UNIVERSITY OF TORONTO
SCHOOL OF CONTINUING STUDIES

ARTS & SCIENCE, CREATIVE WRITING, MINDFULNESS MEDITATION COURSE CALENDAR 2017–18

HUNDREDS OF IN-CLASS AND ONLINE COURSES

LIVE & LEARN: 6 TIPS

NICK GUNZ: ESPIONAGE ON THE HIGH SEAS

BE UNLIMITED
What starts here is a transformation. This is where you decide to forge ahead and follow your passions and interests. With 650 courses and 85 certificate programs available, the University of Toronto School of Continuing Studies offers you the opportunity to explore what’s next. We say be inspired. Be curious. And be ready for wherever life leads you or wherever you decide to take your life. Be unlimited.
MESSAGE FROM OUR DEAN

This is where ambition meets opportunity; where dreams intersect with reality; and where new ideas and concepts take root. We want you to turn your someday into today and your potential into achievement. We want you to Be Unlimited—in your goals, in your thoughts, in your personal and professional aspirations. And we, at the University of Toronto School of Continuing Studies want to be your partner on this path.

To Be Unlimited is to embrace learning at any stage of life. It empowers you to achieve personal growth and achievement and challenges you to seek out new skills and directions. It encourages you to enrich your life and to transform your career.

Follow your curiosity as you explore this year’s calendar. Take in the array of courses and programs that can broaden your skills, deepen your knowledge and reframe your perspective. Witness the magic that occurs when innovative world-class programs, industry-leading instructors and curious, passionate learners connect. See what happens when our learners push their boundaries. Imagine what can happen when you push yours.

At the School we push ourselves to Be Unlimited. We seek out what is new, what is needed, what is next. We strive to make learning available anytime, anywhere and hope that each learning experience uniquely positions you to pursue your goals. For when you succeed, we succeed.

Enjoy the learning journey unfolding in this calendar. Embrace the growth opportunities before you and the path you can create. We encourage you to Be Unlimited.

MAUREEN MACDONALD PhD, MBA, JD, BA
Dean, University of Toronto School of Continuing Studies
How many steps does it take to transform a life? Fewer than imagined when you decide to explore a passion. Consider how these learners have found their way forward at the School.

**Ariel Ng Bourbonnais**
- Admits to attacking the School’s courses by concentrating more on what I know the least about.
- Enrolls in Creative Writing Introduction. Finds instructor Laura Lush is “just the support I needed to help me believe in myself.”
- In 2006, Liz is awarded the nationally recognized Griffin Prize for her release, Infinite Citizen of the Shaking Earth.
- Takes a range of courses, including Philosophy, History and Beginners Drawing.
- Finds particular enjoyment in the University Lecture Series.
- Shaughnessy Bishop-Stall helps elevate Ariel’s writing. “My confidence grew.”
- Takes many iterations of the Poetry Salon course. Considers it among the most enriching experiences of her life.
- Published an article in She Does the City.
- Completes The Great Museums of Lake Erie and currently enrolled in Queen Victoria’s Children.
- Finds particular enjoyment in the University Lecture Series.
- Ariel has completed a rough draft of a book for the Final Project Tutorial. She hopes to publish her memoir shortly.

**Liz Howard**
- Focused on a science career, Liz had never taken a creative writing course before. Enrolls in a Poetry workshop.
- Admits to teaching and school administration and starts to take courses.
- Takes many iterations of the Poetry Salon course. Considers it among the most enriching experiences of her life.
- Takes a range of courses, including Philosophy, History and Beginners Drawing.
- Shaughnessy Bishop-Stall helps elevate Ariel’s writing. “My confidence grew.”
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- Finds particular enjoyment in the University Lecture Series.
- Ariel has completed a rough draft of a book for the Final Project Tutorial. She hopes to publish her memoir shortly.

**Gerald Arbus**
- Retires from teaching and school administration and starts to take courses.
- In 2016, Liz is awarded the nationally recognized Griffin Prize for her release, Infinite Citizen of the Shaking Tent.
- Completes The Great Museums of Lake Erie and currently enrolled in Queen Victoria’s Children.
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**Glenn Carey**
- Admits to attacking the School’s courses by concentrating more on what I know the least about.
- Enrolls in Creative Writing Introduction. Finds instructor Laura Lush is “just the support I needed to help me believe in myself.”
- In 2006, Liz is awarded the nationally recognized Griffin Prize for her release, Infinite Citizen of the Shaking Earth.
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To date, Glenn has completed 23 courses at the School.
One kind of politics are the official displays of statesmanship and power games that happen in plain view. Then there is what Nick calls “the secret world,” a murkier realm full of players whose cunning acts of spycraft and subterfuge may have a deep impact on the wider world but who otherwise strive to keep their activities far away from prying eyes.

It’s this place that most fascinated Nick when he first began his studies in naval history at the University of Toronto. “I started to teach myself about it because no one would teach it otherwise,” he explains. “In doing so, I realized that many of my unanswered questions were really about intelligence.”

His journey into these shadows would eventually lead to an academic specialization in intelligence, with Nick delving deeper into the topic as he continued his studies at Cambridge and Yale. The product of that fascination is the eight-week course that Nick teaches at the School. His objective is to illuminate the dark corners that spies occupy and expose the truths that lie behind what we commonly understand of power and politics.

Nick believes that the picture is especially relevant to our times, as propaganda and misinformation campaigns blur the boundaries that may have existed between secret and official worlds and further undermine confidence in institutions that had been so fiercely protected. “Civil unrest is coming because there is a crisis of legitimacy,” says Nick. “People in the Western World have started to see the government as a group of people who really don’t have a right to rule. And when that happens, it’s incredibly dangerous.”

He suggests that it’s more vital than ever for us to understand these hidden structures, especially as the international intelligence community copes with new pressures and dangers in the information age.

Yet what’s most certain is Nick’s enthusiasm for the subject and his eagerness to guide learners on the same journey he’s made through this secret and sometimes treacherous world. “I really like to teach,” says this master of spies. “It’s my favourite thing to do.”

Former spy Nick Gunz leads learners into history’s shadowy corners.
The University Lecture Series provides talks ranging from politics and religion to healthcare and the arts.

Learners at the School who say they value continuing education for the opportunity simply to learn new things.

7.5k enrolments in creative writing courses and certificates from 2012 to 2016.

3 certificates in mindfulness designed to nurture the skill of paying attention with acceptance, patience and compassion.

29k number of enrolments the school of continuing studies welcomes annually.

25 centuries spanned by arts and science courses exploring literature, music, the visual arts, architecture, law and science.

3 campuses in the GTA make learning convenient.

650+ courses and growing.

97% Learners who would recommend the school to others.

40 years of thought leadership.

74% Percentage of learners who say they appreciate taking courses at the school because “It keeps my brain sharp.” (Environics survey, 2015)

3 campuses in the GTA.

M I S S I S S A U G A
D O W N T O W N
S C A R B O R O U G H
+ ONLINE

more than twenty languages taught for all levels from absolute beginner to expert, one-on-one or group learning.

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As an athlete who rose to the very top of her field, Petra Burka has demonstrated drive and discipline in her approach to life. In 1964, the Dutch-born and Toronto-bred figure skater won a bronze medal at the Winter Olympics in Innsbruck—a year later, she was crowned World Champion. But now, with Petra shifting away from the demands of her decades-long career as a National Coach Consultant for Skate Canada, she’s happy to adopt a freer, less demanding attitude toward her goals as she pedals down to the St. George campus for classes twice a week.

“The reason I started to look into courses at the School was the opportunity to continue to keep my mind working,” she says. “I’ve got more spare time and I’ve got a brain that wants to learn.” The difference between her current pursuits and her illustrious career in athletics is “I’m not putting any pressure on myself.” And while it’s true Petra may like to get a certificate someday, there’s a palpable note of relief in her voice when she adds, “I don’t have to.”

Petra’s story is an invaluable reminder that it’s worth just as much time and effort to learn for the love of it. Though she admits that goal-setting was a hard habit to break, she’s been deeply gratified by her decision to return to school without feeling the same pressures that drove her at other stages in her life. She describes the experience of her first course as a “way of taking the rust out of the brain—I just loved it.” Feeling “reinvigorated” by that initial foray into mastering conversational French, she’s been equally delighted to widen the scope of her interests as she considers courses in history, art and architecture as well. Such is the extent of her enthusiasm, Petra has convinced some friends to enrol.

“This is like a new beginning,” says the former Olympian, exhibiting the verve and vitality of someone who’s embarked on a new adventure without, for once, having to know exactly where the path leads. ✯
“YOU HAVE TO BLEED THE CHICKENS RIGHT”  
BY EMILY SANFORD  
SHORTLISTED FOR THE JANICE COBERT AWARD  

you have to bleed the chickens right—look at your grandmother, son nine decades in those knuckles they know (those knuckles) how to bleed a chicken watch her serve the women first always did—the mother eats, the family thrives she knows how to fix the sink and what goes out with bathwater she knows what we all get up to—don’t underestimate for a minute what those eyes have seen—the necks those hands have wrung (they’re not done yet)

you mind, son mind you take that hand, and mind you take it with care mind you look into those eyes—they’re your eyes too

I’ll remind you—if you’re going to take up space swear you’ll fill it with kindness for those who bleed the chickens—
Although her skills and experience led to her position as the Program Administrator for Creative Writing at the School, she remained surprisingly hesitant about committing to her own creative ambitions. As she admits, “I spent all my time encouraging and supporting others who were pursuing Creative Writing, while never taking that risk myself.”

That changed in the Fall of 2015, when Emily enrolled in Creative Writing: Introduction, the course she routinely suggests to learners interested in taking the first steps toward a Creative Writing certificate. “The Intro course covers a whole variety of literary genres, and allows you to figure out where your interests lie, while you develop valuable writing skills,” she says. The same was true in Emily’s case. She believes the course “really helped me discover what—and how—I wanted to write.” And while she was initially drawn to Creative Non-Fiction, she discovered a passion for writing Poetry. Since then, she has taken more courses in order to sharpen her skills, discovering firsthand the quality of instruction that gives the Creative Writing program so much credibility among new and veteran writers alike. “Our instructors are all published professionals,” she says. “We’re learning from people who are actually doing it. These are very active and well-respected writers.”

She has also come to appreciate the flexible schedules that have been so desirable for many of the learners she’d been supporting. “I take most of my courses online, because I work full time and have a busy family,” she says. She does most of her assignments on her lunch break. As a result, finding the time to go to class is not an additional pressure, but something “that fits easily into my schedule.”

Not long after beginning the certificate, Emily has already met with success. Her poems have since been published in a number of notable publications, including the long-respected literary quarterly Grain, and winning a spot in Vancouver Poetry House’s “The 10 Best Poems of 2016” alongside Leonard Cohen and Warsan Shire (for her work on Beyoncé’s Lemonade). Emily is now at work preparing for her Final Project: a collection of 40 poems that she hopes to develop into a chapbook. It will be the result of an intense individual collaboration with one supervisor, a process which she describes as “a unique opportunity to work one-on-one with an experienced published professional.”

It’s easy to see her excitement as she reflects, “This is the kind of thing I didn’t imagine myself doing,” she says, “but once I realized how much I loved working on the exercises and assignments, and started to produce actual drafts, I thought this could be something I’d like to pursue seriously.”

“You’re learning from instructors who are actually doing it—they’re publishing. These are very active and well-respected professionals.”
BIANCA MARAIS
Learner, Published Author

Things have moved very swiftly for Bianca in the five years since she moved from Johannesburg to Toronto and enrolled in the Creative Writing program at the School. A writer who felt like her previous literary endeavours had gone nowhere, she was thrilled to be learning techniques from “people who weren’t just instructors.” Says Bianca, “These were people who were actual writers, whose work I had read and admired. Getting critiqued by them gave the courses complete authority and authenticity.” In the summer of 2017, Bianca’s debut novel Hum If You Don’t Know the Words will be published by Putnam and launched with a 12-city U.S. tour. Not wanting to waste any time, she’s already at work on the sequel.

We’re proud to attract talented instructors who love to teach and to help those eager to learn. Take it from this handful of instructors (plus one stellar learner!) who get back from the experience as much as they give.

SAM HIYATE
Instructor: 1703 A Literary Agent’s Guide to Getting Published

Sam has devoted his career to guiding Canadian writers to success. After starting as a publisher with the pioneering micropublisher Gutter Press in the 1990s, Sam launched the literary division of the Lavin Agency. Since 2004, he has headed up The Rights Factory, an agency that represents writers in Canada, the U.S. and the U.K. He brings his insight and industry experience to the classroom every week. “It’s probably the only course in Canada taught by an agent in creative writing,” Sam notes. “Most programs avoid the business aspects.” According to Sam, the reality is that every writer must consider him or herself an independent businessperson. And while the publishing world may be difficult to navigate, he has this promise for writers: “I can give you the roadmap.”
DAVID TORTELL  
Instructor: 3321 Speaking your Mind: The Politics and History of Freedom of Expression

Asking to contend with some of the most urgent issues of our time, learners are never at a loss for topics to discuss in David’s classroom. Armed with a PhD in English and a Master of Laws, the instructor is uniquely qualified not only to present a range of social and legal topics—including matters of censorship, government surveillance and freedom of expression—but also to delve into the historical factors that have helped shape modern perspectives. David hopes this long-range view deepens his learners’ understanding and stimulates their curiosity. “As the political terrain begins to shift, more people are interested in these topics,” he says. He also believes in the value of healthy discussion among the diverse people his class attracts. “You don’t have to be an expert to have a lot to say.”

MARINA NEMAT  
Instructor: 1769 Writing the Memoir, Published Author

“Writing memoir is a daunting task,” says Marina. Indeed, the instructor believes it may be the most personal of writing styles because of the degree of intimacy and frankness it demands. Very different from the more detached nature of so much biographical writing, memoir uses an approach that is both rawer and more refined, as demonstrated by Marina’s two widely acclaimed books about her experiences during and after her time in Iran’s notorious Evin Prison in the wake of Ayatollah Khomeini’s Islamic Revolution. That makes it all the more essential to have the guidance and safe space that Marina provides as her learners explore the narratives in their own lives. “I can help you understand what good writing is,” she says. “And I can help you write a very good personal piece.”

TRILEY KENT  
Instructor: 2077 Writing for Children: Introduction; 2677 Writing a Young Adult Novel, Published Author

Great writing for children may make a virtue of simplicity but crafting it is anything but simple. “The challenge of writing for a children’s audience is to capture their attention and steadily raise the bar,” says Trilby, the winner of the TD Canadian Children’s Literature Award for her novel Stones for My Father and the author of two more books for Penguin Random House. One of them, Once in a Town Called Moth, was shortlisted for the Governor General’s Literary Awards in 2016. Trilby knows the demands of the form. Her workshop approach balances instruction with reading and critiquing learners’ work. She also invites guest speakers, agents and publishers to her classroom to offer the insights that will help learners go far in the industry as they go deeper into the art and craft of spinning the tales that captivate young readers.

NATALIE RIBKOFF  
Instructor: 2444 Art Nouveau: Decadence & the Limits of Form; 2443 Chicago: The Skyscraper & Modern Architecture; 3096 Treasures of the Czars: Art & Power in Moscow & St. Petersburg

Natalie’s passion for art and architecture is at the heart of everything she does. This is why she believes “the opportunity to share that with people is an incredible gift.” She previously oversaw the contemporary Canadian and Inuit collections of the TD Financial Group. She’s now a professional art advisor whose clients include some of Canada’s most prominent corporations. Natalie brings a spirit of generosity and inclusiveness to the classroom whether she’s discussing Art Nouveau and Art Deco or introducing learners to the architectural marvels of Chicago and Berlin. Being so devoted to the arts, she welcomes the chance to encourage people to feel the same. “This is an escape for some people,” she says. “For others, it’s simply about taking the time to learn.”
The School’s bursary program provides financial support for motivated and engaged learners who want to enrich their lives and transform their careers. With generous donors’ support, and a long-standing tradition at the University of Toronto, the School is committed to raising funds to ensure that all qualified learners who want to learn here are able to do so—regardless of their financial status. In addition to our bursary program, the School recognizes outstanding learner achievement with dedicated awards. This merit-based recognition helps learners enhance their CVs while inspiring others.

Bursary

The School of Continuing Studies Bursary
Established in 2014 | Value up to $750
This bursary fund was created in 2014 to support individuals wanting to enrol in University of Toronto School of Continuing Studies courses but who are unable to do so due to financial barriers. Primary donors to this bursary fund are the School’s staff members.

Creative Writing Awards

The Janice Colbert Poetry Award
Established in 2014 | Value up to $1,000 and one $500 award
This award was created by visual artist and award-winning poet, Janice Colbert, a graduate of the Creative Writing Certificate Program. It is open to learners who have taken at least one creative writing course in the previous year.

The Marina Nemat Award for Creative Writing Learners
Established in 2007 | Value up to $1,000, two annually
Thanks in part to the generosity of writer and Creative Writing Certificate Graduate, Marina Nemat, the School of Continuing Studies offers this award to the most promising Creative Writing Certificate learner(s) each year. There is no application process. Two awards are given each year to the most outstanding Final Project of a Creative Writing Certificate learner. The winner is chosen by an esteemed panel of Canadian publishing-industry professionals.

Penguin Random House Canada Student Award for Fiction
Established in 2002 | Value $2,500 plus two finalist awards of $1,000 each
Random House of Canada created this generous award in 2002 to support emerging writers (learners) taking creative writing courses at the School of Continuing Studies. The competition for this endowed award is open to all creative writing learners who have taken a course in the previous year.

The proof is in the printing

Aspiring writers who are thinking of a Creative Writing course with the School of Continuing Studies should take comfort in knowing that teachers and classmates alike are well represented on bookstore shelves. Here is just a sampling of some of the titles that have been published in recent years.
LIVE & LEARN

I WANT TO BE INSPIRED
ANSWER: Our instructors are leaders in their fields and they bring vast experience and enthusiasm to our classes. This depth of quality and engagement distinguishes our programs from all others.

I DON'T HAVE THE TIME
ANSWER: The School of Continuing Studies offers courses at three different times of the year, many with several sections so you can take a course when it fits best for your schedule.

I NEED A BREAK FROM BOREDOM
ANSWER: With over 650 courses ranging from arts, science, history, languages and professional development, you can find a course that will keep your mind active and boredom at bay.

I DON'T FEEL COMFORTABLE TAKING A COURSE ON MY OWN
ANSWER: All of our courses provide a great opportunity to learn about exciting new topics, engage with the instructor and share new ideas with other learners. Often taking our courses result in the beginning of new friendships with people who have similar interests.

IT'S NOT CONVENIENT FOR ME TO ATTEND CLASSES.
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REGISTRATION

Registration Eligibility
Any adult 18 years of age or older, regardless of educa-
tional background, may register into any course or certificate program offered by the School of Continuing Studies. Some courses may have prerequisites—please consult course descriptions for details.

How to Register
Online
Visit our website at learn.utoronto.ca, click Register Online and select your course. When you are ready to check out, click Add to Cart and you will be prompted to create your profile and provide payment.

By Phone
Call us at 416.978.2400 to speak with an Enrolment Services representative.

In Person
Visit our Learner Services desk on the first floor at 158 St. George Street, located on the west side of St. George, just south of Bloor Street West.

Mail
Complete the Registration Form available online at learn.utoronto.ca/p/forms or in the printed course calendar and send it with payment to the mailing address provided on the form.

FEES AND PAYMENT

Course tuition fees are listed below each course description. The fees do not include textbooks or additional materials unless so indicated. Some courses are subject to HST.

Payment is accepted by Visa, MasterCard, or American Express. Money orders or certified cheques made payable to the University of Toronto in Canadian funds are also accepted if registering in person or by mail. Payment is due upon registration; seat reservations are not possible.

Business Hours
For information on business hours please go to learn.utoronto.ca/contact-us.

Registration Deadlines
We receive and process most registrations on a first-come, first-served basis. Some courses may impose a registration deadline, which will be documented in the course description.

Waitlist Option
If your course section is full, you may place your name on a waitlist. We will contact you by email or telephone if a space becomes available.

CHANGES

Withdrawals and Transfers
Withdrawals and transfers are permitted, provided we receive the request before the applicable deadline. To request a withdrawal or transfer, complete the applicable online form available at learn.utoronto.ca/p/forms.

For complete information about conditions and deadlines, go to learn.utoronto.ca/help and enter the keyword transfer or withdraw in the search box.

Refund Payments
If your original course fee was paid by credit card, the refund will be returned to the same credit card account. If your original course fee was paid by money order or certified cheque, the refund will be processed in the form or a University of Toronto cheque made payable to the original payee.

Course Alterations and Cancellations
Although every effort is made to adhere to published course details, courses, dates, times or instructors are subject to change without notice. Course cancellations may also be necessary, with decisions to cancel due to insufficient enrolment made prior to the course starting date.

CERTIFICATES

Certificate Candidates
To declare your candidacy in a certificate program, complete the Declaration of Certificate Candidacy form found at learn.utoronto.ca/p/forms. Once your name has been registered, you can then track your progress through My Access.

Advanced Standing
Advanced standing may be granted to certificate candidates whose prior experience or formal learning demonstrate that course material has been covered. Check individual certificate descriptions for guidance on advanced standing. To apply for advanced standing, fill out the Prior Learning Assessment Application form found at learn.utoronto.ca/p/forms.

For further information on course grading and appeals, please access the following link: learn.utoronto.ca/p/grades.

POLICIES

University of Toronto Policies
The School complies with a wide range of University of Toronto policies designed to ensure academic quality and protects the teaching and learning relationship.

School of Continuing Studies Policies
Policies governing a wide range of administration and activities of the School are available for viewing in our Help Centre.

For more information on policies, visit our Help Centre at learn.utoronto.ca/p/forms. If you have any questions or require clarification, enter your question in the Submit Request field located on the bottom of the Help Centre home page and an Enrolment Services Representative will respond to you.

SERVICE

My Access Account
Your online learner account is your customized access to viewing your courses and records in the School’s database. We encourage you to log in to your account on a regular basis to keep track of your progress in your programs.

To log in to My Access:
• Go to learn.utoronto.ca and click Student/Instructor Login.
• In the User Name field, enter the email address you provided to the School.
• If you are a first-time user, or if you have forgotten your password, click on Forgot Password and a temporary password will be emailed to you.

Features available through My Access include:
• My Profile—your profile and contact information
• Academic history—your course activity at the School (with grades, where applicable)
• Course Timetable
• My Certificates—your progress in (enrolled) certificate(s)
• My Account—your account balance and payment history

For more information on services offered by the School of Continuing Studies, visit our Help Centre at the following links:

Textbooks and Supplies: learn.utoronto.ca/p/textbooks

Library Services: learn.utoronto.ca/p/library

Wi-Fi Access: learn.utoronto.ca/p/wifi

Card (Learner card): learn.utoronto.ca/p/icard

SUPPORT

Contact Us
There are a number of ways to find information about the School:

Website: learn.utoronto.ca
Help Centre: learn.utoronto.ca/help

For business and service hours, go to our Contact Us page located at learn.utoronto.ca/contact-us.

Live Chat: available on our website at learn.utoronto.ca

Phone: 416.978.6666
Fax: 416.978.2400

Library Services: learn.utoronto.ca/p/maps

Policies, including those prohibiting sexual harassment or discrimination on the basis of sex, race, gender, religion or social origin. The School also complies with academic policies that ensure academic quality and respect for the individual, including policies prohibiting sexual harassment or discrimination on the basis of sex, race, gender, religion or social origin. The School also complies with academic policies that ensure academic quality and
REGISTRATION FORM

NAME AND CONTACT INFORMATION

Last Name
First Name

The School of Continuing Studies Learner Number (if you are a returning learner of the School)

Gender

Date of Birth (day/month/year)

UTORid (if you are a returning learner):

If you have an existing UTORid, please ensure that your name associated with your UTORid exactly matches the spelling and format of your name provided on this registration form.

Are you a University of Toronto Alumnus/Alumna?

Yes
No

PREFERRED ADDRESS

Home Office

If you are a returning School learner and your address has changed since you last enrolled, please check here:

Number
Street
Suite
City
Province
Postal Code
Daytime telephone number
E-mail address

Please provide a unique (not shared) email address for all communications with the School.

EMPLOYER INFORMATION

Employer (optional)
Title (optional)
Department (optional)

Would you like to receive newsletters and updates regarding the School of Continuing Education courses and programs?

Yes
No

PAYMENT INFORMATION

Full payment must accompany this form. Please make certified cheques or money orders payable to University of Toronto. Cash payments will not be accepted.

Paid by:

- Visa
- Mastercard
- American Express
- Cheque
- Money order

Credit card number
Expiry date
Name of cardholder
Signature
Date

Complete form and fax to 416.978.6666 or mail to:
Enrolment Services
School of Continuing Studies
University of Toronto
158 St. George Street
Toronto, Ontario M5S 2V8

I accept full responsibility for the information submitted on this form and agree to abide by the policies and procedures printed in the School of Continuing Studies calendar.

Learner signature
Date

COURSE INFORMATION

The School Course Number
Course Title
Start Date
Tuition

Name of the School of Continuing Studies Certificate you are working toward, if applicable:

HST (if applicable. Check course description)

Total Due
ANCIENT GREEK TECHNOLOGY AND TOOLS 3350
As technology influences our lives more and more, we need to know how it shaped societies in the past. Discover the scientific accomplishments of the ancient Greeks, and the effects of their technology on their history. From 2000 B.C. to the end of the ancient world, we’ll study Phileus’s robot household, Hero’s cinema, Ktesibios’ automatic clock, the computer of Antikythera, vending machines and lifting mechanisms. Rich visual material will aid the presentation of active discussions. 
COST $235 + applicable taxes

ARISTOTLE, THE FOUNDER OF WESTERN SCIENCE 3330
The history of western science started with the first Greek philosophers of nature. Aristotle revolutionized the field of scientific investigation including studies of human behaviour, biology, society, politics, ethics, rhetoric, chemistry, geology, astronomy and more. We’ll explore together how Aristotle advanced the field of critical thinking and established a new scientific methodology. Learn about Aristotle’s ideas and the roots of science in the West. 
COST $235 + applicable taxes

DOUG & JONI’S 3343
Sigmund Freud and Carl Jung laid the foundation for modern psychology, psychiatry and psychoanalysis. They formed much of the basis of our understanding, and common perceptions about all aspects of the human mind. Explore the brief but fruitful collaboration and major differences between these two monumental thinkers. We’ll delve into the key concepts and major theories of their individual historical contexts. Learn about Freud’s notions of transference, the unconscious, and the psychodynamic. Jung’s theories of individuation, archetypes and the collective unconscious. From examples and cases, we’ll also explore the differences in Freudian and Jungian therapeutic approaches today. 
COST $250 + applicable taxes

HOW YOUR BRAIN WORKS, PART 13: THE TEENAGED BRAIN 2492
Our brain represents only 2% of our weight, but can use 20% of our energy because it is hard at work. Discover how many activities occur simultaneously in our brains. We’ll explore the data behind issues in the news such as communicating while driving and so on. We’ll also investigate the pros and cons of energy drinks, coffee and tea that claim to boost our brain’s ability to perform work. 
COST $230 + applicable taxes

HOW YOUR BRAIN WORKS, PART 14: THE WORKING BRAIN 2493
How do we think? How do we act? Our brain underpins all of our actions. Learn the building blocks of the brain, and the importance of the brain in our daily lives. We’ll look at how the brain works and how we can help it work better. 
COST $230 + applicable taxes

PSYCHOLOGY OF EMOTION 3335
I don’t want to be at the mercy of my emotion. I want to use them, to enjoy them and to dominate them.” Oscar Wilde, The Picture of Dorian Gray. What is emotion? Why are emotions felt and how are they shaped? What purpose do they serve? Do we really have any control over them? We’ll discuss the biological foundations of emotions, their effects on thinking, their regulation, how emotions change across our lifespan and how, if at all, they are mediated by the brain.
COST $250 + applicable taxes

SLEEP WELL: A NATUROPATHIC APPROACH TO RESTORATIVE SLEEP 3392
Learn about sleep as an integral part of our brain and body wellness in order to understand how we sleep and how we can sleep better. We’ll discuss the patterns, conditions and benefits of healthy sleep. We’ll look at the underlying sleep disorders and the factors that affect them. We’ll also look at the basic principles of sleep, including the basic physiology of sleep and the relationship between sleep and other aspects of our health.
COST $230 + applicable taxes

WHERE ARE WE GOING? 3032
From time immemorial, people have asked where humanity came from, and where we are going. We will explore how discoveries shed light on these questions. We’ll see how anthropologists are illuminating the ‘nature/nurture’ dispute. Learn how evidence from genetics and our understanding of how life’s history has also told us about human origins and early human migrations. And explore how ways of making a living have changed, past, present and future possibilities of social, demographic and cultural change. We will also include a visit to the Fisher Rare Book Library.
COST $240 + applicable taxes

THE SCIENCE OF BEHAVIOUR 3320
It behooves us all as we act and what we say, then why is it so difficult to change? We’ll make an in-depth exploration of the patterns, conditions and benefits of healthy learning. We’ll not only understand how learning occurs, but also how we can change it. We’ll also explore how learning and cognitive change are a natural and beneficial process.
COST $230 + applicable taxes

ACUPUNCTURE: PRINCIPLES AND APPLICATIONS 3390
Learn from practitioners of Traditional Chinese Medicine (TCM) how the system of medicine has channeled past, present and future possibilities. This course will provide an overview of the philosophy and holistic approach you’ll learn the principles and methods that practitioners in promoting well-being, collecting diagnostic information, analyzing information, recognizing the causes behind diseases and phlegm, and treatment plans. Through lectures, classroom presentations, demonstrations and discussion, you’ll learn how TCM and Western medicine can be integrated to promote health and recovery from all common health problems.
COST $235 + applicable taxes

WHERE DO WE COME FROM? WHERE ARE WE GOING? 3333
From time immemorial, the human species has asked where humanity came from, and where we are going. We will explore how discoveries shed light on these questions. We’ll see how anthropologists are illuminating the ‘nature/nurture’ dispute. Learn how evidence from genetics and our understanding of how life’s history has also told us about human origins and early human migrations. And explore how ways of making a living have changed, past, present and future possibilities of social, demographic and cultural change. We will also include a visit to the Fisher Rare Book Library.
COST $240 + applicable taxes
32: THE BIRTH OF THE MODERN WORLD 1500

In 1500, the world was a very different place. The Americas had not yet been discovered, and the Ottoman Empire was in its prime. The Mughal Empire was just beginning to rise, and the Ming Dynasty was at its height.

33: NATURITIC MEDICINE 1800

The rise of the Industrial Revolution led to a greater emphasis on natural remedies. Homeopathy, naturopathy, and herbalism became popular forms of medicine.

34: WOMEN IN POWER 2000

Women have made significant progress in gaining power and influence in the political and economic spheres. However, there is still much work to be done to ensure equal opportunities for all.

35: THE VASTER EMPIRE THAN HAS BEEN" THE BRITISH EMPIRE AND ITS PROVINCE 2050

The British Empire was perhaps the most successful empire of all time, thanks in large part to its natural resources. Its legacy continues to shape the world today.

36: THE MAKING OF THE WEST: PART I 316

The history of the Western world is one of great change and transformation. From the early civilizations of the Mediterranean to the modern day, the West has been shaped by a range of factors, including geography, religion, and technology.

37: THE MAKING OF THE WEST: PART II 327

The Western world has evolved over time, and its history is shaped by a variety of factors. From the Roman Empire to the United States of America, the West has been a driving force in global politics.

38: THE MAKING OF THE WEST: PART III 338

The future of the Western world is uncertain. What will happen to the West in the coming centuries? Will it continue to be a hegemonic power, or will it be overtaken by other forces?
FINANCING A CHILD 3309
Having a child is a huge shift in household finances. We’ll explore how having a child will affect your financial situation and how best to plan for it. We’ll track how your income and expenses will change throughout the life of the child, from pre-birth finance to post-secondary education and beyond. Learn in a highly interactive manner that is engaging, enjoyable and non-judgmental.
COST $255 + applicable taxes
SECTION 001 06 Nov 2017 – 22 Nov 2017
Phillips, In-class
1:00pm to 3:00pm
Instructor Harley Price
SECTION 002 08 Jan 2018 – 24 Jan 2018
Phillips, In-class
1:00pm to 3:00pm
Instructor Harley Price
SECTION 003 02 May 2018 – 28 May 2018
Phillips, In-class
1:00pm to 3:00pm
Instructor Harley Price
SECTION 004 14 Mar 2018 – 21 Mar 2018
Phillips, In-class
1:00pm to 3:00pm
Instructor Harley Price

PERSONAL BRANDING: HOW TO POSITION, BUILD AND PROMOTE YOURSELF ONLINE 3349
You have complete control over the first impression you give. Make sure it’s a good one. Whether you’re a blogger, an author, a journalist or just an active ‘influencer’, tell your story authentically through your online brand that mirrors the in-person experience. Based on the instructor’s years of working with people and projects around the world and almost every industry, we’ll break down the idea of promoting yourself and ‘branding’ yourself online. Gain actionable tips that will help you convey your best story.
COST $255 + applicable taxes
SECTION 001 24 Sep 2017 – 18 Oct 2017
Online
Instructor Ariella Pavey

INVESTING FOR BEGINNERS 2077
If you want to invest in the stock market—or your own or with an advisor—you need to understand how companies are valued. In this course, you’ll learn how to read companies’ financial statements and analyse their cash flow, assets and liabilities, income and expenses. We’ll also look at how companies finance their activities by paying down debt, buying back shares and paying dividends to shareholders. By the end of the course, you’ll be able to study companies listed on stock markets using the price-to-earnings ratio and other popular metrics. You’ll pick a stock to follow during the course and decide whether to buy, sell or hold. The goal is to help you take more control over your own investment style and risk tolerance.
COST $255 + applicable taxes
SECTION 001 03 Oct 2017 – 30 Nov 2017
Siwiec, In-class
7:00pm to 9:00pm
Instructor Ellen Roseman

RENTING OR OWNING? 3308
Deciding on living arrangements is one of the most consequential decisions of your life. Join us to get help choosing the strategy that’s best for you. We’ll investigate the benefits, costs and financial consequences of each choice. We’ll also examine the rental and mortgage procedures in southern Ontario, including in-depth look at first-time homebuyers’ benefits. Learn in a highly interactive manner that is engaging, enjoyable and non-judgmental.
COST $370 + applicable taxes

LEISURE
TUE 2 Sessions, In-class
Downtown/St. George
Matthew Siwiec

INVESTING & LEISURE 2017
ENJOYABLE AND NON-JUDGMENTAL
are fun, engaging activities that are engaging, enjoyable, non-judgmental.

GREAT WRITERS, GREAT THINKERS OF THE RENAISSANCE: PART II 3337
From the late 14th century into the 16th, in Italy and Northern Europe, the Renaissance gave birth to one of the greatest flowers of philosophy and literature. Join us to read and discuss a further selection of texts from the most important authors, including Boccaccio, Firenz, Pico, Cusanus, Bruno, Tasso, Erasmus, More, Ronsard, Montaigne, Spenser and others.
COST $15 + applicable taxes
SECTION 001 03 Mar 2018 – 29 Mar 2018
Siwiec, In-class
7:00pm to 9:00pm
Instructor Harley Price

WE’LL BE OK: THE FINANCES OF RETIREMENT 3341
You could be better off than you think. If you are considering retirement, join us to find out what numbers you need to make reasonable plans. Research shows that the necessary savings rates and income targets used by financial advisors are often too high. We’ll consider what level of government pension plus personal investments and perhaps a company pension that you will need to sustain a comfortable life once you give up your career path.
COST $105 + applicable taxes

LITERATURE
REBELOU: OUR ANGLO-SAXON ROMANCE 3308
Beowulf, the hero of this epic poem, battles with a monster named Grendel, with Grendel’s revengeful mother, and with a dragon which is guarding a treasure hoard. It’s a classic tale of intrigue, passion, adultery and revenge—aiming to provide a fuller appreciation of her achieve- ment, join us to find the numbers you need to make reasonable plans. Research shows that the necessary savings rates and income targets used by financial advisors are often too high. We’ll consider what level of government pension plus personal investments and perhaps a company pension that you will need to sustain a comfortable life once you give up your career path.
COST $105 + applicable taxes

SECTION 001 03 Oct 2017 – 30 Nov 2017
Siwiec, In-class
7:00pm to 9:00pm
Instructor Ellen Roseman

SECTION 002 24 May 2018 – 28 May 2018
Siwiec, In-class
7:00pm to 9:00pm
Instructor Ellen Roseman

SECTION 003 14 Mar 2018 – 21 Mar 2018
Siwiec, In-class
6:30pm to 9:00pm
Instructor Matthew Siwiec

SECTION 004 12 Sep 2017 – 31 Oct 2017
Siwiec, In-class
7:00pm to 9:00pm
Instructor Sean Miller

SECTION 005 04 Sep 2017 – 16 Oct 2017
Siwiec, In-class
7:00pm to 9:00pm
Instructor Sean Miller

SECTION 006 13 Sep 2017 – 01 Nov 2017
Siwiec, In-class
1:00pm to 3:00pm
Instructor Harley Price

SECTION 007 08 Jan 2018 – 12 Feb 2018
Siwiec, In-class
1:00pm to 3:00pm
Instructor Harley Price

SECTION 008 03 May 2018 – 24 May 2018
Siwiec, In-class
7:00pm to 9:00pm
Instructor Ellen Roseman

SECTION 009 12 Sep 2017 – 31 Oct 2017
Siwiec, In-class
7:00pm to 9:00pm
Instructor Sean Miller

ANNA KARENINA: INTRIGUE, PASSION & THE NOVEL 2736
Leo Tolstoy’s great novel Anna Karenina will enthrall us. We’ll see the problems идеe of intrigue, passion, adultery and even retribution. We will read Anna Karenina to a manageable pace over the course of six weeks, exploring its perennial topics of family life, social and gender relations and sexuality in the historical setting of Russia’s Great Reforms of the 19th century, and the emancipation of the serfs. We will waltz into Tolstoy’s artistic world view and join his exploration of the quest for meaning.
COST $370 + applicable taxes

SECTION 001 03 May 2018 – 24 May 2018
Siwiec, In-class
7:00pm to 9:00pm
Instructor Ellen Roseman

SECTION 002 14 Mar 2018 – 21 Mar 2018
Siwiec, In-class
6:30pm to 9:00pm
Instructor Matthew Siwiec

SECTION 003 12 Sep 2017 – 31 Oct 2017
Siwiec, In-class
7:00pm to 9:00pm
Instructor Sean Miller
PLATO AND PLATINUM THROUGH THE AGES: PART II 3320
The famous dialogues of Plato are the thirdling upon which Western civilization stands, along with the Bible and Greek mythology. We'll begin by reading a representative sample of Plato's most important works. Then we'll turn to the enormously influential writings of the Middle and Neoplatonists, including Cicero, Philo and Plutarch. Join us as we read and discuss a selection of some of the most seminal texts in Western thought. (You don’t need to have taken Part I, which covers different readings.)

COST $205 + applicable taxes
SECTION 091
13 Oct 2017 – 30 Nov 2017
6 Sessions, In-class Tues. 7:30pm to 9:30pm
Instructor Nancy Price

THE GREEK EPIC: HERODOTUS AND ODYSSEY 3324
The foundation stones of Western literature are considered to be Homer’s Iliad about the long siege of Troy and the Odyssey, the story of one man’s ten-year attempt to return home after Troy. They are oral poems, popularly entertaining tales of heroes, love, conflict and betrayal. Join us as we study Homer’s two great epics within ancient Greek culture and society, learn Greek mythology, and discover what made these works so widely loved in their day. We’ll shape how we see and share our sense of literature, both serious and popular today.

COST $245 + applicable taxes
SECTION 092
23 Oct 2017 – 05 Dec 2017
6 Sessions, In-class Tues. 7:30pm to 9:30pm
Instructor Jonathan Ulliyot

MUSIC
THE GREAT BOOKS: PART III 3370
This course builds on The Great Books: Part I and Part II, but can be taken on its own. Part III continues to explore similar themes but through a new set of texts that focuses on the 20th century. These include James Joyce, Ulysses; Derek Walcott, The Odyssey; Toni Morrison; Jazz; D.M. Thomas, The White Hotel; Timothy Findley, The Mars; Robertson Davies, Fifth Avenue; William Faulkner, Go Down, Moses; A.S. Byatt, Sugar and Other Stories.

COST $245 + applicable taxes
SECTION 051
19 Sep 2017 – 24 Oct 2017
6 Sessions, In-class Tues. 7:00pm to 9:00pm
Instructor Jonathan Ulliyot

GET MORE OUT OF BALLET 2432
Enrich your experience of ballet with insights into its history and immersion in the choreography, design and music of current productions of the National Ballet of Canada and via broadcast, the Bolshoi and Royal Ballets. Depending on the repertoire, we might examine a ballet’s programmatic history and cultural context, the choreographer’s life and works, the story behind the ballet, or base it on a theme, explore different variations.

COST $245 + applicable taxes
SECTION 001
07 Sep 2017 – 25 Nov 2017
6 Sessions, In-class Tues. 6:30pm to 8:30pm
Instructor Leslie Barcza

THE EARLY OPERAS OF MOZART: A GENIUS CONSTRUCTS HIS CRAFT 3350
Explore Mozart’s development and discover insights into this most cherished of composers. He began composing complete operas at the astonishing age of eleven. In his teenage years he wrote no less than thirty-four operas for the great court opera houses of Europe in Vienna, Frankfurt, Milan, Munich, as well as his native Salzburg. These early works display his brilliant grasp of the complexities of plot, pacing and character development, qualities that would so comfortably be displayed in his mature works.

COST $245 + applicable taxes
SECTION 001
03 May 2018 – 25 Jun 2018
8 Sessions, In-class Thurs. 1:30pm to 3:30pm
Instructor Jordan Klapman

THE MUSICALS OF COMPOSER J. S. BACH 3360
Bach’s music, both sacred and secular, continues to be produced every year. We’ll explore the development of his style through the lenses of his various masterworks. We’ll examine his individual pieces and also explore how his music has evolved and been re-interpreted over the centuries.

COST $245 + applicable taxes
SECTION 001
17 Apr 2018 – 05 Jun 2018
8 Sessions, In-class Tues. 6:30pm to 8:30pm
Instructor Leslie Barcza

THE EARLY OPERAS OF VERDI: HIS YEARS IN THE BALLETTISTE 2975
Explore Verdi’s developing mastery of the art form. His first attempt at composing an opera was only a modest success, and his second opera lasted just one night on the stage. But with his third work, “Nabucco”, his brilliant career took flight. He produced 35 operas for Italy in the decade of the 1840s, a period described as “my years in the galaxy” before making his international breakthrough with “Rigoletto” in 1851. As we chronicle his early works for Italy, we’ll discover that his genius shines through every page of these early works.

COST $245 + applicable taxes
SECTION 001
07 Nov 2017 – 05 Dec 2017
5 Sessions, In-class Tues. 6:30pm to 8:30pm
Instructor Ian Scott

THE MOST POPULAR OPERAS 2040
Before film, opera was the most popular art form in the world. Join us for an exploration of the best-loved operas through brief portrayals of excerpts, demonstrations, close analysis of the scores and interactive discussions of the stories, cultures, and traditions that inspired them. We’ll pay special attention to the operas that were produced this year by the Canadian Opera Company and Opera Atelier, and those by the Royal Opera of Canada and the Metropolitan Opera. 

COST $245 + applicable taxes
SECTION 001
09 Jan 2018 – 06 Feb 2018
6 Sessions, In-class Tues. 6:30pm to 8:30pm
Instructor Jordan Klapman

TIN PAN ALLEY & THE BIRTH OF MODERN POP MUSIC 2935
Popular music surrounds us, filling our world and our ears with song. It wasn’t always so. How did a small group of hungry outsiders, starting in late 19th-century Manhattan, manage to invent the most successful and globally influential music industry in history? Who were these musicians and entrepreneurs who created the enduring standards of modern music and the soundtrack to the first half of the 20th century? Join musician Jordan Klapman on a journey that explores the historical roots, development, struggles and triumphs of American popular song and its enduring influence. Enjoy lectures, discussions and historic recordings, culminating in a live concert.

COST $250 + applicable taxes
SECTION 001
26 Mar 2018 – 22 Apr 2018
8 Sessions, In-class Thurs. 1:30pm to 3:30pm
Instructor Jordan Klapman

THE SOULMUSIC OF SPIRITUALITY 3316
 Whether it’s a hymn, an oratorio or the scores of a Biblical epic film, we listen for the spiritual dimension of western music. We’ll try to understand how and why we are stirred, even if we’re not believers, by the simple hymn and by Handel’s Messiah. We’ll hear the many techniques by which composers move us. Explore the relationship between faith, music and our emotions.

COST $245 + applicable taxes
SECTION 001
07 Nov 2017 – 11 Apr 2018
6 Sessions, In-class Wed. 6:30pm to 8:30pm
Instructor John Greenwood

THE EARLY OPERAS OF BERNHARD von KELLER 3020
Explore the early operas of one of the most significant composers of the 17th century. Join us as we discover much in the developing master’s early struggles to redefine the basic principles of opera. After these works, he composed no more operas. How did a small group of composers and a role of a composer and a created a revolutionary new vision for the art form in what was to become “The Ring.”

COST $250 + applicable taxes
SECTION 001
07 Nov 2017 – 22 Mar 2018
6 Sessions, In-class Tues. 2:00pm to 4:00pm
Instructor Jonathan Ulliyot

WAGNER BEFORE THE RING: HIS SIX EARLY OPERAS 3362
Wagner’s first three operas, “Die Feen”, “Das Liebesverbot” and “Rienzi”, are considered too derivative to be produced by Bayreuth because they mirror other composers’ styles. And his next three; “Der Fliegende Holländer”, “Tannhäuser” and “Lohengrin”, although accepted at Bayreuth, are inferior to his later masterpieces. But join us as we discover much in the developing master’s early struggles to redefine the basic principles of opera. Join us as we discover much in the developing master’s early struggles to redefine the basic principles of opera. After these works, he composed no more operas. How did a small group of composers and a role of a composer and a created a revolutionary new vision for the art form in what was to become “The Ring.”

COST $250 + applicable taxes
SECTION 001
07 Nov 2017 – 06 Feb 2018
6 Sessions, In-class Tues. 6:30pm to 8:30pm
Instructor Jonathan Ulliyot

THE ZEITGEIST OF THEIR DAY. THE COURSE OF BROADWAY’S BEST MUSICALS 2970
Join us for a wide-ranging tour of many of Broadway’s best musicals, spanning more than a century. We will thoroughly entertain us. Join us for a wide-ranging tour of many of Broadway’s best musicals, spanning more than a century. We will thoroughly entertain us. Join us for a wide-ranging tour of many of Broadway’s best musicals, spanning more than a century. We will thoroughly entertain us. Join us for a wide-ranging tour of many of Broadway’s best musicals, spanning more than a century. We will thoroughly entertain us.
Arts & Science

ART THAT ASKS QUESTIONS 3182

Examine and discuss works of art that ask important questions about how art changes us and our world. Stonehenge, Michelangeloi’s The Dream of Human Life, Van Gogh’s The Potato Eaters, da Vinci’s The Virgin and Child with St. Anne and Manet’s Music in the Tuileries Gardens: these and other masterpieces shed light on the relationship between art and our unconscious minds, to the good life we crave, to the archetypes about how art changes us and our world. Stonehenge, Michelangelo’s The Dream of Human Life, Van Gogh’s The Potato Eaters, da Vinci’s The Virgin and Child with St. Anne and Manet’s Music in the Tuileries Gardens: these and other masterpieces shed light on the relationship between art and our unconscious minds, to the good life we crave, to the archetypes about how art changes us and our world.

MATTERS OF BIRTH & DEATH: MEDICINE, LAW AND THE HUMAN DESTINY 3001

Birth and Death are essential features of all living organisms. For us humans, both of these are now being redefined because of extraordinary medical developments, new laws and new sense of the ‘right’ and ‘duty’ of each person. In the 21st century, as 7 billion of us humans share this one fragile earth with many, many other creatures, we’ll explore how new sciences and technology are drastically changing the mythical contours of our birth and our death in labs and hospitals, governed by what laws and ethics, and at what cost and to whom? Our students, each class will involve you to engage in a philosophical theme as illustrated by a renewed time. To benefit returning students, a new set of films is shown every year.

PHILOSOPHY AND LAW

PHILOSOPHY OF LAW, PART II: JUSTICE & RIGHTS 3426

Join us to examine three fundamental ideas underlying the rule of law: rights, justice, and punishment and responsibility. Especially, not only legal rights, but also natural or human rights. Can we justify the assertion of such rights? What are the requirements of social justice? What to do about human crimes? Can we help people responsible or should we just regard their conduct as a behavioural disorder? Is it punishment warranted and, if so, on what basis? What for what purpose? We’ll look at leading theories and some legal cases.

PHILosophers and NewsMakers 3346

Current events constantly turn up complex questions that too easily get buried in the next news cycle. Join us to explore the philosophical issues behind the headlines. Discuss how historic and contemporary philosophers can illuminate the most pressing issues of our times. Examples may include the role of authoritarianism, racism, ethical practices in Black Lives Matter, the ethics of data gathering, and Big O C S and the surveillance state. In this class, the depth of analysis and wide-ranging debate we’ll focus on legal materials as well as theoretical and philosophical works, media commentary and the visual arts. No prior legal knowledge is required.

RELIGION

THE END OF THE WORLD: ANCIENT TEXTS ABOUT THE APeCALYPSE NOW? 3334

Aesop’s fable “The Fox and the Crow” challenges us to contemplate an end of the world. Do we fear such a future? How do we imagine our world? How do we think of our place in it? What future do we imagine our world? What future do we imagine our world? What future do we imagine our world? How do we think about it?

THE HISTORY OF WESTERN PHILOSOPHY: THE 20TH CENTURY 3720

From 1871 to the 1930s, the world witnessed social, economic and scientific changes in Europe and the Americas. The rise of Fascism and Nazism, two of the most destructive movements in human history, created a crisis of faith and belief.

THE HISTORY OF WESTERN PHILOSOPHY: THE 17TH TO THE 19TH CENTURY 2738

From 1640 to 1900, the world witnessed social, economic and scientific changes in Europe and the Americas. The rise of Fascism and Nazism, two of the most destructive movements in human history, created a crisis of faith and belief.

APOCALYPSE NOW? ANCIENT TEXTS ABOUT THE END OF THE WORLD 3334

Predicting and preparing for the end times and the end of the world has fascinated us for thousands of years. Are we living in the last days? How are we supposed to know? Discover how ancient apocalyptic texts like the Bible, Second Temple Jewish literature, the Dead Sea Scrolls, and Christian apocalyptic texts have to say.

The End of the World 2066

“What is the meaning of our existence?” This question is all the more pressing in our troubled times. Thinkers worldwide have broached this question throughout history. Yet most modern secular individuals confront this quandary on their own terms. Gain some tools to do so yourself. We’ll draw from a myriad of cultural, ideological and historical perspectives, highlighting themes and practices like aesthetic experience, contemplative traditions, human connectivity, scientific discovery, spiritual practices and profound storytelling as avenues reflecting on the mystery of life.
The soul says in this heart: ‘There is no God!’” declares Psalm 14:1, showing that atheism—a disbelief in God—has long been with us. Whether by foolishness or by wisdom, increasing numbers of people are drawn to an atheistic world view. Statistics Canada’s 2011 National Household Survey showed those with “no religious affiliation” at 7.9 million, roughly one in four Canadians. Whatever your own beliefs, delve with us into this growing cultural movement.

We’ll trace so-called irreligious wisdom, increasing numbers of people are drawn to an atheistic tradition from within each faith and examine how their paths lead to actions. We’ll look at what religion says about fundamental matters such as inspiration, morality, authority, art, science, sexuality, hope and eternity.

Who am I? How am I related to the Divine? What is the ideal way to live? To such enduring questions, religious traditions of the West: Judaism and Christianity. We will discuss each religion’s history as a guide to its current role in society. We’ll look at religious tradition from within each faith and examine how their paths lead to actions. We’ll look at what religion says about fundamental matters such as inspiration, morality, authority, art, science, sexuality, hope and eternity.

**Gospel Portraits of Jesus 3031**

**What are the Gospel’s—legendary tales, theological accounts or biographies of Jesus? Why are there only four of them: Matthew, Mark, Luke and John? What portrait or portrayal of Jesus do they present? Join us as we travel back to the first century and see Jesus, the most important figure in literature and history, through the eyes of the Gospel writers. All are welcome to learn with us in this fascinating study filled with rich discussions and clear scholarly observations. They are sure to challenge and increase your knowledge of the Bible, the most read book ever.**

**Cost $325 + applicable taxes**

**Reading & Misreading the Bible 2421**

Religion may be the most important issue of the 21st century. At its centre for Christians and Jews is the Bible, the most published and most read book in history, a source of comfort, condemnation and controversy. As a spiritual book, can the Bible be interpreted in any way you choose? If faith is a personal matter, can there be right and wrong ways of interpreting this book of faith, both in public policy and private life? Join us for an informative, lively discussion of the ways in which churches, secularists, scientists and reformers have interpreted the Bible in light of the events of history and the ways in which they do so today.

**Cost $475 + applicable taxes**

**Religions of the East: Reason & Mystery 1220**

Religion is the most important issue of the 21st century, according to some commentators. This course examines the development and variety of the two major religious traditions of the West: Judaism and Christianity. We will discuss each religion’s history as a guide to its current role in society. We’ll look at religious tradition from within each faith and examine how their paths lead to actions. We’ll look at what religion says about fundamental matters such as inspiration, morality, authority, art, science, sexuality, hope and eternity.

**Cost $245 + applicable taxes**

**University Lecture Series 1665**

The University Lecture Series features leading scholars, thinkers and experts who address an eclectic range of topics in an accessible one-hour format. Come hear their thoughtful insights, critical analyses and provocative ideas. A brief question and answer period follows each presentation. The series is offered in Markham, Oakville and at the University of Toronto St. George campus. For more information, please visit the website.

**Cost $352 + applicable taxes**

**Architects of Toronto: Post-1950 3329**

Toronto has many remarkable buildings constructed since 1950 and must have been designed by local architects. Join architectural historian Marta O’Brien for this one-day seminar. She’ll profile approximately eight architects or architectural firms, and illustrate their most distinctive buildings and features. Our discussions will include John B. Parkin Associates, a huge pioneering Modernist firm in the 1950s and 1960s, Moriyama & Teshima, whose innovative designs span the 1960s to the present day, and KPMB who are skilled at respecting heritage buildings and executing dynamic contemporary design.

**Cost $151 + applicable taxes**

**Visual Art and Architecture**

Many towns and cities in southern Ontario have beautiful, well-preserved historic buildings. Join architectural historian Marta O’Brien and discover town halls, churches, inns, libraries, post offices and other building types from more than a dozen communities, focusing on structures built before the 1950s. The Victorian streetscapes of the commercial main streets feature intricate, human-scaled architecture designed to attract customers. The wide variety of houses range from grand mansions built for the most important people in town to farmhouses and cottages. We’ll discover examples of architectural styles no longer found in large cities like Toronto. These include Regency, designed to connect to the outdoors, and Italian Villa, with its distinctive towers. Marta will show hundreds of images of buildings and their distinctive details, including archival photographs.

**Cost $325 + applicable taxes**

**Architecture of Southern Ontario 3003**

Join architectural historian Marta O’Brien and discover town halls, churches, inns, libraries, post offices and other building types from more than a dozen communities, focusing on structures built before the 1950s. The Victorian streetscapes of the commercial main streets feature intricate, human-scaled architecture designed to attract customers. The wide variety of houses range from grand mansions built for the most important people in town to farmhouses and cottages. We’ll discover examples of architectural styles no longer found in large cities like Toronto. These include Regency, designed to connect to the outdoors, and Italian Villa, with its distinctive towers. Marta will show hundreds of images of buildings and their distinctive details, including archival photographs.

**Cost $325 + applicable taxes**
Arts & Science

Discussions and the friendly and US art, with lectures, lively theory, and from the words of art, we’ll explore a variety of more about the visual experience also encouraging us to develop devices to capture our attention. Artists employ some key visual clarity and metaphor for all photography deals with unique interiors. Travel through the decadent the unity of art and life in their eruies. We’ll look at Lascaux Cave, of humankind over the centu- ry permitting, we’ll make use of current exhibitions at U of T for insight, discussion and inspiration. The city’s baroque era. Your future visits to galleries and museums will be more enjoyable. Discover the distinguishing characteristics and circumstances behind the creation of a diverse range of objects representing the creativity of humankind over the centuries. Travelling to Bruges, we will examine through Brussels, Barcelona, Aires, viewing the creations of the master carpenters, architects and artists associated with the new style that swept through Europe and the Americas in the 1800s. We’ll follow the flowing lines, ornamental details and sumptuous materials employed by artists dedicated to achieving the unity of art and life in their creations. Examine architectural masterpieces in each city, including Antoni Gaudi’s Casa Mila in Barcelona and Victor Horta’s Van Eetvelde House in Brussels. We’ll also admire some of the precious jewels, decorative objects and furniture designed to complement these unique interiors.

Arts of China: From the Ancient to the Contemporary 2030 Ever wanted to learn to draw but been afraid to or are you longing to regain that which you once knew and lost your hand and sharpen your through clear observation and practice. A popular favourite for all lovers, each class builds on an informal discussion about a specific artist whose work forms the basis for basic studio exercises in pencil, ink and charcoal techniques. Opportunity permitting, we’ll make use of current exhibitions at U of T for insight, discussion and inspiration. The classes will be like a private salon within a variety of gallery environments. You will be introduced to some of the most talented artists and successful dealers in the city and have the opportunity to chat with them and other art enthusiasts.

Arts Nouveau: Decadence and the Limits of Form 2444 Travel through the decadent world of Art Nouveau with NatalieRibkoff. We’ll take a virtual tour through Brussels, Barcelona, Paris, Vienna and Buenos Aires, viewing the creations of the master carpenters, architects and artists associated with this new style that swept through Europe and the Americas in the 1800s. We’ll follow the flowing lines, ornamental details and sumptuous materials employed by artists dedicated to achieving the unity of art and life in their creations. Examine architectural masterpieces in each city, including Antoni Gaudi’s Casa Mila in Barcelona and Victor Horta’s Van Eetvelde House in Brussels. We’ll also admire some of the precious jewels, decorative objects and furniture designed to complement these unique interiors.

Arts and the Experience of Seeing 3085 Artists employ some key visual devices to capture our attention and provoke a response, while also encouraging us to develop our own artistic eye. To learn more about the visual experience of art, we will explore a theory of critical visual literacy, psychology, art criticism, colour theory, and from the words of art historians, we’ll focus on contemporary art from America and art, with lectures, lively discussion and the friendly exchange of ideas. We will tackle a variety of projects to explore some basic drawing exercises.

Arts on Dynamic Energy: The Expressive Line 3395 Ever wanted to learn to draw but been afraid to or are you longing to regain that which you once knew and lost your hand and sharpen your through clear observation and practice. A popular favourite for all lovers, each class builds on an informal discussion about a specific artist whose work forms the basis for basic studio exercises in pencil, ink and charcoal techniques. Opportunity permitting, we’ll make use of current exhibitions at U of T for insight, discussion and inspiration. The classes will be like a private salon within a variety of gallery environments. You will be introduced to some of the most talented artists and successful dealers in the city and have the opportunity to chat with them and other art enthusiasts.

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Arts, Architecture and the City 3374 Art Nouveau: Decadence and the Limits of Form 2444 The influence of architects from the late 19th to the 1930s can be seen in many buildings today— even in Toronto. We will examine the lives and works of some of the West’s greatest architects whose iconic buildings influenced generations. Among our subjects will be Palladio (whose build- ings and writings still influence residential architecture), Shaw (who invented Queen Anne Revival style became popular in Britain and Canada), Richardson (the first North American architect to be emulated internationally), Wright (who reinvented his style several times during his 70-year career), Le Corbusier (whose buildings and theories had profound and controversial effects on modern architecture) and Mies (the modern master whose precision and attention to detail became legendary). Join archi- tectural historian Marta O’Brien as we view and discuss images of the buildings of these architects and their disciples, including examples in Toronto.

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Join architectural historian Marta O’Brien to explore a selection of the city’s main thoroughfares. Using archival and recent images, we’ll examine how each street has changed over time. Some go back to the earliest days of the Town of York. Spadina Road, for example, began as the driveway for Baldwin family estate. Now extending south as Spadina Avenue. It included Chinatown and the settlement of British aristocratic families. Now we’ll examine how each street reflects the settlement of British aristocratic and, with them, sophisticated architectural and artistic ideas. Environstor Downtown Avenue in mansions of stately grandeur, set in pictorially beautiful, natural landscape and aqueduct gardens. Study the tumultuous history of Ireland through the art of these houses of character, charm and international stature.

SIGHT & SOUND: WHAT MAKES A MOVIE GREAT? 3342
Critique the classics. Once a decade, since 1952, Sight & Sound, the prestigious British film magazine, has commissioned a poll in which a group of critics and film professionals pick the hundred best films of all time. Using these ‘expert’ choices as the starting point, we’ll discuss the criteria that you and I use to pick our own best films, the biases inherent in everyone’s choices, and how we can improve our cinematic critical skills.

THE ART OF BRITAIN 3000
Explore creations such as Stonehenge, the Anglo Saxons’ impressio of Sutton Hoo, the Book of Kells, magnificent cathedrals, and Joshua Reynolds’ portraits of the rich and famous. Hogarth’s satirical pictures and Blake’s visionary art challenged the Industrial Revolution. Learn how sculptor Henry Moore and Barbara Hepworth broke new ground, and how Frances Bacon postulates post-war Britain. We’ll consider the 1980s.

THE ART OF THE IMMORTAL 3173
In an exhibit sponsored in Paris that changed the face of Western art, a disparaging critic called one of the painters an “impression” and unwittingly gave the group its name. With its lively colours and simple subjects, Impressionism appeared accessible. Class meets at the AGO, where each week we’ll focus on a new film. Entrance fees are not included.

THE WORLD GOES POP 3213
Reacting to the non-figurative Abstract Expressionists, Pop’s reintroduction of identifiable imagery was a major shift in the direction of modernism. Drawn from mass media and commerce, Pop’s subjects went far from the traditional “high art” themes of morality, mythology and classical history. Instead, Pop artists celebrated the objects and people of everyday life, in this way seeking to elevate popular culture to the level of art.

THE WORDS YOU CHOOSE 3380
Go to the AGO with us and try your hand at creating your own masterpiece. Using these “expert” choices as the starting point, we’ll discuss the criteria that you and I use to pick our own best films, the biases inherent in everyone’s choices, and how we can improve our cinematic critical skills.

THE ART OF POETRY 3029
Poets create images such as Stonehenge, the Anglo-Saxons’ impression of Sutton Hoo, the Book of Kells, magnificent cathedrals, and Joshua Reynolds’ portraits of the rich and famous. Hogarth’s satirical pictures and Blake’s visionary art challenged the Industrial Revolution. We’ll explore the impact of Michæle’s unique Settin Ceiling, Tisser’s use of sensual colour, the startling realism of Caravaggio, the brilliant brushwork of Rubens, Rembrandt’s use of dramatic light, and reasons why Velázquez is considered a “painter’s painter.”

THE INFLUENCES: SIX “OLD MASTERS” YOU SHOULDN’T KNOW 3305
Michelangelo, Tisser, Caravaggio, Rubens, Rembrandt and Velázquez – find out how and why these artists came to influence subsequent generations, changing art history. We’ll explore the impact of Michelangelo’s unique Settin Ceiling, Tisser’s use of sensual colour, the startling realism of Caravaggio, the brilliant brushwork of Rubens, Rembrandt’s use of dramatic light, and reasons why Velázquez is considered a “painter’s painter.” We’ll examine the influence of these greats on later artists including Blake, Delacroix, Manet and Bume Jone, among others.

THE ARTISTS AND THEIR IDEAS 3043
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THE IMPRESSIONIST REVOLUTION 1375
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TORONTO’S RESIDENTIAL ARCHITECTURE: A HISTORY 2018
Join architectural historian Marta O’Brien for an enjoyable visual exploration of 200 years of residential architecture in Toronto. Hundreds of slides will showcase Toronto homes, from workers’ cottages to mansions and from converted factories to 50-storey condominium towers. We’ll look at how several neighbourhoods developed and the social and economic forces that shaped them. One class will be a walking tour of Rosedale.
COST $325 + applicable taxes
SECTION 007 10 May 2018 – 28 Jun 2018
8 Sessions, In-class
Thurs, 6:30pm to 8:30pm
Instructor Marta O’Brien

TREASURES OF THE CZARS: ART & POWER IN MOSCOW & ST. PETERSBURG 2018
Explore how successive czars and Communist leaders used works of art to inspire, unite and sometimes subdue the diverse Russian nation. We’ll experience the great monuments of Moscow including the onion domes of St. Basil’s Cathedral, the mosaics of the capital’s Metro stations and the Kremlin Armoury Museum, which houses the largest collection of Imperial Fabergé eggs in the world. Explore the Abramtsevo artists’ colony and examine traditional folk motifs that inspired revolutionary new architecture. You’ll learn how the works of avant-garde artists helped overthrow the last czar. Behind the gilded façades of St. Petersburg, you’ll discover how the determination of successive Russian rulers transformed this inhospitable coastal outpost into the Venice of the North.
COST $325 + applicable taxes
SECTION 003 27 Mar 2018 – 15 May 2018
8 Sessions, In-class
Tu es., 10:00am to 12:00pm
Instructor Natalie Ribkoff

WHEN ART BEGAN 2018
People have expressed their needs, fears and desires through art since homo sapiens first appeared around 200,000 years ago. Take an in-depth look at the fascinating world of Paleolithic and Neolithic art, as resonant today as when it was first created. We’ll begin our journey with the painted caves and portable sculptures made by our hunter-gatherer ancestors, then we’ll examine how art changed as we established permanent settlements and began to produce decorated ceramics, wall paintings and megalithic structures such as Stonehenge.
COST $325 + applicable taxes
SECTION 002 10 Oct 2017 – 28 Nov 2017
8 Sessions, In-class
Tu es., 11:00am to 1:00pm
Instructor Barbara Isherwood

CREATIVE WRITING 2018
MULTI GENRE

CREATIVE WRITING: INTRODUCTION 1664
If you’re just getting started as a writer and haven’t yet decided on a literary direction, this course gives you the opportunity to try a number of different genres. Half of each class is devoted to a workshop where constructive and supportive feedback will help you polish and sharpen your writing. The other half is devoted to discussing an aspect of literary technique such as character, setting, point of view, and supportive feedback will help you get started. The techniques used in great works of literature and how you can incorporate them into your writing. You’ll explore approaches to style through description, dialogue, character, transitions, image, patterns, rhythm and sound.

CREATIVE WRITING THROUGH READING 1615
This is a required course for the Certificate in Creative Writing, because reading is key to your development as a writer. The course emphasizes the importance of this and teaches you to begin reading like a writer. You’ll examine the techniques used in great works of literature and how you can incorporate them into your writing. You’ll explore approaches to style through description, dialogue, character, transitions, image, patterns, rhythm and sound.

EDITORIAL AGENCY’S GUIDE TO GETTING PUBLISHED 1703
What do you need to know to succeed in today’s literary world? Learn it all from a successful writer. You’ll find out how to prepare, polish and submit a manuscript, and find and maintain good relationships with agents and publishers. Explore the pros and cons of self-publishing and how to handle criticism and reviews. Learn about contracts, copyrights, libel issues, and your rights as an author and, most importantly, how to maximize your odds of success.

EDITING ESSENTIALS FOR WRITERS 3130
Whether you have a partial chapter or a full-length manuscript, this course will help you improve it by honing your editorial eye. You’ll learn how editors look at manuscripts, then how to step back with objectivity and knowledge. Each class will examine one successful component of story, character, setting, plot, point of view, voice, dialogue, beginnings, endings and structure. Each class will also be dedicated to workshop two to three excerpts of student works in progress.

FLASH FICTION, PROSE PALM SZED STORIES 3288
Here’s your opportunity to work with award-winning instructor and author Pasha Malla and acclaimed poet Sara Peters in an exciting genre: prose writing of less than 1000 words. You’ll trace the history of very short stories and prose poetry from Aesop and Sankar’s fables through Chekhov and Kafka to contemporary practitioners like Diane Williams and Lydia Davis. Assigned reading, in-class exercises and take-home projects will help you experiment with different forms and voices. You’ll also get valuable feedback on your work in a supportive, encouraging atmosphere.

MEDITATION & WRITING 2653
Explore writing and meditation practices as you work with published authors and overcome blocks to the creative process. In this eight-week course, you’ll work to create new pathways in your consciousness, open your creative and eliminate feelings of limitation and inhibition. The course combines meditation, lectures, writing exercises and discussions with a community of like-minded writers. You’ll try journaling, sitting and walking meditation and writing exercises to help you tell your story, memoir, or poems. As insight develops, creativity and clarity arrive.

FESTIVAL OF AUTHORS 3003
Get your back-stage pass to the International Festival of Authors (POA), the largest literary festival in Canada and one of the most prestigious in the world. In this exclusive five-day workshop, created in partnership with POA, you’ll meet some of the world’s most famous authors and publishers and hear them have to say about writing. Work closely with your instructor and peers by day and then attend some of the hottest literary events by night.

BACKSTAGE INTERNATIONAL FESTIVAL OF AUTHORS 2782
Set your back-stage pass to the International Festival of Authors (POA), the largest literary festival in Canada and one of the most prestigious in the world. In this exclusive five-day workshop, created in partnership with POA, you’ll meet some of the world’s most famous authors and publishers and hear them have to say about writing. Work closely with your instructor and peers by day and then attend some of the hottest literary events by night.

SHOCKING AND PROVOCATIVE WRITING 3251
In this eight-week course, you’ll learn how to write with an edge. You’ll explore ways to create shock value and provoke a response. You’ll learn how to write with an edge, and how to handle criticism and feedback. You’ll explore the techniques used in great works of literature and how you can incorporate them into your writing. You’ll explore approaches to style through description, dialogue, character, transitions, image, patterns, rhythm and sound.

SHOCKING AND PROVOCATIVE WRITING 2650
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SHOCKING AND PROVOCATIVE WRITING 3250
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In this eight-week course, you’ll learn how to write with an edge. You’ll explore ways to create shock value and provoke a response. You’ll learn how to write with an edge, and how to handle criticism and feedback. You’ll explore the techniques used in great works of literature and how you can incorporate them into your writing. You’ll explore approaches to style through description, dialogue, character, transitions, image, patterns, rhythm and sound.

SHOCKING AND PROVOCATIVE WRITING 3250
In this eight-week course, you’ll learn how to write with an edge. You’ll explore ways to create shock value and provoke a response. You’ll learn how to write with an edge, and how to handle criticism and feedback. You’ll explore the techniques used in great works of literature and how you can incorporate them into your writing. You’ll explore approaches to style through description, dialogue, character, transitions, image, patterns, rhythm and sound.

SHOCKING AND PROVOCATIVE WRITING 2650
In this eight-week course, you’ll learn how to write with an edge. You’ll explore ways to create shock value and provoke a response. You’ll learn how to write with an edge, and how to handle criticism and feedback. You’ll explore the techniques used in great works of literature and how you can incorporate them into your writing. You’ll explore approaches to style through description, dialogue, character, transitions, image, patterns, rhythm and sound.
Connectedness is core to the act of writing. Make real progress on a writing project—connect very deeply with your writing, a second course in that genre—then work on a manuscript. If you want to write a novel but have no idea how to begin, this course will help you get going. You'll review literary technique with respect to the novel, and spend lots of time writing—and reading—to help you discover your own style. We'll cover basic skills, tips and techniques to improve and polish your writing. By the end of the course, you will have written and edited the opening of your novel. You'll gain a deeper understanding of the novel form and have the beginning of your novel critiqued by your instructor and your peers. Each class will focus on excerpts from two or more works in progress. Each class will also discuss at least one significant aspect of the novel writing process, such as beginnings, endings, language, setting, and characters. You'll review literary technique with respect to the novel, and spend lots of time writing—and reading—to help you discover your own style. We'll cover basic skills, tips and techniques to improve and polish your writing. By the end of the course, you will have written and edited the opening of your novel.

WRITING THE NOVEL: INTRODUCTION 1673

If you're in the novel dream of the Certificate in Creative Writing, this workshop is the second step. You'll gain a deeper understanding of the novel form and have the beginning of your novel critiqued by your instructor and your peers. Each class will focus on excerpts from two or more works in progress. Each class will also discuss at least one significant aspect of the novel writing process, such as beginnings, endings, language, setting, and characters.

WRITING THE LITERARY NOVEL: MASTER CLASS 1705

This 12 week course is for writers who are ready to produce a publishable novel. The final step in the novel-writing stream, this Master Class offers you the opportunity to work with a respected novelist and with a community immersed in the genre. Each class will focus on critical analysis of student material using these two submissions per session. The objective is to help you get the first 50 pages of your novel ready for publication. Expect extensive rewriting.

WRITING SHORT FICTION: INTRODUCTION 1680

This course is for you if you want to write short stories, meet other writers and learn basic literary technique. You'll learn the building blocks of the writing process by writing and reviewing stories. You'll emerge with at least one story that has been critiqued constructively by your instructor and your peers. You'll discover a larger community of writers working in your genre. No previous creative writing experience is necessary.

WRITING THE LITERARY NOVEL 1682

If you're in the novel stream of the Certificate in Creative Writing, the workshop is the second step. You'll gain a deeper understanding of the novel form and have the beginning of your novel critiqued by your instructor and your peers. Each class will focus on excerpts from two or more works in progress. Each class will also discuss at least one significant aspect of the novel writing process, such as beginnings, endings, language, setting, and characters.

WRITING THE NOVEL: INTRODUCTION 1673

If you want to write a novel but have no idea how to begin, this course will help you get going. You'll review literary technique with respect to the novel, and spend lots of time writing—and reading—to help you discover your own style. We'll cover basic skills, tips and techniques to improve and polish your writing. By the end of the course, you will have written and edited the opening of your novel.

WRITING THE NOVEL II 1691

If you're in the novel stream of the Certificate in Creative Writing, this workshop is the second step. You'll gain a deeper understanding of the novel form and have the beginning of your novel critiqued by your instructor and your peers. Each class will focus on excerpts from two or more works in progress. Each class will also discuss at least one significant aspect of the novel writing process, such as beginnings, endings, language, setting, and characters.
Creative Writing (CONTINUED)

WRITING SHORT FICTION: MASTER CLASS 3193

This 12-week graduate level workshop is more than the final step in the novel-writing stream—it’s an opportunity to work with a respected short fiction writer and discover a community immersed in the genre. This is where you can hone your short stories with the goal of eventual publication. Class time will be divided between analyses of texts, workshops students’ work and discussions of publishing venues. You will also have one-on-one meetings with the instructor to discuss your work.

Creative Writing I 1164

When you have completed 1164 Creative Writing, Introduction, this course is a more intensive workshop designed to help you further develop your voice, often with the same instructor and students as in 1164 Creative Writing: Introduction. You’ll complete longer and more exercises and assignments, and use the feedback you get to polish your writing. The group will analyze published stories to understand how their writers constructed them. Learn how to establish and maintain a regular writing practice.

Generating Stories I 2347

Continue working with teacher Ken Murray and the writing community you constructed with in 2347 Generating Stories I. This follow-up course has been designed specifically to help you develop your work further. You’ll master techniques of writing and revising a short story or memoir. You’ll build on your active listening skills and learn how to locate, explore and amplify passages in your writing that resonate with readers.

Generating Stories II 2348

This 20-hour course is your introduction to the Creative Writing program—and a community of writers. It will help you generate ideas and unearth your factual, mythical and true-life stories that are waiting to be told. No need to have a manuscript in hand. A variety of exercises—along with class time—will inspire you to write poems, memoirs and stories and to work with the drafts of these stories to revise into works that will reward your reader.

THE YEAR OF MASTERING PLOT 2017

For many writers, plot is the most difficult part of writing. In this weekend workshop, you’ll learn how to incorporate plot into your work. You’ll make “plot maps” by worldbuilding—selecting myths, short stories and movies—and learn how to connect them to your novels, stories, memoirs or non-fiction. You’ll also receive instructor Kim Gordon’s hands-on techniques in fiction writing and a series of 12 plot ideas—one a month—to keep you inspired throughout the coming year.

Creative Non-Fiction—Introduction 2011

Creative non-fiction tells factual stories in a literary style. If this is the stream you’re entering in pursuit of a Certificate in Creative Writing, this course is the first step. You’ll cover the basics of literary technique and emerge with complete workshop samples. Explore what you want and need to say and find an immediate, novel, compelling and provocative way to write it. The course will also introduce you to a community of writers working in your genre.

Creative Non-Fiction—Introduction 2010

This online workshop aims to enhance your ability to tell true stories by using techniques from both fiction and journalism. Taught by renowned author Ken McGoogan, it focuses on learning tricks of the trade that can be variously applied rather than on developing a particular work-in-progress. Narrative non-fiction draws on memory, imagination, research and analysis, and encompasses memoir, autobiography, biography, history, adventure, travel and true crime.

Creative Non-Fiction—Introduction 2009

This intensive workshop gives you a deeper understanding of creative non-fiction so you can refine a work in progress and develop new material. Whether you’re writing a memoir, personal essay, travel story or biography, you’ll benefit from constructive criticism and evaluation. Revise your work with the help of the instructor and your peers.

Life Stories I 1289

If it’s time to put your personal narratives on paper, this colloquial yet challenging workshop will help you craft true stories that are rich in emotional depth and compelling to read. Working with a community of fellow memoir writers, you’ll learn how to dig deep for personal material and write with power, clarity and skill.

Life Stories II 1389

The Art of Fact: An Introduction to Writing Non-Fiction 1659

This 20-hour workshop aims to enhance your ability to tell true stories by using techniques from both fiction and journalism. Taught by renowned author Ken McGoogan, it focuses on learning tricks of the trade that can be variously applied rather than on developing a particular work-in-progress. Narrative non-fiction draws on memory, imagination, research and analysis, and encompasses memoir, autobiography, biography, history, adventure, travel and true crime.

Creative Non-Fiction—Introduction 2009

This online workshop aims to enhance your ability to tell true stories by using techniques from both fiction and journalism. Taught by renowned author Ken McGoogan, it focuses on learning tricks of the trade that can be variously applied rather than on developing a particular work-in-progress. Narrative non-fiction draws on memory, imagination, research and analysis, and encompasses memoir, autobiography, biography, history, adventure, travel and true crime.

Creative Non-Fiction—Introduction 2008

This 20-hour workshop aims to enhance your ability to tell true stories by using techniques from both fiction and journalism. Taught by renowned author Ken McGoogan, it focuses on learning tricks of the trade that can be variously applied rather than on developing a particular work-in-progress. Narrative non-fiction draws on memory, imagination, research and analysis, and encompasses memoir, autobiography, biography, history, adventure, travel and true crime.

Creative Non-Fiction—Introduction 2007

This 20-hour workshop aims to enhance your ability to tell true stories by using techniques from both fiction and journalism. Taught by renowned author Ken McGoogan, it focuses on learning tricks of the trade that can be variously applied rather than on developing a particular work-in-progress. Narrative non-fiction draws on memory, imagination, research and analysis, and encompasses memoir, autobiography, biography, history, adventure, travel and true crime.

Creative Non-Fiction—Introduction 2006

This 20-hour workshop aims to enhance your ability to tell true stories by using techniques from both fiction and journalism. Taught by renowned author Ken McGoogan, it focuses on learning tricks of the trade that can be variously applied rather than on developing a particular work-in-progress. Narrative non-fiction draws on memory, imagination, research and analysis, and encompasses memoir, autobiography, biography, history, adventure, travel and true crime.

Creative Non-Fiction—Introduction 2005

This 20-hour workshop aims to enhance your ability to tell true stories by using techniques from both fiction and journalism. Taught by renowned author Ken McGoogan, it focuses on learning tricks of the trade that can be variously applied rather than on developing a particular work-in-progress. Narrative non-fiction draws on memory, imagination, research and analysis, and encompasses memoir, autobiography, biography, history, adventure, travel and true crime.

Creative Non-Fiction—Introduction 2004

This 20-hour workshop aims to enhance your ability to tell true stories by using techniques from both fiction and journalism. Taught by renowned author Ken McGoogan, it focuses on learning tricks of the trade that can be variously applied rather than on developing a particular work-in-progress. Narrative non-fiction draws on memory, imagination, research and analysis, and encompasses memoir, autobiography, biography, history, adventure, travel and true crime.

Creative Non-Fiction—Introduction 2003

This 20-hour workshop aims to enhance your ability to tell true stories by using techniques from both fiction and journalism. Taught by renowned author Ken McGoogan, it focuses on learning tricks of the trade that can be variously applied rather than on developing a particular work-in-progress. Narrative non-fiction draws on memory, imagination, research and analysis, and encompasses memoir, autobiography, biography, history, adventure, travel and true crime.

Creative Non-Fiction—Introduction 2002

This 20-hour workshop aims to enhance your ability to tell true stories by using techniques from both fiction and journalism. Taught by renowned author Ken McGoogan, it focuses on learning tricks of the trade that can be variously applied rather than on developing a particular work-in-progress. Narrative non-fiction draws on memory, imagination, research and analysis, and encompasses memoir, autobiography, biography, history, adventure, travel and true crime.

Creative Non-Fiction—Introduction 2001

This 20-hour workshop aims to enhance your ability to tell true stories by using techniques from both fiction and journalism. Taught by renowned author Ken McGoogan, it focuses on learning tricks of the trade that can be variously applied rather than on developing a particular work-in-progress. Narrative non-fiction draws on memory, imagination, research and analysis, and encompasses memoir, autobiography, biography, history, adventure, travel and true crime.
FUNDAMENTALS OF DIGITAL JOURNALISM 3202
Whether you’re starting your writing career in a digital environment or looking to advance it, this course is for you. Sharpen your basic journalism skills and get a better understanding of today’s freelance market. Polish your freelance pitching skills and harness all the tools and media favored by today’s audiences. Draft news and feature articles and get constructive feedback. Practice the basics of journalism and advance your knowledge of digital storytelling.

THE PRACTICE AND ETHICS OF TRAVEL WRITING 3365
Travel is fun, inspiring, horizon-expanding and life-changing. But it is also big business. This course will teach you how to transform your love of travel into a personally rewarding and economically viable profession. Travel is a cheaper and more accessible than it has ever been, and the market for travel writing is growing, from newspapers and magazines to online publications, in-flight, in-train and on-board cruise publications to trade magazines and newsletters. Find out about the tools every successful travel writer uses, how to deal with hotels, airlines, and tour operators and how to pitch stories to editors. Bert Archer, travel writer with all of Canada’s major publications, as well as the BBC, the Washington Post and many others, will guide you in developing a voice that works in the market, and include discussions of the special place travel writing occupies in the realm of journalistic ethics.

FOOD WRITING 2400
Combine your love of food and your passion for writing into a deliciously creative career. Learn the secrets of restaurant criticism and identify emerging trends in food. Develop effective recipes and build a portfolio of compelling articles. This course will help you gain an in-depth understanding of the profession, from blogs to glossy magazine features. You’ll also work on developing a distinctive voice and improving the way you pitch stories to your favorite publications.

MEMORIES INTO STORY: LIFE WRITING 2352
Join a community of writers from around the globe to deepen your skills in life writing. This online course explores the nature of memory and many related genres. Whether you’re writing for personal satisfaction or publication, you’ll learn how to channel your life experiences and memories into your own voice and style. Discover your emotional truth and how your craft through course readings, exercises and the thought-provoking participation of a guest writer.

FOOD WRITING 2400
Combine your love of food and your passion for writing into a deliciously creative career. Learn the secrets of restaurant criticism and identify emerging trends in food. Develop effective recipes and build a portfolio of compelling articles. This course will help you gain an in-depth understanding of the profession, from blogs to glossy magazine features. You’ll also work on developing a distinctive voice and improving the way you pitch stories to your favorite publications.

POETRY AND SONGWRITING

NON-FICTION (CONTINUED)

LIFE STORIES II 2288
If you’ve completed Life Stories I, here’s your opportunity to begin developing a manuscript, building on the strengths you’ve gained and the discoveries you’ve made. Dive into the art and craft of revision and focus on longer pieces. Go deeper into the emotional truth of your stories with the possible goal of creating a book or collection of stories.

COST $649
APPLICABLE CERTIFICATES Creative Writing

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POETRY II 3888
This is the second step in the Certificate in Creative Writing poetry stream. Working in a friendly and supportive workshop setting, you’ll gain a deeper understanding of modern poetic forms and emerge with a small portfolio of polished work.

COST $459
APPLICABLE CERTIFICATES Creative Writing
SECTION 001 05 Mar 2018 – 29 Apr 2018 3 Sessions, In-class Mon, 12:30pm to 3:00pm Instructor Katherine Graham
SECTION 002 07 May 2018 – 30 Jun 2018 Online Instructor George Murray
SECTION 004 02 Oct 2017 – 26 Nov 2017 Online Instructor George Murray

INTRODUCTION TO SPOKEN WORD 3220
Want to take your writing from the page to the stage? In this course, led by poet and novelist Andrea Thompson, you’ll experiment with a variety of spoken word styles, practices and influences—from storytelling to hip-hop, dub and performance poetry. You’ll explore the parameters of orature (oral literature) and learn the history of spoken word in Canada. Workshopping, writing exercises, assignments, readings and discussions will help you write with passion, find your authentic voice and perform your work with greater confidence.

COST $590
APPLICABLE CERTIFICATES Creative Writing

SCREENWRITING: INTRODUCTION 2109
This course is the first step in the screenwriting stream of the Certificate in Creative Writing. Whether you’ve already started a screenplay or you’re developing a story for film, you’ll learn the key elements of screenwriting, including structure, character, plot, scene, structure and dialogue. This engaging course also includes screenings and writing workshops.

COST $945
APPLICABLE CERTIFICATES Creative Writing

SCREENWRITING II 2110
If you’ve already taken 2109 Screenwriting: Introduction, this hands-on workshop gives you your chance to write a great screenplay. The group will explore the interplay between screenwriting, directing, acting and editing. You’ll be able to focus on your story in a supportive environment and work out what it needs to progress—whether an outline, a draft or something in between—to emerge with a synopsis and key scenes for a feature.

COST $564
APPLICABLE CERTIFICATES Creative Writing

SCREENWRITING: MASTER CLASS 2101
Get a screenplay played away in your desk drawer? Here’s your chance to workshopping and polish it for agents, actors and producers. This 12-week advanced level workshop, led by a veteran of the film business, is for experienced screenwriters who want to get a feature-length script ready for production. Join a community of fellow writers who share your goal of breaking into the film business. Course enrollment is limited so your work will receive lots of attention.

COST $164
APPLICABLE CERTIFICATES Creative Writing

DRAMATIC WRITING: PLAYWRITING 2825
Learn the basics of writing for the stage and connect with a community of like-minded writers in this introductory course in our playwriting stream. Working with a produced playwright, you’ll learn important theatrical elements, including structure, character, dialogue and environment. Half of each class is spent analyzing ideas and investigating how great plays or writing function as performance. The second half offers a supportive workshop setting where you can get feedback that will help you further develop your work.

COST $649
APPLICABLE CERTIFICATES Creative Writing

COMEDY: WRITING TELEVISION 2821
From sitcoms to single-camera comedies and animation, learn how funny can function and thrive on television. Work with experienced TV comedy writer Jennifer Cowan and a community of like-minded writers in a course that combines lectures and workshop. You’ll explore and develop the key elements of good comedy, including character, story, timing and joke punch-ups.

COST $444
APPLICABLE CERTIFICATES Creative Writing

DRAMATIC WRITING: OFF THE PAGE 2396
Dramatic Writing: Off the Page, with instructor Glenda Macfarlane, will lead participants through the process of creating a ten-minute short play. Students will learn how to put the basic elements of dramatic writing into practice as they write and workshop a new piece. The final class will feature a private reading performed by professional actors.

COST $394
APPLICABLE CERTIFICATES Creative Writing

COST $444
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APPLICABLE CERTIFICATES Creative Writing
You'll explore the vibrant word of children's literature, absorb basic literary technique and emerge with a draft of a picture book or a story on opening chapters. It'll meet a community of writers working in genre and pick up advanced tips on writing picture books, chapter books, middle grade novels and young adult fiction. There will also be a primer on how to get published.

Writing for children:
Introducing 170

This course is the first stop in the children's writing stream of the Certificate in Creative Writing. You'll learn from experienced authors, meet other writers and emerge with a polished draft of a picture book. You'll learn how to capture stories from childhood memories and adapt classic tales that will inspire young readers. You'll discover how to tell a story in a few words and collaborate with an illustrator to bring your story to life.

Writing for Young Adults:
Novels 170

What makes a good young adult novel? What distinguishes the genre from other fiction? Let author Trilby Kent, this course will help you understand the fiction and how you can make the best of the opportunities that lie within this genre and develop your ability to write it. Through workshops and discussions, you'll explore point of view and structure. This course is designed for students who have some writing experience and want to develop their skills. You'll learn how to write your own young adult novel.

Writing for Children:
Picture Books 178

Creating a good picture book requires the storytelling ability of a novelist and the touch of a poet. In this second-level course, you'll learn from experienced authors, meet other writers and emerge with a polished draft of a picture book. You'll learn how to capture stories from childhood memories and adapt classic tales that will inspire young readers. You'll discover how to tell a story in a few words and collaborate with an illustrator to bring your story to life.

Writing for Children:
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MINDFULNESS MEDITATION

HISTORIES OF MINDFULNESS MEDITATION PRACTICES 3129
Begin to explore mindfulness meditation by looking at its classic and contemporary practice. Drawing from the ancient traditions of Buddhism, we teach the foundations of secular and contemplative mindfulness and mindfulness meditation. Then you’ll discover the clinical and scientific work that has given rise to the current healing practices of mindfulness meditation. We will see how these practices understand and respond to pain and suffering. In this course, you will participate in foundational mindfulness practices, group discussions and begin to cultivate the basics of your own mindfulness practice to apply in your day-to-day life and work.

NEUROSCIENCE, MINDFULNESS, AND MINDFULNESS MEDITATION 3330
You will be fascinated to know what neuroscience is teaching us about the brain’s effect on how we think, feel, act, learn and change. Explore how this emerging science informs our understanding of the practice of mindfulness. It can promote psychotherapeutic change, strengthen interpersonal relations and enhance our learning. Drawing upon the new neurosciences and 25 years of evidence-based research, you will explore what we have come to know about the brain and how brain creates mind. You will then look at this foundational knowledge and its implications in healthcare, education and the mind at work. You will participate in group dialogues and in-class meditations.

COST $365 + applicable taxes
APPLICABLE CERTIFICATES Foundations of Applied Mindfulness Meditation

CONTEMPORARY APPLICATIONS OF MINDFULNESS, MINDFULNESS MEDITATION AND MINDFULNESS-BASED INTERVENTIONS 3332
Trace the historical and contemporary development of mindfulness meditation (MM) as it has developed into scientific protocols for the purposes of clinical application and research methodologies. Learn about how these early protocols have been adapted and transformed into applications for education and the corporate world. Mindfulness-Based Interventions (MBIs) are employed by practitioners and researchers as research-based methodological approaches to cultivating an optimal mind. Depending on the MBIs, the intent is to enhance one’s health, wellness, resiliency, learning, and potential. This course briefly surveys and explores the spectrum of contemporary MBIs and their practices, while helping learners to further target and train in MBI protocols. The spectrum of MBI’s covered may include MBCT, DBT, ACT, Insight Dialogue, the burgeoning compassion models, as well as mindfulness-based curriculums in education and the workplace.

COST $365 + applicable taxes
APPLICABLE CERTIFICATES Foundations of Applied Mindfulness Meditation
EMBODYING THE QUALITIES OF MINDFULNESS 1333
This experiential course you will reflect on your motivations, intentions, values and practices in order to contribute to a secure, inclusive, universal and embodied practice. Discussions will surround an ancient set of 16 guidelines inspired by leaders committed to a culture that proposes mindful thought, values, relations and compassion-in-action. This course highlights how individuals may embody mindful practices in the everyday. Drawing from an ancient wisdom tradition, translated and stewarded by His Holiness the Dalai Lama’s foundation in Great Britain, the 16 Guidelines proposes a palette of secular options that cultivate states of the embodied mind. These guidelines can be integrated into everyday life as a secular practice to optimize one’s human potential as well as to promote a civil society. These include states of mind such as: compassion, kindness, authentic speech etc.
COST $350 – applicable taxes
APPLICABLE CERTIFICATES Foundations of Applied Mindfulness Meditation
SECTION 003 27 Nov 2017 – 18 Nov 2017
2 Sessions, In-class
Sat. Sun. 9:30am to 4:30pm
Instructor Shirley Urlando, Craig MacKie GA
A-C
002 27 Nov 2017 – 18 Nov 2017
2 Sessions, In-class
Sat. Sun. 9:30am to 4:30pm
Instructor Shirley Urlando, Craig MacKie GA
A-C
001 27 Nov 2017 – 18 Nov 2017
2 Sessions, In-class
Sat. Sun. 9:30am to 4:30pm
Instructor Shirley Urlando, Craig MacKie GA
A-C
004 25 Mar 2018 – 18 Apr 2018
2 Sessions, In-class
Sat. Sun. 9:00am to 5:00pm
Instructors Shirley Urlando, EJ Weisbaum
APPL ED SPECIALIZATION IN MINDFULNESS MEDITATION
CONTEMPLATIVE ARTS: THE CREATIVE ART OF BEING 3248
Contemplative arts are a way of transforming perception, thought and emotional processes. In this two-day course, you’ll explore the origins and development of the contemplative arts and how these fundamental experiences inform how we see, experience and know the world around us. A series of contemplative exercises and art techniques will awaken your senses, clarify perception and help you develop a personal contemplative practice. You’ll emerge with a greater appreciation of the “ordinary magic” of being in everyday life.
COST $350 – applicable taxes
APPLICABLE CERTIFICATES Applied Specialization in Mindfulness Meditation
SECTION 003 Winter 2018
2 Sessions, In-class
Instructor Emma-Rose
004 Fall 2017
2 Sessions, In-class
Instructor Emma-Rose
DIGITALLY MINDFUL 3260
Our relationships with technology and social media are growing ever more complicated—and Intense. Mindfulness meditation practices can help you integrate and balance technology in your life and set healthy boundaries with gadgets. In this course, you’ll apply mindfulness to enhance your awareness, and develop attentional and intentional practices that reduce stress. You’ll explore the cultural and psychological dimensions of technology interaction, develop more skillful uses of technology and cultivate self-regulation and meaningful connection in a digitally saturated world.
COST $350 – applicable taxes
APPLICABLE CERTIFICATES Foundations of Mindfulness Meditation
SECTION 003 17 Nov 2017 – 18 Nov 2017
2 Sessions, In-class
Instructor Shawn Park
A
004 Winter 2018
2 Sessions, In-class
Instructor Shawn Park
A
APPLIED SPECIALIZATION MINDFULNESS MEDITATION
FINDING YOUR EDGE MINDFULNESS AND OPTIMAL PERFORMANCE 3261
If you want to achieve greater performance and success in your personal and professional life, this intensive two-day course is for you. You’ll learn how the science, practice and philosophy of mindfulness can reduce stress, enhance emotional intelligence and help you meet your goals. You’ll discover how to use cognitive and behavioral-based practices to work with emotions associated with stress, loss and change. You’ll learn practices that incorporate neuroscientific research, competitive advances and trends in athletics, military and executive leadership.
COST $350 – applicable taxes
APPLICABLE CERTIFICATES Applied Specialization in Mindfulness Meditation
SECTION 003 17 Dec 2017 – 18 Dec 2017
2 Sessions, In-class
Instructor Sarah Robertsson, Craig Mackie GA
004 24 Mar 2018 – 25 Mar 2018
2 Sessions, In-class
Instructor Sarah Robertsson, Craig Mackie GA
001 16 Nov 2017 – 17 Nov 2017
2 Sessions, In-class
Instructors Susan Wnuk, Chao Duan
002 04 Nov 2017 – 11 Nov 2017
2 Sessions, In-class
Instructors Susan Wnuk, Chao Duan
003 01 Apr 2018 – 2 Apr 2018
2 Sessions, In-class
Instructors Susan Wnuk, Chao Duan
MINDFULNESS PRACTICES TO CULTIVATE SELF COMPASSION 3263
So many of us can be kind and compassionate toward others while at the same time, we may be harsh and judgmental toward ourselves. Learn how a variety of mindfulness practices can assist us in cultivating a softer and more compassionate attitude toward ourselves. Explore how the mind and the body can be intertwined to embrace kindness and self-acceptance. In this workshop, we will explore a range of contemplative practices including meditation, breathing practices, gentle movement, meditations, role-play, discussion and more. This course is suitable for anyone wishing to explore self compassion, both for oneself and to assist others.
COST $350 – applicable taxes
APPLICABLE CERTIFICATES Applied Specialization in Mindfulness Meditation
SECTION 003 04 Nov 2017 – 11 Nov 2017
2 Sessions, In-class
9:30am to 5:30pm
Instructor Shi-Ann Chen
004 24 Mar 2018 – 25 Mar 2018
2 Sessions, In-class
9:30am to 5:30pm
Instructor Shi-Ann Chen
APPLIED SPECIALIZATION MINDFULNESS MEDITATION
FOUNDATIONS OF MINDFUL EATING 3262
Learn the principles of mindfulness as they relate to eating in this hands-on course. You’ll explore case conceptualization, mindful eating practices and relevant exercises for eating problems. You’ll learn more about triggers that can lead to over-eating, emotional eating and loss of control. This course provides an introduction to the theoretical and research understandings of disordered eating patterns and the rationale for the application of mindful eating interventions. In addition, you’ll learn how to apply a mindful framework for dealing with maladaptive eating behaviours, including emotional eating, loss of control, overeating and grazing.
COST $350 – applicable taxes
APPLICABLE CERTIFICATES Applied Specialization in Mindfulness Meditation
SECTION 003 17 Nov 2017 – 18 Nov 2017
2 Sessions, In-class
10:00am to 5:00pm
Instructors Sarah Robertsson, Craig Mackie GA
004 24 Mar 2018 – 25 Mar 2018
2 Sessions, In-class
10:00am to 5:00pm
Instructors Sarah Robertsson, Craig Mackie GA
002 10 Nov 2017 – 11 Nov 2017
2 Sessions, In-class
9:30am to 4:30pm
Instructors Susan Wnuk, Chao Duan
001 04 Nov 2017 – 5 Nov 2017
2 Sessions, In-class
9:30am to 4:30pm
Instructors Susan Wnuk, Chao Duan
MINDFULNESS OF FEELINGS 3273
Mindfulness of Feelings is a foundational practice in both traditional Buddhist meditation and contemporary mindfulness-based interventions. In this two-day workshop, you’ll get a comprehensive and immersive introduction to this practice. You’ll explore its therapeutic effect in the contexts of Buddhist psychology, western psychology and neuropsychology. You’ll learn how you can attend to feelings without falling into habitual patterns of reaction. You’ll deepen your understanding of feelings in mindfulness meditation and the connection between mind and body.

MINDFUL LISTENING 3267
Mindful Listening (ML) is a means of opening your awareness when interacting with others. In this workshop, you’ll discover how to let conditioned patterns go, and use ML to open unconditionally to shared human experience. Drawing on the tenets of Buddhist philosophy and psychology ML will help you extend your presence into relationships, while embracing your own suffering, limitations, biases and gifts. You’ll learn how to be more present within your own thoughts, feelings, beliefs and reactions, and apply mindfulness for healthy empathic listening.

MINDFUL WAY THROUGH THE CREATIVE PROCESS 3269
For every creative impulse, there is often a moment of terror, paralysis or resistance. Whether you write, sing, perform or create visual art, a mindful approach can help. In this two-day workshop, you’ll learn how to ride the waves of resistance and find the creative voice you have kept locked away. Using mindfulness-based exercises, group discussion, creative exploration and mindful play, you’ll develop skills to overcome negative thinking and use fear, doubt and even rejection as springboards for creative action.

TECHNOLOGIES FOR MINDFULNESS 3278
Technology today can feel relentless, with constant mobile notifications and overflowing inboxes. But there are also emerging applications, wearables and training platforms that actually support mindfulness. In this course, you’ll survey new technologies related to mindfulness practice. You’ll try a range of accessible technologies, learn about new ones being explored in the literature and consider relevant philosophical issues in the contexts of Buddhist mindfulness practice. You’ll learn how modern media influence our attention, and how technology can help you reclaim your attention in a saturated environment.

APPLIED SPECIALIZATION IN MINDFULNESS MEDITATION (CONTINUED)

GRIEVING MINDFULLY 3264
Grief is an inevitable part of life and never the same for any two people. Whatever the cause—the death of a loved one, a pet, a job, relationships, or children leaving home—the wisdom of mindfulness can help people cope with loss, change and grief. Grieving mindfully allows one to be fully present with the myriad of emotions after a loss, without trying to change or run away from it, but to approach it with openness, compassion, and acceptance. This course is intended for professionals working in the areas of dying, death, loss, and transition. You’ll learn how mindfulness can ease the journey of healing after loss, and cultivate understanding, meaning, self-compassion and acceptance. Experiential learning and reflective exercises will also deepen your own grief journey personally and professionally.

APPLIED SPECIALIZATION IN MINDFULNESS MEDITATION

SECTION
024 25 Feb 2018 – 24 Mar 2018
2 Sessions, In-class
Fri, Sat, Sun, begins to 4pm
Instructor Lynnette Montano, Frank Musten

032 10 Feb 2018 – 11 Feb 2018
2 Sessions, In-class
Sat, Sun, 9am to 4pm
Instructor Ian Singer

034 26 Mar 2018 – 25 Mar 2018
2 Sessions, In-class
Sat, Sun, 9am to 4pm
Instructor Diane Smucker

035 08 May 2017 – 07 May 2017
2 Sessions, In-class
Sat, Sun, 9am to 4pm
Instructor Diane Smucker

SECTION
003 27 Oct 2017 – 28 Oct 2017
2 Sessions, In-class
Fri, Sat, 9:30am to 10:30pm
Instructor Chau Du

004 Winter 2018
2 Sessions, In-class
Instructor Chau Du