The course will review the different settings in senior health care and strive to give senior a working knowledge of useful health care terminology. Topics reviewed include senior health care finance, legal and ethical issues, continuum of care model, and the various insurance coverages. The dominant role of physicians in the U.S. health care system and focus on specialty care will also be reviewed. The following topics will be covered:

- Overview of Senior Health Care Finance, general description of senior health care cost. Review of Medicare and Medicaid. Moral question of health care as a right or privilege
- Patients' Rights, End of Life issues. Health Care Proxy and MOLST.
- Occupations in Healthcare. Different Healthcare settings. SNF, AL/IL, home care.
- Current Trends in health care. Review of ACA. Other new health care models- Accountable Care Organizations (ACO).

Matt began his career at skilled nursing homes in high school and college working various roles before becoming licensed by the Commonwealth in 1991 as nursing home administrator. During his career, he has operated small to large Skilled Nursing Facilities as well as Assisted Livings, Rest Homes and Adult Day Programs. Matt was executive director of Continuum Care Retirement Community (CCRC) in Kingston, MA (now called Silver Lake Commons). This campus was made up of a 164-bed skilled nursing and rehabilitation center, 64 apartments of Assisted Living, 50 apartments of independent living, an adult day program and childcare center. He also operated one of the largest SNFs in the Commonwealth, Plymouth Rehabilitation and Health Care Center, from 2003 through January 2015. This building included short term rehab, long term care, memory care, pediatric care, over 22 program and a special needs chapters 766 school. Matt is a member of Massachusetts Senior Care Association, American College of Health Care Administrators and Plymouth Chamber of Commerce. He is a graduate of Northeastern University with a degree in Business Management.

Everything You Need to Know about Fun, Quirky, and Obscure American History!

David Kindy, Instructor, Senior College, Bridgewater State University

Tuesdays, April 6, 13, 20, & 27, 2-3pm

Join David Kindy for an exploration of little-known American history. David is a journalist, freelance writer and book reviewer who lives in Plymouth, Massachusetts. He writes about history, culture and other topics for *Air & Space*, *Military History*, *World War II*, *Vietnam*, *Aviation History*, *Providence Journal* and the *Smithsonian Magazine*. In this course you will explore the fun side of history, from the history of the Nerf football, to the history of the hardhat, to the history of how the trampoline came to be, to the accidental invention of Play-Doh, and we'll even discover how the Zamboni changed the game for ice rinks!

You can read more of David's works here: <https://www.smithsonianmag.com/author/david-kindy/>

Writing Your Life: Discovering the Story of Your Life's Journey*

Dr. Kathryn Evans, Professor, English & Director, Writing Studio, Bridgewater State University

Wednesdays, April 7, 14, 21, 28, May 5, 12, 19, & 26, 4-5pm

****Note: this course is offered for 8 weeks instead of 4. Space is limited in this course so please sign up early.***

Participants will craft a narrative describing a memory, making it come to life—with feedback from the instructor and classmates—so that it might be shared with children and grandchildren. You should feel free to write in your own unique style or to craft your piece along the lines of those submitted to *Reminisce Magazine*, which invites contributors “to tell your own story—of personal experiences in years gone by; memorable people in your life; family trips or anecdotes; seasonal or holiday memories . . . ; recollections of now-famous people you knew ‘back when;’ little-known historical items, etc.” To help you make your story come to life, we will discuss samples of narrative writing that illustrate key elements of creative nonfiction, including strong pacing, characterization, and use of sensory detail.

Kathryn Evans has a PhD in Writing Studies from the University of Illinois, and she is the author of Real Questions: Reading and Writing Genres (Bedford / St. Martin's Press). She directs BSU's Writing Studio and has been a professor in the English department since 2004. She loves teaching writing courses, finding that it is a privilege to learn from her students and to help them grow as writers.

Not Just a Hobby: Birding as a Conduit for Conservation Action

Doug Lowry, Adult Learning Specialist, Mass Audubon South East Region

Wednesdays, April 7, 14, 21, & 28, 3-4:00pm

Are you interested in birdwatching? If so, you are not alone as it is one of the fastest growing hobbies in North America. Birding is all about making connections: community, habitats, and global links through migration. Birds are true “canaries in a coal mine” for large scale ecological issues. Learn the basics of being a birder, from meeting the different bird families to getting acquainted with the various tools and resources used by birders to enjoy, observe, and learn about birds. Learn what makes birds unique in the animal kingdom, where and how to locate birds, and get introduced to basic bird biology and behavior. We will focus on ways birding can be a path to local and global conservation efforts. Each weekly class will include some optional, self-directed outdoor observation exercises providing an opportunity for you to apply new information into practice.

Doug Lowry is the Adult Learning Specialist for Mass Audubon's South East Region, a Senior Field Instructor for The National Outdoor Leadership School and a Master Educator for the Leave No Trace program. With over three thousand days on wilderness expeditions, he values the lessons birds provide with their unique adaptations, incredible diversity, resiliency, and connections to cultures and climate. Mass Audubon is the largest nature conservation non-profit in Massachusetts and protects more than 38,000 acres of land throughout the state saving birds and other wildlife and making nature accessible to all.

The History and Cultural Influence of Chinese Folk Dance

Cindy Li, Associate Librarian, Head of Emerging Technologies & Systems, Library Services, Bridgewater State University

Thursdays, April 8, 15, 22, & 29, 4:30 to 5:30pm

In this course participants will learn about the influence, culture, and history of Chinese folk dance. The instructor will demonstrate some of the basic elements of Chinese Folk Dance and will analyze varied folk-dance styles, costumes and music. You will learn how to compare cultural differences among varied nationalities and will begin to understand the relationship between Chinese folk dance and other art forms such as Chinese opera. Participants will watch videos, listen to the music, read online materials and perform themselves (if they are so inclined)!

Cindy Li is the head of Emerging Technologies & Systems at library services, Bridgewater State University. She holds both master's degrees in computer science and library science. Cindy has training in Chinese folk dance and is actively participating in community events to increase awareness and understanding of Chinese American culture. She traveled with dance troupes to perform at festivals in the US, Canada and China.

The Family in American Drama

John J. Winters, Consultant for Creative Services & Publications and Visiting Lecturer, English Department Bridgewater State University

Thursdays, April 8, 15, 22, & 29, 11am-Noon

This survey course examines plays that focus on intra-family relationships. After an opening discussion about the family unit in drama through history (from the Ancient Greeks, to Shakespeare to the 20th century) and why families often make for compelling drama, we will read, write about, and discuss plays that highlight the troubles, joys, and dynamics that are integral to some famous families in American theater. The plays for the class will be Sam Shepard's *True West*, Eugene O'Neill's *Long Day's Journey into Night*, and Suzan-Lori Parks' *Topdog/Underdog*. Prior to the course start, students will be asked to read both *Antigone* by Sophocles and *King Lear* by William Shakespeare.

John Winters, G'11, is at work on the first comprehensive biography of Angela Davis Long Road to Freedom. He previously published Sam Shepard: A Life (2017) and has taught at BSU as an adjunct since 2011. He limits his teaching these days to college courses within the Rhode Island prison system.