

SENIOR COLLEGE

AT BRIDGEWATER STATE UNIVERSITY



Welcome to Senior College

BSU's Senior College Three Step Registration Process

Bridgewater Senior Center
11 Wally Krueger Way
Bridgewater, MA 02324
508.679.0929

Center for Active Living Plymouth
44 Nook Rd
Plymouth, MA 02360
508.830.4230

BSU Attleboro
11 Field Rd
Attleboro, MA 02703
508.531.3896

Inclement Weather Policy

FEBRUARY COURSES

Political Discussion: Issues of the Day

Nan Loggains

Wednesday

2/2, 2/9, 2/16, 2/23, 3/2, 3/9

10:00-11:20am

Zoom, this course will not be recorded.

Each week the group will gather to discuss important political topics in the news. All viewpoints are welcome, and discussions will be conducted in a friendly and respectful manner.

Getting Ready to Grow

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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.

The 1970's: A Pivotal Decade

Nan Loggains

Tuesday

2/8, 2/15, 2/22, 3/1, 3/8, 3/15

11:00am-12:20pm

Zoom, this course will be recorded.

This course will examine the 1970s. Topics covered include the end of the Vietnam War, Watergate, gas lines, The hostage crisis, tax revolts, and popular culture of the decade. The format for the course will be primarily lecture, but there will be ample time for questions and class discussion.

The Great American Musical

Lisa Rafferty

Tuesday

2/8, 2/15, 2/22, 3/1, 3/15, 3/22

2:30-3:50pm

Zoom, this course will not be recorded.

This class will explore the greatest hits and worthy lesser-known works of American Musical Theater. Each week will include lecture, discussion, and Q&A on the history, and leading artists and collaborators on

folders alike. We will fold models that are beautiful, enjoyable to fold, and develop your folding technique. All of our models will ultimately fold flat so that at the end of class you will have a small stash of stars with which you could create a wall hanging or use for personalizing cards and gifts.

Supplies needed: 6 inch origami paper (also called kami), a different color (white or a different color) on each side. Good brands include Toyo, Aitoh, Taro, and Tuttle. NOTE: Of these brands Tuttle is the only one exactly 6" and therefore cannot be mixed within models with the other papers.

A bone folder for making crisp, sharp creases: An old credit card, plastic spoon, or wide craft stick will also work.

Toothpicks, skewers, a tweezer, and small clips are also helpful.

Coffee Maven Explores Chocolate and Tea

James Hayes-Bohanan

Monday

2/28, 3/14, 3/21, 3/28, 4/4, 4/11

9:30-10:50am

Zoom, this course will be recorded.

The beverage cups of the world are warmed by three beverages that grow on trees. That is not strictly true, of course, but the fruits and leaves from which coffee, tea, and chocolate are derived do grow on trees and shrubs that are cultivated and harvested by hundreds of thousands of skilled workers in dozens of countries. They make their way to customers in every country of the world through complex patterns of processing and trade that have developed over centuries. This six-week online course begins with an introduction of all three beverages through the lens of

museums dedicated to each. The next four weeks are devoted to the spatial patterns, environmental problems, and human-rights issues in chocolate and tea. We spend the final session applying the same geographic approach to other specialty crops.

Grief & Loss in a Global Society: Complexities and Challenges

Michael M. Kocet

Monday

2/28, 3/7, 3/14, 3/21, 3/28, 4/4

4:00-5:20pm

Zoom, this course will not be recorded.

This four week course will explore the various types of grief and loss that adults face later in life, including myths of grieving, cultural and religious differences in grieving, and grieving in community.

MARCH COURSES

Personality and the Self

Caroline Stanley

Monday

3/14, 3/21, 3/28, 4/4

11:00am-12:00pm

Please note: this course only meets 4 times.

Zoom, this course will not be recorded.

Who am I? This course reviews various theoretical models (i.e., psychoanalytic, behavioral, humanistic) that can be used to understand one's self. In doing so, we explore the tools that psychologists use to define and measure personality. This course also considers contextual factors (i.e., family, culture) that contribute to the development and expression of our personalities. In doing so, individuals will gain insight into their

unique patterns of thinking, feeling, and behaving.

Basic American Sign Language

Glenna Caliendo

Tuesday

3/15, 3/22, 3/29, 4/5, 4/12, 4/19

9:00-10:20am

Zoom, this course will not be recorded.

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.

This book is strongly recommended:

<https://www.amazon.com/Learn-American-Language-James-Guido/dp/1577151070>

What Are you Looking At? The Story of 400 Years of Western Art

Jim Kirkcaldy

Tuesday

3/15, 3/22, 3/29, 4/5, 4/12, 4/19

9:10-10:30am

This course will take place at the Bridgewater Public Library and will not be recorded.

This course will provide an opportunity for participants to experience a guided overview and develop an appreciation of 400 years of Western Art. Including the following periods: Renaissance: Hubris & Conflict, Mannerism: Conflict and Tension, Baroque & Neo Classicalism; Kings for a Century, The Dutch Masters: Masters of Trade & Empires, Romanticism: Revolution & Imagination, and Impressionism & Post Impressionism: Painters of Modern Life.

World War I and the Making of the 20th Century

Raymond Ajemian

Tuesday

3/15, 3/22, 3/29, 4/5, 4/12, 4/19

10:50am-12:10pm

This course will take place at the Bridgewater Public Library and will not be recorded.

This six-week senior course will deal with World War I and its effects on the 20th century. (Some historians feel the 20th century actually began with the war.) The impact of this deadly war was enormous on the future of the world, from redrawing the maps of Europe and the Middle East, to rise of new ideologies, and social and economic changes. Although the course will be a power point lecture, there will be ample time for questions and class discussion.

The course will begin with a short summary of the world in the 19th century. The next class will deal with the war itself, followed by the changes that occurred after the war.

A short bibliography will be available for those that wish it.

Sculpting Souls: The Power of Motherhood

Tracy Amaral Tracey

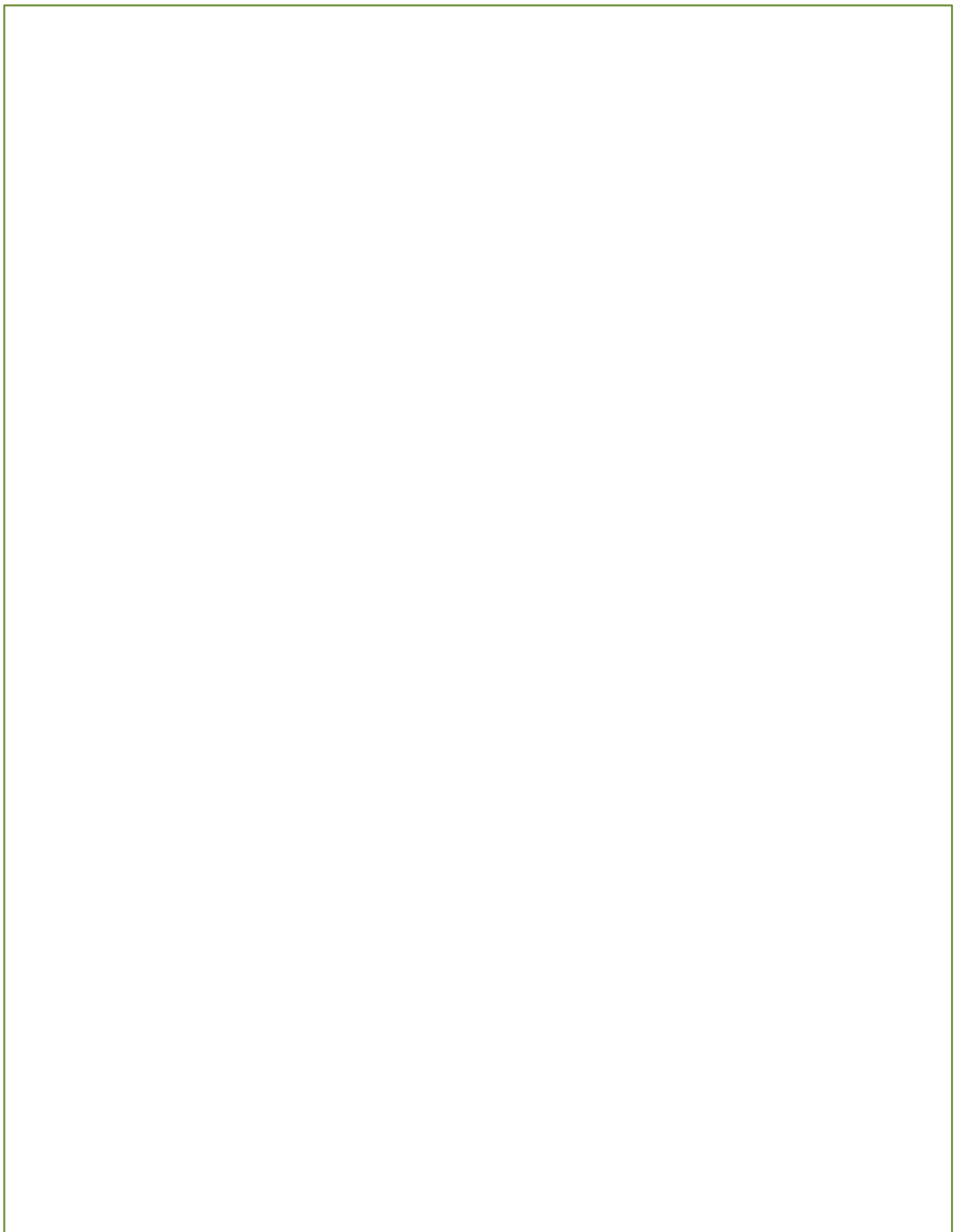
Wednesday

3/16, 3/23, 3/30, 4/6, 4/13, 4/20

10:30-11:50am

This course will take place at BSU Attleboro
and will not be recorded.

There can be no doubt about the potential
impact a mother has on the lives of her



together, though, is the way it sheds light on the human condition by providing a window into and mindsets of people of another age. In this course, we will read and discuss several novels, chosen for their diverse approach to historical writing and their ability to help us better understand the eras in which they are set. In short, we will approach fiction as a lens through which to approach the age-old challenge of interpreting the past. Is the past truly “a foreign country” or are the people who live there a lot like ourselves? How do “history” and “memory” shape and influence each other? How do the stories we tell ourselves about the past influence the way we live in the present? How do writers – novelists AND scholars – reconstruct the past for a contemporary audience?

The class will be taught seminar-style, based not on lectures but on classroom discussions in which we share our thoughts and ideas about the historical fiction work for that week and several articles that will help to flesh out the history of the era we are discussing in the respective novels. For a six-week class, we will read four to five works of historical fiction including: *Lincoln in the Bardo* by George Saunders, *Leaving Coy's Hill* by Katherine Sherbrooke, *Caleb's Crossing* by Geraldine Brooks, and *Fever – 1793* by Laurie Halse Anderson.

National Parks of the United States

Ronald Reynolds

Friday

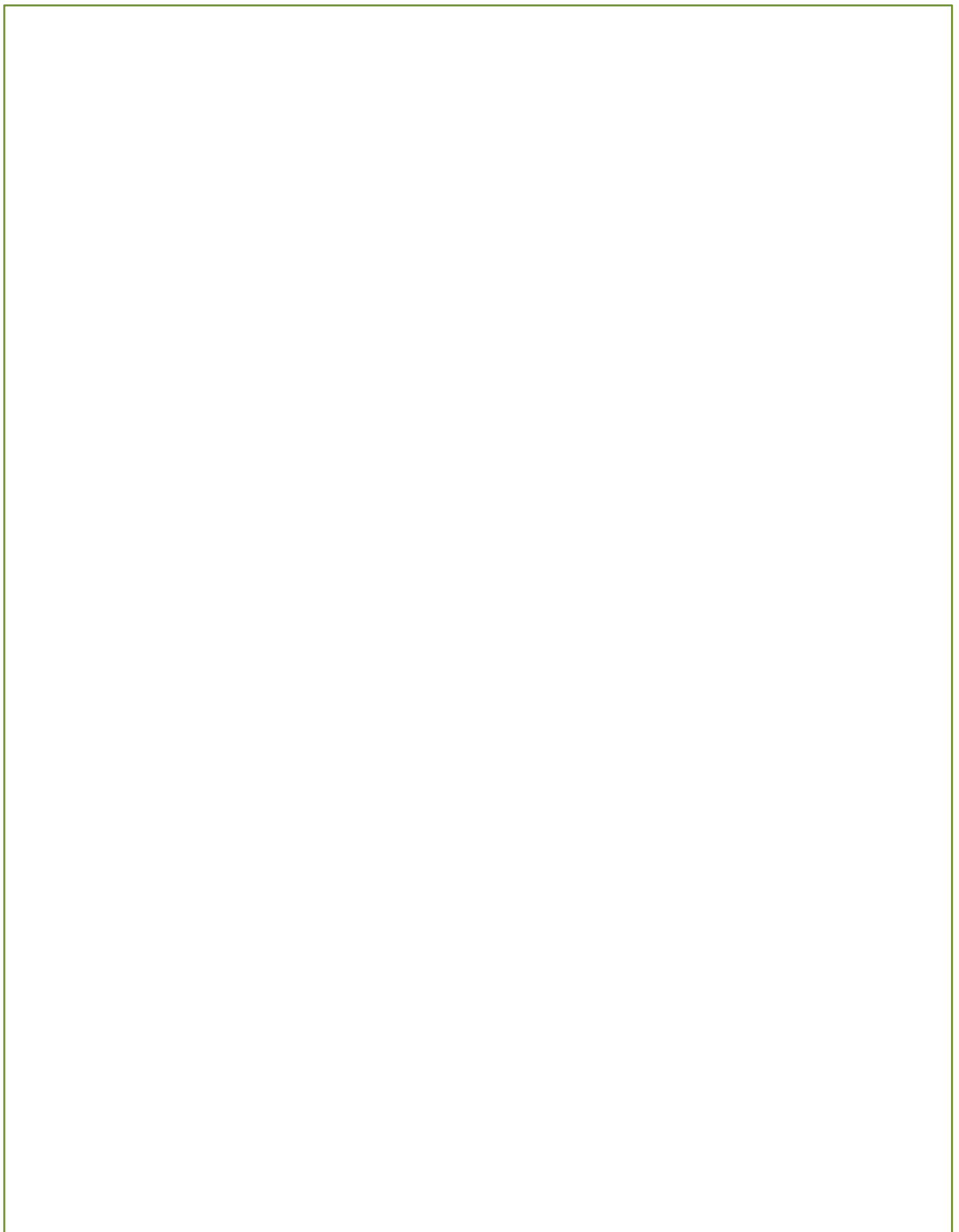
3/18, 3/25, 4/1, 4/8, 4/15, 4/22

11:30am-12:50pm

Zoom, this course will be recorded.

Using a combination of PowerPoint based lectures and discussion, in this course we will look at the domains managed by the National

Park Service followed by surveying many of the National Parks with closer scrutiny of gems such as Yellowstone and Yosemite. We will see what these parks offer for visitors to see and do. Additionally, we will discuss how to access them, where to eat, lodge and how physically demanding they are for visitors.



actions. Learn how to look for character clues in a script. Work with a partner to create a truthful interaction that tells a story, then perform your rehearsed scene to show off your new skills to friends and family (autographs optional!)

American Political Process in the

Movies Movie8.7 (s)-5 (he)Jm4Su[M60 Tc(t).9 (v.404(rk n.9 ()J94JJ-00k/TT0 1 11.9Th(he)Jmu(

Between The States began on the morning of April 12, 1861 when Confederate gunners fired on Fort Sumter. Major Anderson surrendered the Fort without a single casualty. It was a bloodless opening to the bloodiest war in American history. Join us as we discuss the constitutionality of secession and who should manage the details of postwar reconstruction: Congress or the President?

Is There an "Other Side"? Swapping Stories about Signs from Beyond

Kathryn Evans

Wednesday

5/11, 5/18, 5/25, 6/1, 6/8, 6/15

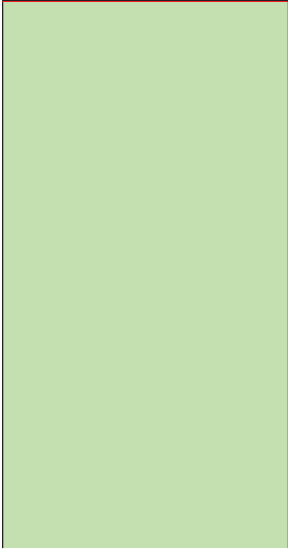
4:00-5:20pm

Zoom, this course will be recorded.

The course will begin by offering some context on "the other side"; we'll watch TED talks by doctors discussing their experiences as they

BSU Senior College
Winter/Spring 2022 Instructor Biographies

Ron Aakjar Jr.	Ron Aakjar Jr. always been interested in plant biology and has worked professionally in roles focused on plant biology. He currently works in the Biology Department at Bridgewater State University as a Staff Associate who is responsible for teaching General Biology Labs for undergraduate Biology majors. He is also the temporary greenhouse caretaker at BSU. He teaches several different seminars and a summer course on identifying plants. Prior to his position at BSU he worked as a Horticulturist at a private estate in Bridgewater, CT for 9 years. He offers many presentations and field walks on plant biology for the State of Connecticut, National Audubon Society, and local garden clubs and libraries.
Raymond Ajemian	Ray Ajemian has a BA and MA from the University of Michigan. His



	societies, senior living centers and civic and professional organizations. Dr. Hylander presently hosts a local cable show entitled History With Hylander.
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Sarah
Washburn

Sarah Bates Washburn is an emerging artist who lives and works south of Boston. Currently a Visiting Assistant Professor at Bridgewater State University. Washburn earned an MFA in Visual Arts from Lesley University College of Art and Design(LA+D). The scope of their work engages social practice, politics, humor and aesthetic while initiating a larger discourse relative to the objects they create within the world surrounding them. Their work manifests conceptual ideas via social and political critiques with a globalized attitude. Washburn has work in private collections across the country and currently exhibits in the United States as well as internationally.