

DREAM INTO REALITY

2018/19
CALENDAR

ARTS & SCIENCE,
CREATIVE WRITING,
MINDFULNESS
MEDITATION

Shortening the creative
learning curve p.4

Mindfulness: more
than a moment p.16

Translating a love of
language into cross-cultural
understanding p.24





When dreamers become doers, anything is possible. Whether you want to explore new interests, learn a language or turn your passion into a portfolio, your journey begins with SCS courses. We'll lead you anywhere you want to go.

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DREAM *into*

REALITY

Dear Learner,

One's personal development and growth can be a journey into wonderful unknowns, discoveries and possibilities. At the University of Toronto School of Continuing Studies (SCS), we've seen learners like you write books, change careers and embark on personal growth adventures. Whether you have taken courses with us before or you are joining us for the first time, the success stories that flow across the pages of this calendar will inspire you.

I am pleased to share a few highlights from this year's calendar with you. Every year, we focus on providing courses that meet the needs of our diverse learners by constantly renewing our curricula. This year, we are offering over 25 new Arts and Science courses in a range of subjects and, in collaboration with the Factor-Inwentash Faculty of Social Work, we have introduced a new Certificate in Mindfulness Informed End of Life Care. Our University Lecture Series continues with some of the most compelling speakers in the city, offered in three different locations and online—allowing you to engage, no matter where you are located. If it's languages you are after, we are happy to report we have expanded our language program to include over 20 languages, taught by our passionate expert instructors. Last but not least, we are proud to share our inspiring spread of learners and instructors from our Creative Writing program who have had books

published in recent years. Between these new courses and this amazing reading list, the year ahead is plotted out for you!

You will also see that we have been listening to your feedback, keeping an eye on what's happening out in the world and anticipating what's coming so that we can offer you the type of learning experiences you are looking for, when you are looking for them.

Because we recognize your commitment to yourself and your professional growth, we are introducing **SCS Celebrates**, an event to honour your efforts and to celebrate excellence in continuing education. At this event, we will be recognizing over 700 amazing learners who have completed their certificates alongside 10 exceptional instructors who were nominated by their learners for SCS Excellence in Teaching Awards.

SCS Celebrates brings together our outstanding learners and our leading instructors, very much like the inspiring pages ahead. Dive in and discover it is easier than you think to shift your dreams into reality. ●

MAUREEN MACDONALD

Ph.D., MBA, JD, BA

Dean, University of Toronto School of Continuing Studies

Journeys



Ali Schofield
While pursuing a career in the non-profit sector, she enrolls in SCS' Creative Writing program. In her first year of courses, her partner dies unexpectedly.

She begins writing creative non-fiction to explore her own story about life after loss. Finding a supportive group among her classmates, she workshops her memoir into her final project.

Under the guidance of an experienced writing instructor, her draft is revised and polished. Schofield's next step: enrol in a screenwriting class and adapt her memoir to the big screen.

DISCOVERS
comfort in
creativity

The
path to
success is rarely
a straight line.
With continuing
education, you'll
discover your
potential

PURSUES
her dream
of higher
education

Enrols in Latin language courses at SCS, gaining confidence in her abilities. In 2017, she completes a bridging course and is accepted at U of T's Faculty of Arts and Science, majoring in Medieval Studies.

Moves to Canada at age 27 and begins a successful career at a wholesale company. After retiring in 2013, she decides to catch up on the education she never experienced when she was young.



Elina Calzavara
Drops out of school at age 15 to spend two years caring for her terminally ill mother. Unable to complete high school, she works various jobs to make ends meet.

LAUNCHES
promising career
as a writer

Continues his screenwriting studies with a course on episodic television. Workshops a show concept in class that is later optioned by a Canadian broadcaster.

Gaining the confidence to go further, he publishes his memoir about living with cerebral palsy and graduates with a B.A. in Professional Writing and Communication from University of Toronto Mississauga (UTM).

Jose Guzman
A freelance sports writer with a few jobs in film and TV production under his belt, Jose tries his hand at screenwriting by enrolling in a class at SCS.



After retiring,
this former trader
discovered the
history courses that
rekindled his love of
learning



repeating

history

history

history

history

history

history

history

history

After a 30-year career as an institutional equity trader, **Andrew Knight** was unsure what his retirement would look like. Playing golf and puttering around the house were easy options, but didn't spark much enthusiasm. It wasn't until he opened the SCS course calendar that he hit upon a solution that continues to captivate him.

"Continuing education wasn't part of my plan, but one day I saw a listing for a history course on the Weimar Republic," he says. "It was something I knew absolutely nothing about, yet here was this period of history that was incredible for the arts and architecture."

Immersing himself in the culture and society of Germany between 1919 and 1933, he learned about a fascinating time that saw the golden age of Bauhaus, Albert Einstein, Dadaism, cabaret, Expressionist film and rapidly

changing social mores. Political and economic flux also fostered extremism, and the Weimar Republic's experiment in democracy came to a crashing end when Adolf Hitler rose to power.

Knight deepened his learning with eight further courses, studying the First and Second World Wars, the history of espionage, and the philosophy of law. "I loved the relaxed format," Knight says. "Anyone with questions could jump right in. It's a lot easier to learn, with no pressure to absorb everything."

Studying history on his own terms was a welcome change from his former life. "To be honest, I didn't really enjoy university as an undergraduate," says Knight, who graduated with a B.A. in Economics from the University of Western Ontario in 1986. "After that, I worked long hours and my job was stressful. When I got home at the end of the day, I didn't exactly feel like cracking open a book."

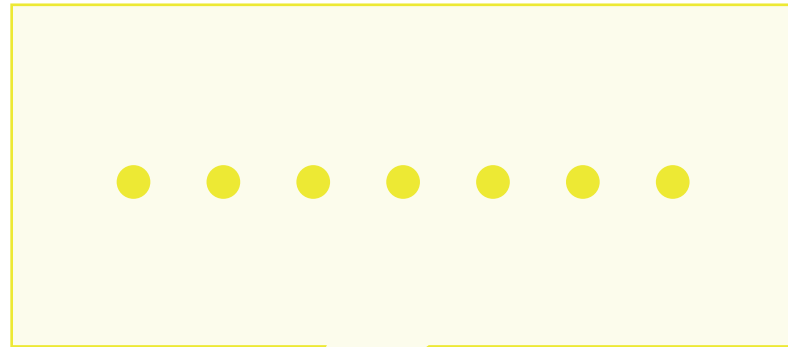
History courses also gave Knight the opportunity to reconnect with an old hobby. A licensed pilot, he especially enjoyed learning about aviation during the Second World War. "The war was a tremendous driver of technology, with planes being designed to go higher, faster, further," he says. "What transpired in such a short period of time in terms of engineering is extraordinary."

Though he no longer flies as much as he used to, Knight is a longtime head office volunteer for Hope Air, an organization that provides free travel for low-income Canadians to access medical care far from home. He also enjoys cooking classes and cycling, and is planning to take more history courses at SCS in the near future.

"I'm interested in taking a course on the history of Toronto," he says. "We take a lot of our city for granted and it helps to be able to understand why it developed the way it did."

He believes his curiosity will lead him on many more unexpected but welcome detours. "I'll take any course if it intrigues me," Knight says. "I just keep going back for more." ●

DATA- DRIVEN DREAMS



7 language translation
certificates offered at SCS

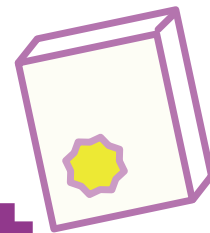
25 NEW
Arts and Science courses
offered each year on average



**SPEAKING TWO
LANGUAGES**

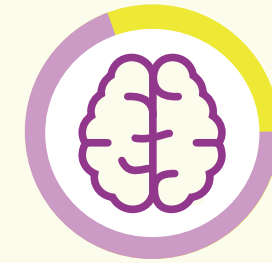
is proven to have
positive effects on your brain

Source: <https://www.nytimes.com/2012/03/18/opinion/sunday/the-benefits-of-bilingualism.html>



80+

published learners and instructors
call the SCS Creative Writing
Program home



74% OF LEARNERS
report taking courses at SCS because
“it keeps my brain sharp”

Source: Environics, 2015



145
EXPERT ARTS & SCIENCE
INSTRUCTORS



45+
APPLIED
MINDFULNESS
MEDITATION COURSES
presented in partnership with
the Factor-Inwentash Faculty of
Social Work



20+
different languages taught

40+ YEARS
of thought leadership and
community engagement

through the University Lecture Series

A talented new
writer leverages
Creative
Writing courses
into her first
book deal

chapter & verse



A new chapter

1

In 2012, Djamila enrolls in SCS' Creative Writing certificate program

2

Inks a book deal based on stories she wrote for class

3

Publishes her critically acclaimed short story collection, *Things Are Good Now*

Refugees and Citizenship Canada (IRCC). "Writing had always been in the back of my mind, but I never had the courage to pursue it," she says. "I thought I'd just take one class and see what happens."

Born in Addis Ababa, Ethiopia, Ibrahim immigrated to Canada with her family in 1990. Though the stories in her book are fiction, her inspiration came from people around her—friends and family, immigrant communities in Toronto, stories in the news. The realities of racism, the chaos of displacement and the difficult choices people make to belong were all fodder for her work, as well as the intricacies of love and relationships. "Personal stories seep through everything I write," she says.

In 2013, Ibrahim left her job to write full-time, traveling to Ethiopia, Dubai and Japan to supplement her research, and also spent two years living in San Francisco, where one of the stories is set. "Leaving the 9-to-5 world was strange at first, but I learned to adapt and enjoyed owning my time," she says. "I'd go

to coffee shops at 2:00p.m. and think, 'What are all these people doing here?'" Despite her challenging travel schedule, Ibrahim was able to complete her creative writing courses online, an unexpected feature of the SCS Creative Writing program.

Ibrahim says her instructors, especially Michelle Berry, George Murray and Zoe Whittall, were instrumental in her journey to publication. As her final project supervisor, Whittall sent some of Ibrahim's work to her editor at House of Anansi Press, which led to a book deal. "[My instructors] were all so unbelievably helpful and knowledgeable," she says. "Even after classes ended, we kept in touch by email. They always gave me such great feedback."

Ibrahim is now working on her second book, a novel based on "Heading Somewhere," the last story in *Things Are Good Now*, shortlisted for the SCS Penguin Random House Canada Student Award for Fiction. The main characters, Omar and Sara, are driven apart by circumstance, one to Canada and the other to the Middle East. When Sara is caught in the Syrian war, Omar resolves to find his way back to her.

Though she's already attained great success for a new writer, Ibrahim feels her journey is only just beginning. "I wish my instructors were teaching more classes," she says. "I still have a lot to learn." •

An Eritrean ex-freedom fighter and her Ethiopian boyfriend must choose between their divided allegiances and their shared life together in Canada. A 10-year-old Ethiopian girl is adopted into a Canadian family and grapples with culture shock and past trauma. A young Muslim Canadian woman marries an American to escape her devout family, with unforeseen consequences.

East African immigrants and refugees populate the pages of *Things Are Good Now*, **Djamila Ibrahim's** critically acclaimed debut. Published in February 2018, the short story collection was one of NOW magazine's "10 Books to Be Excited About in 2018," while Ibrahim has been named by CBC Books as one of six black Canadian writers to watch in 2018.

Ibrahim, who completed her **Certificate in Creative Writing** at SCS in 2016, credits her courses for helping her make the leap to published writer. "Many of the stories in the book started as class assignments," she says. "The encouraging feedback I got from instructors and peers motivated me to keep going."

When she took her first writing class, Ibrahim had spent 10 years in public service, beginning as a contract employee at Passport Canada and working her way up to Senior Advisor with Immigration,




Arif Anwar
Learner

THE DEERFEET STORM

Guiding a
new writer
on the
adventure of
a lifetime



Dennis Bock
Instructor



“Sharing your writing is probably the most intimate thing you can do in public.”

The Learner

Spanning 60 years of history, **Arif Anwar's** *The Storm* is an epic novel that's been compared to Rohinton Mistry's *A Fine Balance* and Khaled Hosseini's *The Kite Runner* in scope. Inspired by the Bhola cyclone of 1970 that killed half a million Bangladeshis in a single night, the book interweaves various stories: a Washington D.C. academic and his memories of the Bay of Bengal fishing village where he grew up, a Japanese pilot, a British female doctor stationed in Burma during the Second World War, and a wealthy couple forced to leave Calcutta during the Partition of India.

Published by HarperCollins in March 2018, *The Storm* grew out of Anwar's course work in **Writing the Literary Novel: Master Class**, a 12-week course at SCS taught by novelist and short story writer Dennis Bock.

As a relatively new writer, Anwar had only dabbled in fiction. He currently works as a Senior Policy Analyst with the Ontario Ministry of Children and Youth Services. Prior to that, he had extensive experience in international development, consulting for UNICEF in Myanmar and serving as communications specialist for BRAC in Bangladesh.

“I was always an avid reader, but it wasn't until my early thirties that I

thought maybe I should try to write,” says Anwar, who was born in Chittagong, Bangladesh. “To get into the class, I had to submit 20 pages of a novel I had been working on. When I was accepted, I thought it meant I was a master novelist.”

“Luckily, on the first day of class, Dennis showed me otherwise,” he says with a laugh.

The workshop format encouraged learners to critique each other's work, and Anwar and his classmates formed a supportive writers' circle that continued to meet regularly long after the class ended. “We'd tell each other things that Dennis would say, like ‘Do more of this,’” Anwar says. “He is the reason we got together. His blunt, incisive feedback is what made our writing better.”

As the course went on, Anwar's confidence grew. “Dennis's written feedback became steadily more complimentary,” he says. “At the end, he wrote me such a nice letter that I have an image of it saved to my desktop. Any time I'm not feeling so inspired, I remind myself that if Dennis Bock thinks my writing is worth it, then so should I.”

Anwar never finished the novel he'd workshoped during the course, but *The Storm* grew out of one of its chapters. “I'd had strong, positive feedback, but I sat on it for two years, not knowing what to do with it,” he says. While working on his thesis for a Ph.D. in Education at U of T, he continued writing in his spare time. “Staying motivated is definitely a challenge,” he says. “There's no one standing over your shoulder. Writing a novel is entirely done on faith and hope.”

Now a writing instructor himself, Anwar taught **Writing the Novel: Introduction** at SCS in Winter 2018. “Even though it's an introductory course, my students are very talented,” he says. “It takes courage. Sharing your writing is probably the most intimate thing you can do in public.”

The Instructor

As instructor in SCS' Creative Writing program, novelist and short story writer Dennis Bock guides new and experienced writers alike along an often uncertain path. Sharing one's writing with a group—and perhaps eventually the world—can be intimidating.

“It's like standing in front of everybody in your underwear,” says Bock, who teaches master courses in short fiction, the novel and historical fiction. “In class, we talk about how the creative process is interwoven with the ego and the writer's sense of self-worth. To succeed, you have to be open to the idea of failure.”

In 2011, Arif Anwar enrolled in Bock's **Writing the Literary Novel: Master Class**, designed for writers who are ready to produce the first 50 pages of a publishable novel. Despite not having much prior experience, Anwar stood out. In March 2018, his novel *The Storm* was published, having begun as a chapter of another novel he had workshoped in Bock's class.

“I'm extremely happy for Arif. As soon as I read his first draft, I knew there was something happening,” Bock says. “He's got real talent.”

But the road to publication is fraught with extensive re-writing, as Anwar and his classmates would discover. “My job is to push my students as hard as I can,” says Bock. “Before your book is published, you're going to need to revise your draft five to 10 times. If you're going to commit several years of your life to writing this novel, the least I can do is provide honest feedback.”

Shortlisted for the Scotiabank Giller Prize for his 2013 novel *Going Home Again*, Bock is the author of four acclaimed books. His debut, the short story collection *Olympia*, was published in 1998 after he held


residencies at the Banff Centre for Arts, Yaddo in New York, and Fundacion Valparaiso in Spain. His first novel, *The Ash Garden* (2001), was shortlisted for a regional Commonwealth Writers' Prize, and *The Communist's Daughter* (2006), a fictionalized account of the final years of Norman Bethune, was a national bestseller.

“As an instructor, I can appreciate that I'm in a privileged position,” Bock says. “I know how hard it is. I went through the whole process with my first book—and my second, third and fourth.”

In addition to mentoring new literary talent, Bock aims to teach learners to read critically, as a writer would. “You learn to understand novels and short stories as literary creations—they didn't appear out of thin air,” he says. “They're a result of dedication and craft. Every page of a book is a composite of a million different decisions by the author.”

“My hope is that students come out of my class with a better understanding of what's involved,” Bock says. “Having a mentor who believes in you can give you that jolt of confidence you need.” ●

“Every page of a book is a composite of a million different decisions by the author.”





The ringing of prayer bells before meditation can bring soothing and focus to the mind.

Michele Chaban (far left) was 23 years old when mindfulness changed her life. A model at a high-end cosmetics company, she was riding as a passenger in a car when it was struck by a drunk driver, fracturing her spine in three places. The accident left her unable to walk, sit or stand for almost a decade and she suffered from constant pain.

“My father fought in the Second World War, and he was told that if he was ever shot, he should focus on bringing his attention to parts of his body that were not hurt,” Chaban says. “I started meditating in a similar way and recovered faster from surgery than anyone my surgeon had ever seen.”

It wasn’t until 10 years later that Chaban discovered that there was a name for the technique she had been using: mindfulness meditation. Pursuing a Ph.D. in clinical thanatology, the study of end of life and bereavement, she attended a conference at the Montreal Neurological Institute that brought together Western scientists and Buddhist monks. Using the techniques she learned to help alleviate suffering through mindfulness, she helped reduce her dying patients’ reliance on medications by up to 30%.

Since then, Chaban has worked to bring mindfulness to the fore as a public health issue, founding the **Applied Mindfulness Certificate** program at the University of Toronto Factor-Inwentash Faculty of Social Work in 2005. Instructors come together from a range of disciplines—such as psychology, social work, faith, and neuroscience—to merge the 2,500-year-old Buddhist practice of meditation with science-based inquiry.

As brain imaging technology has advanced, the study of meditation has grown as a field of neurological research. Evidence supporting the health benefits continues to pile up: regular meditators have been shown to have reduced chronic pain, depression, anxiety, and inflammation, and perhaps even greater longevity.

Through SCS’ courses, Chaban and program lead **Michael Apollo** (bottom) aim to bring mindfulness education to a wide range of fields, including health care, chaplaincy, education, sports, technology, law enforcement and business, equipping students with the tools to integrate the practice into their own workplaces and lives.

Apollo, a registered psychotherapist who began practicing mindfulness meditation as a teenaged athlete, has built his own consultancy working

with major corporate clients, such as Siemens, Reebok, Standard Life and the University Health Network (UHN). He believes there is a wealth of untapped potential for mindfulness education in the business world. “Mental health in the workplace is an underserved need,” he says. “Nowadays, technology connects us to work wherever we go. We haven’t evolved as fast to deal with all of the distractions and the stresses they create.”

Elli Weisbaum (top right), who teaches courses on mindfulness in conflict management and education, is pursuing a Ph.D. with the Institute of Medical Science at the University of Toronto, researching the integration of mindfulness in health care settings to support physicians and caregivers. A meditator since childhood, she was formerly international program coordinator at Wake Up Schools, a global education initiative founded by Zen master Thích Nhất Hạnh, and does ongoing work with Nhất Hạnh’s Plum Village centre to bring mindfulness into schools.

“There is a crisis of burnout and stress in the teaching profession,” Weisbaum says. “It ties in with a broader question of how to take care of our well-being as a society. Mindfulness studies is a search for something intangible—self-care—and tangible research coming together.” ●

“

“Concurrent with my Latin study, I received two promotions and started my own consultancy developing brand identities.”

”

a way with words

Language classes keep this polyglot writer at the top of her game

Of all the things a chic Toronto copywriter could be doing in the evenings, studying Latin probably isn't the most obvious choice, but **Liz Allemang** picks up languages the way some collect Instagram snaps. Aside from certificates in **Latin** and courses in **Mandarin** at SCS, she has also studied **French, Spanish, Italian** and **Hungarian** at the university level.

“I've never understood the mindset that as an adult you can't learn new languages,” she says. Her passion for words extends beyond her work day, and she has never let a busy schedule get in the way of her curiosity and desire to learn. A senior copywriter at advertising agency John St., she was previously associate copy director at Hudson's Bay, overseeing a creative team that included peers at HBC subsidiaries Lord & Taylor and Saks Fifth Avenue.

Allemang believes her Latin studies at SCS have helped her immensely in her work. “So much of marketing and developing a brand voice involves thinking deeply about the meaning of language,” she says. “In Latin, you can't get away with faking it—every word has a specific gravitas. I had to think carefully about how each word fits in context within a sentence or paragraph.”

The success of an advertising or social media campaign, with its limited character space, depends greatly on copywriters' understanding of the critical role a single word can play. “Because of Latin, I've developed a greater appreciation for getting it right,” she says. She credits the classes' small size, emphasis on collaborative learning, and often spirited discussions for deepening her understanding of the language.

After she graduated with a B.A. from McGill in History and Social Studies of Medicine in 2006, Allemang's language learning journey began with French, taking

courses at Alliance Française in Toronto and doing a summer intensive in Quebec City at Université Laval. After earning a certificate in Teaching English to Speakers of Other Languages (TESOL) from U of T, she volunteered as an English tutor to immigrants and refugees and taught French to recently arrived teens at WEST Neighbourhood House (formerly St. Christopher House).

While working as a freelance writer, Allemang then set out to travel and meet new language challenges, studying Spanish in Madrid and Hungarian in Budapest, picking up casual German and Greek along the way. Back in Toronto, she enrolled in Italian courses at the Istituto Italiano di Cultura, and took a **Level I Mandarin** course at SCS. “China is a hub for luxury commerce, and I was contemplating working overseas on branding in that space,” she says. “I get so much more from traveling when I can connect with the environment around me.”

Studying Latin seemed a natural outcome after working through so many other languages. “I saw the value of learning a language that tied together almost all of those that I had studied,” she says. “It's so present in our everyday conversation and reading. I thought it would help make sense of all of these pleasingly disparate elements in my life.”

A recipient of the 2017 Marilyn Booth Award of Excellence, Allemang focused her application on her experience learning Latin and how she applied it to her work. “It's no coincidence that concurrent with my Latin study, I received two promotions and started my own consultancy developing brand identities,” she wrote. “Latin taught me the importance of not being daunted by subjects that seem impenetrable, approaching them instead with a willingness to try and a determination to prove oneself capable.” •

bursaries & awards

BURSARIES

The School of Continuing Studies (SCS) helps expand learners’ knowledge and skills, giving them the tools to create positive change in their own lives as well as the lives of others. We know that life is unpredictable, but we believe that with the appropriate training and ongoing skill development, life’s twists and turns can be enriching, empowering and career-advancing. We also know that some of our most motivated, engaged learners need financial support to benefit from our dynamic programming.

Thanks to the generosity of our donors, SCS has been proud to offer a bursary program since 2014, to support students experiencing financial challenges. Offering these bursaries would not be possible without the support of our donors, including many of SCS’ own staff members.

To learn more about the ripple effect a donation to our bursaries and awards program has on recipients, please see the story on p.18.

To find out how you can become a donor and help us empower through education, please contact the Dean's Office: dean.scs@utoronto.ca.

AWARDS

In addition to our bursary program, SCS recognizes extraordinary achievements through our awards program. Established through generous gifts, including several made by our own instructors, these merit-based awards offer talented individuals the opportunity to strengthen their résumés, advance in their careers and be inspired to take on new challenges.

**Marilynn Booth
Award of Excellence**
Established in 2017
Value: up to six awards
of \$1,000 annually

Established in honour of former Dean Marilyn Booth upon her retirement from SCS, primary donors to this award include U of T staff, partners and friends of SCS. The Marilyn Booth Award recognizes career-focused learners who have demonstrated academic success, personal commitment and exemplary leadership.

**The Janice Colbert
Poetry Award**
Established in 2014
Value: up to \$1,000
and two \$500 awards

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 former SCS learner Marina Nemat, this award recognizes exceptional creative writing students. Awards are given each year to the most outstanding Final Project of a Creative Writing Certificate learner as 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

This generous award supports emerging writers (learners) taking Creative Writing courses at SCS. The competition for this endowed award is open to all creative writing learners who have taken a course in the previous year.

web & flow

A poet refines
her craft in
Creative
Writing classes

Poetry is in **Laboni Islam's** DNA. Her literary roots reach across continents. Born in Canada to Bangladeshi immigrant parents, her maternal grandfather was an English professor with a love of Shakespeare, and her maternal grandmother was a novelist, poet and translator.

From her very first creative stirrings—at age four, she made up a short poem about her father cutting the grass—words have fascinated her. “From a young age, I knew language was a very powerful vehicle,” she says. “It can bring such joy.”

Despite her family history, Islam's journey to becoming a published poet wasn't a straight line. “I think of my career path as more of a web,” Islam says. Trained as a teacher, she spent several years at an elementary school before taking her current job as Education Officer for Children and Youth at the Art Gallery of Ontario (AGO), helping young learners create and understand art.

While she loves engaging kids in conversations about creativity, the urge to write poetry grew stronger. In 2010, she enrolled in her first Creative Writing course at SCS, “From the beginning, I knew I wanted to commit to earning the full certificate, to hold myself accountable,” she says.

She quickly overcame her initial hesitancy at sharing her first poem with the group. “The response was positive, validating, and all the encouragement I needed,” she says.

Studying with established, award-winning writers such as Catherine Graham, Ken Babstock, and Karen Solie, Islam gained valuable experience workshopping her poems. The feedback process, while intimidating at first, instilled habits that strengthened her creative muscles. “I learned to revise, revise, revise,” she says. “Poetry is a language, and by immersing myself, I gained fluency.”

In 2015, Islam completed her **Certificate in Creative Writing** at SCS, her courses ranging from poetry to prose and playwriting. Her poems have appeared in literary journals such as *Canthius* and *Wildness*, as well as *The Unpublished City Anthology*, curated by Dionne Brand.

She is the recipient of two SCS awards: the Janice Colbert Poetry Award (2014) and the Marina Nemat Award (2016), and was shortlisted for the 2017 CBC Poetry Prize.

She is currently working on her first collection of poems and teaches occasional writing workshops at the Aga Khan Museum, where she also serves as an Educator.

She owes her newfound confidence to the supportive environment of SCS. Her classmates ranged from undergraduates to retirees to professionals juggling day jobs, but their common bond was a love of the written word. “I felt like I became part of a community of writers,” she says. “We learned so much from each other.” ●



to learn more, visit learn.utoronto.ca

한국어로
꿈 꾸세요.

Magyarul/
álmodni

RÊVEZ
EN
FRANÇAIS

Sueña
en
español

THE DREAM TRANSLATORS

حَلَمِي
بِالْعَرَبِي

Languages
and
Translation
instructors
help you find
your voice

Sonhar
em
Português



Sognare
in
italiano



Languages—Arabic

HANEEN TAMARI

For Arabic instructor Haneen Tamari, learning a language is like learning to use a camera. A beginner can point and shoot, but by using more advanced features—such as zoom, contrast, and focus—the better your images become. “The more skills you master, the more you gain from it,” she says.

A documentary filmmaker by trade, she also has a B.A. in Linguistics and began teaching Arabic while living in Europe. “I found the experience tremendously gratifying,” she says. “For the students, learning Arabic brings a much deeper understanding of the Middle East. You cannot understand the history and society of a place without learning the language.”

After moving to Canada, Tamari, who has an M.Sc. in Digital Media, designed and taught the first SCS online Arabic course. She is also a senior fellow at the Munk School of Global Affairs, advising on Arabic language-oriented issues. “Teaching online can be challenging when you’re not in the same physical space, but I dedicate a lot of time to getting to know each student and what they are hoping to get out of the course,” she says. “The greatest advantage for students is geographic location—it allows a connection between individuals across the globe. For those who are eager and thirsty to learn Arabic, this gives them a lot more opportunities.”

Languages—Korean

EUNMI KIM

Mastering a new language from scratch takes dedication, hard work, and above all, time—2,000 hours, according to Korean instructor Eunmi Kim. Having learned English as a second language, she has been there. “It’s a long journey,” she says. “There’s no need to be anxious if you haven’t become fluent overnight.”

Starting with the alphabet, Kim introduces beginner learners to conversational Korean, getting them acquainted with language principles very different from English. The widespread interest in Korean popular culture has been a boon to the language, with many taking classes to catch the gist of hit K-pop songs and TV dramas without relying on subtitles. “Some students know even more about Korean pop culture than I do,” says Kim, who left Korea to move to Toronto with her Canadian husband. “I discover more and more every day.”

A former elementary school teacher in South Korea, Kim tries to bring a positive and fun spirit to her classes, whether in-person or online. “Making students comfortable is essential,” she says. “Learning a language is like any other new habit you have to create in your life, and I try to make it as accessible as possible.”



Translation—Spanish

DENISE TARUD

For Denise Tarud, translation is about more than words. “It’s the messages,” says the Spanish Translation instructor. “You are the bridge between two cultures.”

Born in Santiago, Chile, Tarud grew up in a multilingual environment and became interested in translation and cross-cultural studies from a young age. Fluent in Spanish, English, and Portuguese, she became a full-time professional translator after graduating. After moving to Canada in 2004, she began teaching Spanish Translation courses at SCS and was asked to design an online course in translation after SCS decided to make the program available to learners based at a distance.

Tarud believes globalization has increased demand for qualified translators in almost every industry. “We have an active Facebook alumni group that has been really enriching as a community,” she says. “It’s very encouraging to see my former students working together and supporting one another in a competitive field.”

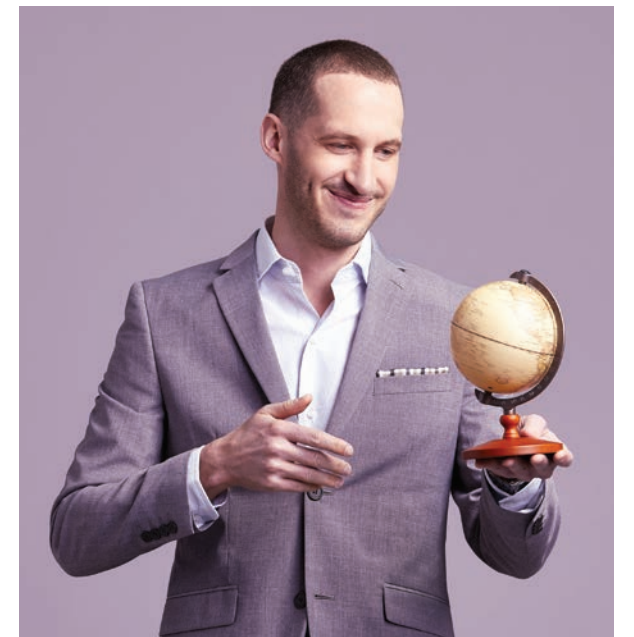
Translation—French

YANN CAMPBELL

Born to a French mother and Scottish father in the South of France, Yann Campbell came to translating naturally. As his affinity for languages grew, he studied English, Italian and Spanish in university, interning at translation agencies in Milan and in Toronto as part of his M.A. in Translation. Campbell has over eight years of experience working for major corporations, agencies and as a freelancer in a range of industries.

When he isn’t teaching French Translation courses at SCS, Campbell oversees the translation department for one of the largest loyalty programs in Canada. He teaches exclusively online and is eager to give advice about the profession of translating. “I show them the tools I use, and the challenges I face in my everyday work,” he says.

“The most rewarding part of teaching is seeing my students becoming more enthusiastic about language,” Campbell says. “It’s a great feeling getting an email from a student to tell me they’ve landed their first translation job”.



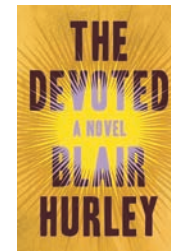
THE PROOF IS IN THE PRINTING

Aspiring writers who are thinking of a Creative Writing course with SCS should take comfort in knowing that instructors 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.



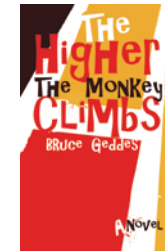
ARIF ANWAR
THE STORM
HARPERCOLLINS
CANADA

Arif Anwar's sweeping novel *The Storm* seamlessly interweaves five love stories that move between the Bay of Bengal and the United States while chronicling 60 years of Bangladeshi history.



BLAIR HURLEY
THE DEVOTED
W. W. NORTON &
COMPANY

After a decade of grueling spiritual practice, Nicole Hennessy has become sexually entangled with her Zen teacher. *The Devoted* asks what it takes, and what you'll sacrifice, to find enlightenment.



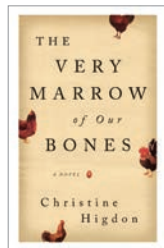
BRUCE GEDDES
THE HIGHER THE MONKEY CLIMBS:
A NOVEL
NOW OR NEVER
PUBLISHING

A mystery plated with plenty of sides, *The Higher the Monkey Climbs* examines our relationship to our past and how we adjust as the world shifts around us.



CATHERINE GRAHAM
THE CELERY FOREST
WOLSAK & WYNN

Catherine Graham found herself in a topsy-turvy world after learning she had breast cancer. More than a survivor's tale, these poems are a map through unknowable terrain.



CHRISTINE HIGDON
THE VERY MARROW OF OUR BONES
ECW PRESS

Hopeful, lyrical, comedic, and intriguingly and lovingly told, *The Very Marrow of Our Bones* explores the isolated landscapes and thorny attachments bred by childhood loss and buried secrets.



DJAMILA IBRAHIM
THINGS ARE GOOD NOW
HOUSE OF ANANSI
PRESS

Set in East Africa, the Middle East, Canada, and the U.S., *Things Are Good Now* examines the weight of the migrant experience on the human psyche.



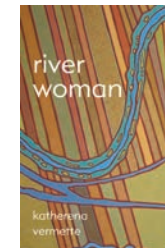
FRANZ XAVER VON SCHÖNWERTH
WHITE AS MILK, RED AS BLOOD: THE FORGOTTEN FAIRY TALES OF FRANZ XAVER VON SCHÖNWERTH
KNOPF CANADA

Paired with Willow Dawson's arresting artwork, the stories in *White as Milk, Red as Blood* race through fantasy landscapes darker and racier than anything we find in Disney or Grimms'.



JAMES MASKALYK
LIFE ON THE GROUND FLOOR
DOUBLEDAY CANADA

Masterfully written, *Life on the Ground Floor* is more than an emergency doctor's memoir—it's a meditation on health and sickness, on when to hang tight, and when to let go.



KATHERENA VERMETTE
RIVER WOMAN
HOUSE OF ANANSI
PRESS

GG Award-winning Métis poet and acclaimed novelist Katherena Vermette's second poetry collection explores her relationship to nature—its destructive power and beauty, and its place in human history.



LAURIE ELMQUIST
WHERE'S BURGESS?
ORCA BOOK
PUBLISHERS

Reece Hansen is missing his father and his frog. An unusual friendship and a camping trip with Mom help him to realize that although things change, families are resilient.



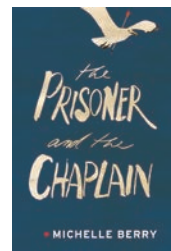
LYNN CROSBIE
THE CORPSES OF THE FUTURE
HOUSE OF ANANSI
PRESS

In her first poetry collection in more than a decade, celebrated novelist and poet Lynn Crosbie creates a sustained and confessional record of her father's illness.



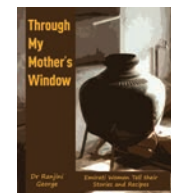
MARTHA BÁTIZ
PLAZA REQUIEM
EXILE EDITIONS

Reminiscent of Joyce Carol Oates and Shirley Jackson, Martha Bätz has crafted stories that shimmer with the surge of vindication women attain after a powerful exploration of their darkest moments.



MICHELLE BERRY
THE PRISONER AND THE CHAPLAIN
WOLSAK AND WYNN,
BUCKRIDER BOOKS

The Prisoner and the Chaplain is about one man awaiting execution, another man listening to his story. If you had only 12 hours left, what would you have to say?



RANJINI GEORGE
THROUGH MY MOTHER'S WINDOW
ZAYED UNIVERSITY

Through My Mother's Window celebrates the voices of Emirati women and retells the stories of their mothers and grandmothers. Its photographs and recipes showcase the landscape and culture of Dubai.



RAY ROBERTSON
1979
BIBLIOASIS

Tom Buzby is 13 years old and lives in Chatham. 1979 is a novel of innocence not so much lost as smashed, and experience that brands memories forever and permanently changes lives.



SHAUGHNESSY BISHOP-STALL
HUNGOVER
HARPERCOLLINS
CANADA

Acclaimed writer Shaughnessy Bishop-Stall explores what happens to our bodies when we over-imbe and all the ways, over time and through cultures, that we've tried to alleviate our suffering.

love & learn



When **Martha Bätz** and her husband moved to Canada from Mexico in 2003, they had two-year-old twin daughters in tow and knew no one in their adoptive country. As they both pursued their respective educations—her as a graduate student at the University of Toronto's Department of Spanish and Portuguese, him as an engineer working on his P.Eng.—balancing career ambitions and family life became a constant juggling act.

"We had to make a lot of sacrifices," she says. "But what mattered was to finish our degrees and certifications. The sooner we did, the more we had to gain from our life in Canada."

Bätz, an award-winning writer in her native language of Spanish, enrolled in SCS' **Creative Writing certificate** program as a way of improving her English and reconnecting with her literary side. "I was desperate to meet people with the same passions as me," she says. To make things work, she and her husband would trade shifts with their daughters, meeting at a subway station for handoffs so that she could rush to evening classes downtown. On weekends, Bätz pulled all-nighters to get her writing assignments done. "I was running on very little sleep," she says. Their team efforts paid off. Bätz published four books (including a short story collection in English), finished a Ph.D., and became a writing instructor herself, founding SCS' **Creative Writing in Spanish** course (the first of its kind in Canada), taking only a week off teaching to give birth to her son. She believes her children, now 17 and 8, have a greater appreciation for education after watching Bätz pursue continuing studies. "It instilled in them a love of learning," she says.

"My advice is if you can find any way to make it work, do it," says Bätz. "Why put yourself last when you're the force that will drive your family forward?"

THINKING OF PURSUING CONTINUING EDUCATION? DON'T LET THESE CHALLENGES STOP YOU FROM GETTING TO THE NEXT LEVEL.

"Tuition is too expensive for me."

Thanks to the generosity of our donors, SCS offers nine different types of bursaries and awards. You may also be able to claim tax credits for your eligible tuition fees.

"I don't have time."

SCS runs classes throughout the year, with many courses offering different sections to suit a range of schedules, on weekdays, evenings and weekends.

"I can't get to class from where I am."

You can take classes on the University of Toronto's three campuses: downtown (St. George), Mississauga, and Scarborough. Or skip the traffic and enrol in one of our online courses, learning from the comfort of your couch.

"The class content won't keep pace with changes in my field."

Most of SCS' instructors are active practitioners in their fields, bringing real-world experience and best practices to our programs. They're constantly innovating to make sure they're teaching the skills that are relevant to today and in demand for tomorrow.

"I haven't been a student for a very long time."

You're in good company. The majority of our learners are mid-career professionals who are returning to school to upgrade their skills.



STAFF SPOTLIGHT
Carmen Wong

As a member of Instructor and Program Services, Wong is responsible for organizing course delivery logistics, from scheduling through to final grade approvals, for a large portfolio of courses. She also ensures instructors have access to resources they need. She is inspired by SCS’ working principles and her colleagues who she says work collaboratively, treat each other with respect and who, above all, do their best to support SCS learners and help them reach their goals.

our
superstaff



STAFF SPOTLIGHT
Aaron Katzsch

In his Enrolment and Learner Services role, Katzsch is a frontline member of the SCS team, registering learners for courses, answering their course and certificate-related queries and connecting them with the information and resources they need to succeed. He says he is inspired by how motivated and dedicated SCS learners are to carving time out of their busy lives to advance their careers and develop themselves personally and professionally.

registration form

NAME AND CONTACT INFORMATION

LAST NAME

FIRST NAME

SCS Learner Number
(if you are a returning learner of SCS)

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

EMAIL ADDRESS

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

EMPLOYER INFORMATION

EMPLOYER (OPTIONAL)

TITLE (OPTIONAL)

DEPARTMENT (OPTIONAL)

Would you like to receive newsletters and updates regarding SCS 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 SCS policies, guidelines and procedures.

LEARNER SIGNATURE

DATE

Course Information										Start Date	Tuition
SCS Course Number					Course Title						
				–							
				–							
				–							
				–							
Name of SCS Certificate you are working toward, if applicable:										HST (if applicable. Check course description)	
										Total Due	

helpful information

Registration

Registration Eligibility

Any adult 18 years of age or older, regardless of educational background, may register into any course or certificate program offered by SCS. 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.

Telephone

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 Street, just south of Bloor Street West.

Mail

Complete the Registration Form available online and send it with payment to Enrolment Services, School of Continuing Studies, 158 St. George Street Toronto, ON M5S 2V8.

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.

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.

For complete information about conditions and deadlines, go to the **online Help Centre** 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 of a University of Toronto cheque made payable to the original payer.

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.

If a course is altered or cancelled, you may choose to withdraw for a full refund or transfer to another section or another course if space permits. If you transfer to a course with a higher fee, you are responsible for paying the difference.

Grades

Where applicable, final grades will be available to learners within four to six weeks of course completion.

Upon their release, you will receive an email notification that final grades may now be viewed online.

Certificates

CERTIFICATE CANDIDATES

To declare your candidacy in a certificate program, complete the Declaration of Certificate Candidacy form found online.

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 online.

Policies & Guidelines

UNIVERSITY OF TORONTO POLICIES

SCS complies with a wide range of University of Toronto policies designed to enhance learning and respect for the individual, including policies prohibiting sexual harassment or discrimination on the basis of sex, race, gender, religion or social origin. SCS also complies with academic policies that ensure academic quality and protects the teaching and learning relationship.

SCHOOL OF CONTINUING STUDIES GUIDELINES

Guidelines governing a wide range of administration and activities of SCS are available for viewing in our Help Centre.

For more information on policies, visit our **online Help Centre**. 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.

Support

CONTACT US There are a number of ways to find information about SCS:

HELP CENTRE

For answers to all of your frequently asked questions, please visit our **online Help Centre**.

Telephone: **416.978.2400**

Fax: **416.978.6666**

Live Chat: available on our website Monday to Friday.

Website: learn.utoronto.ca

Business Hours:

Mon to Thur 8:30am to 6:30pm

Fri 8:30am to 5:00pm (Sept to June)

Fri 8:30am to 4:30pm (Jul to Aug)

Accessibility Services

SCS provides accommodation for learners with disabilities.

If you require accommodation, please contact us at 416.978.2400 or email us at learn@utoronto.ca well in advance to the start of your course.

Accommodations may include, but are not limited to:

- Alternative test and examination accommodation
- Note-taking services
- Accessible classrooms
- Alternative formats for printed materials
- Sign language interpreters
- Adaptive equipment and assistive devices

arts & science

HEALTH, ENVIRONMENT AND SCIENCE

A NATUROPATHIC APPROACH TO WOMEN'S HEALTH 2813

Learn up-to-date and practical information about your health and well-being. Join naturopath Meghan Bauer as she explores issues in women's health from a naturopathic perspective. We'll discuss women's health in a way that is useful and applicable to your everyday life. Find the most useful information generated by the ever-growing research in this area.

COST \$245 + applicable taxes

SECTION

005 03 Oct 2018 – 07 Nov 2018
6 Sessions, In-class
Wed, 11:00am to 1:00pm

Instructor Meghan Bauer



ACUPUNCTURE: PRINCIPLES & APPLICATIONS 3309

Learn how practitioners of Traditional Chinese Medicine apply the principles and treatment techniques of acupuncture. Through lectures, case studies and demonstrations, you'll gain a better understanding of the key factors that determine the outcomes of acupuncture treatments, especially for pain, infertility and various internal illnesses. We'll look at evidence-based research and recent developments in Canadian law.

COST \$325 + applicable taxes

SECTION

002 07 May 2019 – 25 Jun 2019
8 Sessions, In-class
Tues, 7:00pm to 9:00pm

Instructor Danny C. Li



DRUGS & THE LAW: ON MATTERS OF LIFE & DEATH 2246

Forensic toxicology is the application of the science of toxicology involving alcohol, other drugs and other poisons for the purposes of legal matters. Get behind the news, and learn more about fascinating topics like drug seizures, adverse drug reactions, industrial accidents, impaired driving, sexual assault and homicide. Join us for interactive presentations that show you what's involved in various kinds of forensic toxicological investigations: impairment of performance, situations in the workplace, effects on the environment, and even death.

COST \$175 + applicable taxes

SECTION

011 18 Mar 2019 – 08 Apr 2019
4 Sessions, In-class
Mon, 6:30pm to 8:30pm

Instructor Michael Corbett



FOUNDATIONS OF PSYCHOLOGY 3492

Why do we behave the way we do? Explore psychology as a science and discover how psychologists use the scientific method in order to understand behaviour. Each week, we'll touch on a different subfield of psychology, including development from conception to late adulthood; motivation; learning including classical conditioning and behaviour modification; emotions; personality; and social psychology including why we tend to be swayed by groups and how to stand more firmly as an individual.

COST \$245 + applicable tax

SECTION

001 12 Sep 2018 – 17 Oct 2018
6 Sessions, In-class
Wed, 6:30pm to 8:30pm

Instructor Mariana Bockarova



HOW YOUR BRAIN WORKS, PART 15: ADAPTIVE NEUROPLASTICITY 3485

Learn how to change your own brain. In this highly interactive course, we'll do 'take home' exercises that can boost the efficiency of the typical human brain. We'll introduce the main elements of positive, adaptive neuroplasticity, and learn how to infuse them into your daily life. We'll explore factors such as movement and memory that may help to delay the onset of dementias like Alzheimer's in some people. We'll use the latest research in neurogenesis to understand how we can optimize the functions of our amazing brains.

COST \$325 + applicable taxes

SECTION

001 30 Oct 2018 – 18 Dec 2018
8 Sessions, In-class
Tues, 1:00pm to 3:00pm

Instructor Sheldon M. Joseph



SLEEP WELL: A NATUROPATHIC APPROACH TO RESTORATIVE SLEEP 3192

Learn about sleep as an integral part of our health and 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 factors that we don't always assess when faced with difficult sleep including: diet and glucose balance, optimal nutrients and minerals, hormonal patterns, stress response

and the nervous system as it relates to sleep including anxiety and depression.

COST \$245 + applicable taxes

SECTION

003 20 Feb 2019 – 03 Apr 2019
6 Sessions, In-class
Wed, 11:00am to 1:00pm

Instructor Meghan Bauer



THE CONSCIOUS BRAIN 3484

The human brain is the world's most complex structure. We'll explore our self-aware, self-regulating, ever-changing super-computers. Learn about the remarkable functions of your neocortex and the brain areas that give rise to the 'complexity of consciousness'. What is a thought? How am I able to think about myself, thinking? What are visions? Why does hypnosis work? You'll understand the complexities of consciousness, the birth of philosophy and the development of morality.

COST \$325 + applicable taxes

SECTION

001 04 Sep 2018 – 23 Oct 2018
8 Sessions, In-class
Tues, 1:00pm to 3:00pm

Instructor Sheldon M. Joseph



THE PSYCHOLOGY OF LOVE AND LOSS 3491

In this course you'll explore the fundamental nature of relationships: how the ties we form with others come into being, continue to grow and in some cases dissolve. You'll investigate the effects our relationships hold on our daily lives, taking an academic rather than a therapeutic approach. Explore concepts from biological, social and cognitive bases within a framework of psychology

HEALTH,
ENVIRONMENT
AND SCIENCE
(CONTINUED)

and neuroscience. You'll also gain tools to help you maintain, improve and repair the ties in your own life.

COST \$245 + applicable taxes
SECTION
001 06 Feb 2019 – 13 Mar 2019
6 Sessions, In-class
Wed, 6:30pm to 8:30pm
Instructor Mariana Bockarova
D A S

**THE PSYCHOLOGY OF
PERSUASION 3174**

Do we truly have free will or are we nudged in certain directions, subtly persuaded to make certain decisions? What concepts underlie this mental manipulation? Through exploring the six key principles of influence developed by famed social psychologist Dr. Robert Cialdini, together we will learn how reciprocity, consistency, social proof, authority, liking and scarcity can all influence us to make decisions, for better or for worse. This course will take an academic approach to explaining the science behind why these principles tend to be effective in most individuals. We will also take a practical approach to understanding how to defend against such tactics.

COST \$245 + applicable tax
SECTION
002 07 Nov 2018 – 12 Dec 2018
6 Sessions, In-class
Wed, 6:30pm to 8:30pm
Instructor Mariana Bockarova
D A Q

**TRADITIONAL CHINESE
MEDICINE 2630**

This course helps participants make more informed and intelligent choices about Traditional Chinese Medicine (TCM). It provides an overview of the philosophy and holistic practice of TCM. You'll learn the

principles and methods that practitioners apply in promoting well-being, collecting diagnostic information, analyzing information, recognizing the causes behind illness and establishing treatment plans. Through lectures, classroom presentations, demonstrations and discussions, you'll learn how TCM and Western medicine can be integrated to promote health and recovery from the most common health problems.

COST \$325 + applicable taxes
SECTION
008 08 Jan 2019 – 26 Feb 2019
8 Sessions, In-class
Tues, 7:00pm to 9:00pm
Instructor Danny C. Li
D A S

**TRADITIONAL CHINESE
MEDICINE: AN ONLINE
INTRODUCTION 2922**

Learn the basic concepts of Traditional Chinese Medicine (TCM) through this online English-language course. Offered in collaboration with the Chinese University of Hong Kong School of Continuing and Professional Studies, it will help you make more informed and intelligent choices about TCM. We'll examine the philosophy of TCM as well as various approaches, and discuss case studies where TCM was used to diagnose and treat patients. Through online presentations, you'll learn how TCM can help maintain overall health when integrated with mainstream medicine.

COST \$120 + applicable tax
SECTION
011 15 Oct 2018 – 06 Jan 2019
Online
Instructors Danny C. Li,
William Cho
A Q

012 04 Mar 2019 – 19 May 2019
Online
Instructors Danny C. Li,
William Cho
A S

**YOUR BRAIN & THE SCIENCE
OF MEMORY 3372**

Learn about the structure of the brain, especially the main memory centres, and ways to keep them working well for life. We'll explore the various types of memory and then delve into the functions of our brain's memory retrieval systems. We'll review the newest science on how to stave off memory deterioration and dementias, including the supplements and drugs that claim to boost memory.

COST \$245 + applicable tax
SECTION
002 01 Oct 2018 – 12 Nov 2018
Online
Instructor Sheldon M. Joseph
A Q

**YOUR HEALTH:
NATUROPATHIC
MEDICINE 2054**

Naturopathic medicine is a complementary system of health care. It aims to improve health and treat disease by assisting the body's innate capacity to heal itself. Gain a basic understanding of naturopathic medical principles and see how they complement physician care. We'll discuss numerous practical health care tips. Develop a proactive stance towards your own well-being and the well-being of any old or young people in your care.

COST \$325 + applicable taxes
SECTION
014 10 Apr 2019 – 29 May 2019
8 Sessions, In-class
Wed, 11:00am to 1:00pm
Instructor Meghan Bauer
D A S

HISTORY

**CHURCHILL AND HITLER:
CONTRASTS AND
CONSISTENCIES 3489**

Explore the careers and personalities of Adolf Hitler and Winston Churchill. We'll learn about the two men as public figures and as individuals with complex psyches. We'll see beyond their unstoppable determination to lead millions of people.

COST \$325 + applicable tax
SECTION
001 05 Sep 2018 – 24 Oct 2018
8 Sessions, In-class
Wed, 1:00pm to 3:00pm
Instructor James A.S.
Thompson
D A Q

**ESPIONAGE & SECRET
INTELLIGENCE 2847**

In the 20th century, the intelligence agencies of the world developed from small groups of amateur adventurers into globe-bestriding giants whose influence steered wars and nations, ruined lives and forged heroes. Yet for all their power, influence and cost, these giants have remained almost invisible. From their modern inception during the First World War to the present day's War on Terror, they exist in the shadows for most of us. Intelligence trades in the currency of lies and secrets, and to seek it out is to peer into a wilderness of mirrors. Join this course to crack open this secret world using first-hand accounts, declassified documents and the latest research from academics and intelligence experts around the world.

COST \$325 + applicable tax
SECTION
007 13 Sep 2018 – 01 Nov 2018
8 Sessions, In-class
Thurs, 6:30pm to 8:30pm
Instructor Nicholas D. Gunz
D A Q

**HISTORY OF THE ENGLISH
LANGUAGE 2414**

Survey the influences that have shaped English vocabulary over the years. We'll cover its Anglo-Saxon and Viking origins, the influx of Norman and Central French, later borrowings from Latin and Greek, standardization and 18th-century French imports, and more recent international borrowings. We'll tie linguistic developments to the social and political events with which they coincided. Our topics will include why English spelling is so convoluted, why we have such a large word stock and how dictionaries are written.

COST \$325 + applicable taxes
SECTION
011 10 Oct 2018 – 28 Nov 2018
8 Sessions, In-class
Wed, 6:30pm to 8:30pm
Instructor Katherine Barber
D A Q

**LIFE & ART IN ROMAN
BRITAIN 2961**

Join Meg Morden, a visual art historian and archaeologist, and explore life and art among both the elite and common people in Britain under Roman occupation. We'll learn about daily life, religion and the impact of the military on the country from the campaigns of Julius Caesar in 55–54 BCE to the withdrawal of the Roman Empire in 410 CE. We'll also make an optional visit to the Royal Ontario Museum to investigate its wonderful, newly remounted Roman collection

(entrance fee not included).

COST \$325 + applicable tax
SECTION
006 10 Oct 2018 – 28 Nov 2018
8 Sessions, In-class
Wed, 6:30pm to 8:30pm
Instructor Margaret Morden
D A Q

**LIVING IN 'INTERESTING
TIMES': THE HISTORY OF
CONFLICT AND SURVIVAL IN
THE MODERN WORLD 3008**

As the old curse goes, we live in 'interesting times': liberal democracy in retreat, subversion reaching to the highest levels of government, wars and rumours of wars. We'll look to our dangerous future by learning from the dangers of our past. We'll study the history of conflict in our modern, nuclearized world: how wars happened, and how they worked, but also how they were avoided. Where did the machinery of international security come from, how has it worked through time, and why does it seem to be breaking down now? This course was formerly entitled Dangerous History: War & Crisis from 1945 to Today.

COST \$325 + applicable tax
SECTION
006 05 Mar 2019 – 23 Apr 2019
8 Sessions, In-class
Tues, 6:30pm to 8:30pm
Instructor Nicholas D. Gunz
D A S

**MARIE ANTOINETTE & THE
FRENCH REVOLUTION 3168**

More than 200 years after her execution, Queen Marie Antoinette is still one of the most famous and controversial figures in European history. In late 18th-century France, her reputation influenced debates about the role of women in politics, their families and the arts. Austrian-born, her

position at the top of French society fuelled criticism of the monarchy and contributed to the outbreak of the French Revolution in 1789. Her influence on popular culture continues today.

COST \$325 + applicable tax
SECTION
003 05 Mar 2019 – 23 Apr 2019
8 Sessions, In-class
Tues, 11:00am to 1:00pm
Instructor Carolyn Harris
D A S

**RICHARD III: MONSTROUS
OR MISUNDERSTOOD? 2989**

The discovery in 2012 of the remains of Richard III underneath a parking lot in Leicester revived a centuries-old debate. Is he one of history's greatest villains or the victim of Tudor propaganda? We will look at the bloody upheaval of the Wars of the Roses, including the famous disappearance of his nephews, the young Princes in the Tower. Was Richard the scheming villain of Shakespeare's play or the misunderstood king who is the hero of modern novels by writers like Josephine Tey and Philippa Gregory? Join us to study a fascinating example of what may happen to leaders' reputations once they're dead.

COST \$325 + applicable tax
SECTION
003 09 Jan 2019 – 27 Feb 2019
8 Sessions, In-class
Wed, 2:00pm to 4:00pm
Instructor Carolyn Harris
D A S

**RESEARCHING CANADIAN
LOCAL HISTORY 3185**

Learn how to approach or enhance a local-history research project in Canada, or how to support such a project. Discover how approaches to the topic have evolved, and what contemporary methods

and leading-edge tools you might consider for such a project. We'll take advantage of a wide range of remarkable resources, including vital collections in Canadian libraries, archives and museums. Both beginners and seasoned researchers are welcome! Offered in collaboration with U of T's Faculty of Information.

COST \$325 + applicable tax
SECTION
004 04 Feb 2019 – 29 Mar 2019
Online
Instructor James F. S.
Thomson
A S

THE CRUSADES 3498

The Crusades (1095-1291) were more than a military contest between Christian and Muslim powers. They continue to mark Middle Eastern politics, and relations between these religions. Join us as we examine the origins of the Crusades and their effects on the culture and peoples of Europe, the Byzantine Empire and the Islamic states in the Holy Land. What were the Crusades really? How were they understood by contemporaries and subsequent generations?

COST \$325 + applicable tax
SECTION
001 10 Jan 2019 – 28 Feb 2019
8 Sessions, In-class
Thurs, 7:00pm to 9:00pm
Instructor Eric McGeer
D A S

**THE GREAT AGE OF
BYZANTIUM 3497**

Discover the history and culture of the "New Rome", the Byzantine Empire, during its greatest era (867-1204). You'll explore Byzantine life and civilization through lectures and discussions that



HISTORY
(CONTINUED)

focus on law and society, trade, relations with the Muslim and Slavic worlds, art and literature, women, and the Crusades. We'll use some of the primary sources like documents and art that form the basis for our understanding of the Byzantine world.

COST \$245 + applicable taxes

SECTION

001 28 Mar 2019 – 02 May 2019
6 Sessions, In-class
Thurs, 7:00pm to 9:00pm

Instructor Eric McGeer



THE ROMANOVS AND THE RUSSIAN REVOLUTION 3467

The consequences of the Russian Revolution continue to influence Russia's politics and society, and indeed the whole world's. In 2017, Russia quietly marked the 100th anniversary of the turning points: the abdication of Czar Nicholas II and Lenin's seizure of power for the Bolshevik party. Follow the quick succession of crises: the collapse of the Romanov dynasty, the end of Russia's participation in the First World War, the emergence of the Provisional Government, and the fateful rise of Lenin and the Soviet Union.

COST \$325 + applicable tax

SECTION

001 02 Oct 2018 – 20 Nov 2018
8 Sessions, In-class
Tues, 2:00pm to 4:00pm

Instructor Carolyn Harris



THE SPIRIT OF WEIMAR IN GERMANY & AMERICA 3087

Hitler's Third Reich cast a long shadow over what was progressive in Germany in the years after World War I. Join us to explore the advances made in the Weimar Republic

(1919-1933), including ideas in nutrition, personal liberty, sexual liberation, Bauhaus architecture and innovations in the visual arts like German Expressionism and New Objectivity.

COST \$325 + applicable tax

SECTION

003 31 Oct 2018 – 19 Dec 2018
8 Sessions, In-class
Wed, 1:00pm to 3:00pm

Instructor James A.S. Thompson



THE WAR BETWEEN THE SEXES? ANCIENT GREECE AND NOW 3231

Learn how so many of our modern attitudes about gender and social standing originate with the ancient Greeks. How Western men and women understand themselves today is due in part to the way the Greeks saw themselves. Come explore the tangible evidence from archaeology and art that have helped elucidate the social roles of men and women in Athens of the 5th century BC. We'll have an optional tour of the Royal Ontario Museum (entrance fee not included).

COST \$325 + applicable tax

SECTION

003 06 Feb 2019 – 27 Mar 2019
8 Sessions, In-class
Wed, 6:30pm to 8:30pm

Instructor Margaret Morden



TORONTO AND THE FIRST WORLD WAR 3488

At the start of the "Great War", Toronto was already a fascinating and evolving city. It became deeply engaged in the war effort in many ways. Experience Toronto of 1914-1918, with the help of a great many images. We'll take a journey through those war years, and we'll consider how the expe-

rience of war and wartime developments contributed to Toronto becoming the city that it is today. Our discussions will encompass the entire region occupied by present-day Toronto, taking special account of any interests expressed by learners.

COST \$160 + applicable tax

SECTION

001 05 Jun 2019 – 26 Jun 2019
4 Sessions, In-class
Wed, 6:30pm to 8:30pm

Instructor James F. S. Thomson



TORONTO'S HISTORY: 1850 – 1914 2760

From 1850 to the eve of the Great War, Toronto changed beyond recognition. Travel through time, with the help of a huge number of images. We'll follow the unfolding narrative of our city's history during these remarkable decades. We'll put special focus on how developments during this immensely interesting period contributed so significantly to Toronto becoming the city it is today. Our discussions will encompass the entire region occupied by present-day Toronto, taking special account of any interests expressed by learners.

COST \$245 + applicable taxes

SECTION

003 24 Oct 2018 – 28 Nov 2018
6 Sessions, In-class
Wed, 6:30pm to 8:30pm

Instructor James F. S. Thomson



LIFE AND LEISURE

FINANCING A CHILD 3359

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 \$105 + applicable tax

SECTION

002 21 Nov 2018 – 28 Nov 2018
2 Sessions, In-class
Wed, 6:30pm to 9:00pm

Instructor Matthew Siwiec



HOW TO AWAKE THE ACTIVIST INSIDE YOU: A GUIDE TO CHANGING THE WORLD 3479

You want to make the world a better place. Can you turn your ideas into action? Join us to look at the activists who make a difference and the tactics they use to spark change. Some people fight for reforms on their own, like Malala Yousafzai, the teen who campaigned for girls' education in Pakistan. Others start as individuals, such as Ralph Nader in the U.S., and form coalitions of non-profit groups to change the laws. We'll analyze left-wing, right-wing and non-partisan activists to isolate what makes them successful in fighting 'the powers that be'.

COST \$245 + applicable taxes

SECTION

001 02 May 2019 – 06 Jun 2019
6 Sessions, In-class
Thurs, 7:00pm to 9:00pm

Instructor Ellen Roseman



INTRODUCTION TO INVESTING: A WORKSHOP 3248

Get started on investing in stocks, bonds, mutual funds and exchange-traded funds. You'll learn when to buy and sell and how to monitor your results. Whether you work with an advisor or invest on your own, you'll know what questions to ask and steps to take to improve your financial future.

COST \$225 + applicable tax

SECTION

005 03 Nov 2018 – 03 Nov 2018
1 Session, In-class
Sat, 9:30am to 4:30pm

Instructors Ellen Roseman, Teri Courchene



006 28 Apr 2019 – 28 Apr 2019
1 Session, In-class
Sun, 9:30am to 4:30pm

Instructors Ellen Roseman, Teri Courchene



INVESTING FOR BEGINNERS 1907

If you want to invest in stocks, bonds or mutual funds but have little or no experience, this course is for you. Whether you're working on your own or with an advisor, you'll learn basic concepts such as how to determine whether a security is fairly priced and understand how the economy affects stock and bond market cycles. The goal is to reduce your fear of investing so you can ask the right questions and get started down a profitable path.

COST \$280 + applicable tax

SECTION

014 27 Sep 2018 – 01 Nov 2018
6 Sessions, In-class
Thurs, 7:00pm to 9:00pm

Instructor Ellen Roseman



RENTING OR OWNING? 3358

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 an in-depth look at first-time homebuyers' benefits. Learn in a highly interactive manner that is engaging, enjoyable and non-judgemental.

COST \$105 + applicable tax

SECTION

002 10 Apr 2019 – 17 Apr 2019
2 Sessions, In-class
Wed, 6:30pm to 9:00pm

Instructor Matthew Siwiec



SETTING & REACHING YOUR INVESTMENT GOALS 3154

Whether you're new to investing or have an established portfolio, learn to set your goals and take steps towards reaching them. Review strategies and products suitable for a variety of goals, including saving for retirement, generating income and saving for a house or your children's education. Our focus isn't on quick profit, but in the last session we'll discuss how to pick the best time to buy or sell. This course can be taken as a sequel to 1907 Investing for Beginners or on its own for learners with some investing experience.

COST \$220 + applicable tax

SECTION

004 24 Jan 2019 – 21 Feb 2019
5 Sessions, In-class
Thurs, 7:00pm to 9:00pm

Instructor Teri Courchene



LITERATURE

BECOMING A READER OF WAR AND PEACE 2893

Henry James called Russian novels "loose, baggy monsters". Let yourself be guided through Leo Tolstoy's most ambitious, baggiest monster, *War and Peace*, the book we intend to read but usually avoid. It is at once a philosophical tract, a historical re-enactment of the 1812 war and a riveting novel of society. By examining the book in the context of its times, you'll explore Tolstoy's iconoclastic ideas about the meaning of history, causation and what constitutes living a moral and meaningful life. You will read the novel at a manageable pace.

COST \$325 + applicable tax

SECTION

003 01 Oct 2018 – 26 Nov 2018
8 Sessions, In-class
Mon, 1:00pm to 3:00pm

Instructor Julia Zarankin



CHARTRES: THE CATHEDRAL AND THE SCHOOL 3486

The Gothic architectural style reached its height at Chartres. Join us as we learn to read the allegory of Chartres Cathedral—its architecture, painting and sculpture. It embodies in stone and glass the high mysteries of Christianity and Neo-Platonism. The cathedral school was the centre of an important revival of classical humanism three centuries before the Renaissance, and one the greatest flowerings in literature, art, philosophy and science in the history of the West. We'll read a selection of such influential Chartres-centred poets, theologians and cosmologists as John of

Salisbury, William of Conches, Alain of Lille and Bernard Silvester. We'll assess their brilliant re-imagining of the Christian religion in terms of ancient pagan, and especially, Platonic symbols and ideas.

COST \$325 + applicable tax

SECTION

001 07 May 2019 – 25 Jun 2019
8 Sessions, In-class
Tues, 1:00pm to 3:00pm

Instructor Harley Price



CICERO AND THE EXAMINED LIFE 3324

The writings of Cicero represent the synthesis and culmination of ancient Western thought. As prescriptions for the good life, his moral essays are models of eloquence, clarity and lasting relevance. Discover why Cicero is still a trusted guide to the examined life.

COST \$325 + applicable tax

SECTION

003 09 May 2019 – 27 Jun 2019
8 Sessions, In-class
Thurs, 1:00pm to 3:00pm

Instructor Harley Price



HAPPINESS: THE ANCIENT WISDOM 3480

For the sages of ancient Greece and Rome, the purpose of philosophy, indeed the goal of human life, was the attainment of happiness – despite inevitable misfortune, injustice and suffering. Join us to read a selection of the most influential essays on happiness by Plato, Cicero, Seneca, Plutarch, Epictetus, Marcus Aurelius and many others. Learn how to put their conclusions to work in our own lives.



In-Class



Online



Hybrid



Spring/Summer



Fall



Winter



Downtown/St. George



Markham



Mississauga



Oakville



Scarborough

LITERATURE
(CONTINUED)

COST \$325 + applicable tax
SECTION
001 05 Feb 2019 – 26 Mar 2019
8 Sessions, In-class
Tues, 1:00pm to 3:00pm
Instructor Harley Price
D **A** **✿**

HERODOTUS: FATHER OF HISTORY AND FATHER OF LIES 3496

Find out why Herodotus was known in the classical world as both the Father of History and the Father of Lies. He sought to explain the “works and wonders” of the world through an idiosyncratic inquiry into the past: his Histories blends anecdote, folk tale, gossip and travelogue. We'll learn about the Persian Wars, and appreciate why this masterpiece about the wars is still so popular. It was, for example, the intimate companion of *The English Patient* in the novel and the film.

COST \$245 + applicable taxes
SECTION
001 08 Nov 2018 – 13 Dec 2018
6 Sessions, In-class
Thurs, 7:00pm to 9:00pm
Instructor Jonathan Ullyot
D **A** **Q**

JOYCE'S ULYSSES, THE EPIC OF EVERYDAY LIFE 3326

Read selectively from James Joyce's masterpiece, *Ulysses*. It had enormous influence on the 20th-century novel and all English literature, both stylistically and formally. It is playful, experimental and comic, not at all “highbrow”. This is the course for you if you've always wanted to read *Ulysses* but imagined that it was too difficult or intimidating. We'll cover approximately two chapters of the book per class, or about thirty pages.

COST \$325 + applicable tax
SECTION
002 24 Oct 2018 – 12 Dec 2018
8 Sessions, In-class
Wed, 7:00pm to 9:00pm
Instructor Jonathan Ullyot
D **A** **Q**

IVID AND HIS INFLUENCE 3477

Ovid exerted more influence on Western literature, art and thought than any other classical author. From the Middle Ages to our own time, the gripping stories of his *Metamorphoses* have been the principal handbook on classical mythology consulted by poets, artists and librettists. His *Art of Love* encoded the “rules” for medieval courtly and romantic love. Join us and read a selection of Ovid's best works. Become fluent in the language of classical mythology that is all around us in art and decoration. Trace the symbolic under-meanings that philosophers and theologians throughout the centuries have discovered in Ovid's wild accounts.

COST \$325 + applicable tax
SECTION
001 11 Oct 2018 – 29 Nov 2018
8 Sessions, In-class
Thurs, 1:00pm to 3:00pm
Instructor Harley Price
D **A** **Q**

ST. PETERSBURG: A LITERARY PORTRAIT OF A CITY 3495

Founded in 1703 as a grandiose new capital of the Russian Empire, St. Petersburg became a literary protagonist as well. Explore its paradoxical and layered identity: on the surface an opulent Europeanized city, hiding a nightmarish reality lurking beneath. We'll begin with study of its origins. Then we'll examine the city's

reflection in literary masterpieces by Pushkin, Gogol, Tolstoy, Dostoevsky and Anna Akhmatova. We'll see that ultimately St. Petersburg was built by literary texts as much as by political rulers.

COST \$245 + applicable taxes
SECTION
001 07 Jan 2019 – 11 Feb 2019
6 Sessions, In-class
Mon, 1:00pm to 3:00pm
Instructor Julia Zarankin
D **A** **✿**

THE BIBLE AS LITERATURE 2068

Still the major sourcebook of Western culture, the Bible continues to provide the story arc for our deepest motivations. Its heroes, themes, journeys, dramas and literary forms speak directly to us today about what we value, what we hope for and how we live. Through a look at both the Old and New Testaments, this course reconsiders their modern relevance and interpretive richness.

COST \$325 + applicable tax
SECTION
010 12 Sep 2018 – 31 Oct 2018
8 Sessions, In-class
Wed, 1:00pm to 3:00pm
Instructor John Greenwood
D **A** **Q**

THE GREAT BOOKS: PART I 1668

This course is a survey of background texts that contributed to the development of classic and contemporary Western literature. Beginning with selections from the Bible and classical mythology, we examine the roles of the hero, myth, the journey, the self, love, tragedy, comedy, politics, places, societies and travel—themes and ideas behind so many later great works of

literature. We'll explore the value and interrelation of these books and their impact at the time.

COST \$325 + applicable tax
SECTION
011 12 Sep 2018 – 31 Oct 2018
8 Sessions, In-class
Wed, 6:00pm to 8:00pm
Instructor John Greenwood
D **A** **Q**

THE GREEK EPIC: HOMER'S ILIAD AND ODYSSEY 3244

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 situate 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 see how they shaped our sense of literature, both serious and popular today.

COST \$325 + applicable tax
SECTION
003 18 Sep 2018 – 06 Nov 2018
8 Sessions, In-class
Tues, 7:00pm to 9:00pm
Instructor Jonathan Ullyot
D **A** **Q**

THE WORLD ACCORDING TO GRAPHIC NOVELS 3463

Graphic novels, also known as comic books, cut across the boundary between popular culture and literature. The combination of words and images enables an exploration of diverse subjects in compelling ways. Join us to read graphic novels that examine moments of important historical and social change.

These include accounts of war and the Holocaust by Scott Chantler, Art Spiegelman and Shigeru Mizuki, moments of social upheaval including the US civil rights movement, the indigenous experience in Canada, the fight for same-sex equality, and immigration narratives. You won't need experience with graphic novels, just curiosity and a willingness to investigate this new and exciting field of expression.

COST \$245 + applicable taxes
SECTION
001 03 Oct 2018 – 07 Nov 2018
6 Sessions, In-class
Wed, 7:00pm to 9:00pm
Instructor Lauren Chochinov
D **A** **Q**

WRITING AND THINKING IN THE AGE OF ELIZABETH I 3481

England during the reign of Elizabeth I was the locus of one of the greatest flowerings in Western literature, philosophy, music and art. It rivalled 5th-century Greece and 15th-century Italy. We'll read a selection from the verse and prose of Spenser, Sidney, Raleigh, Marlowe, Hooker, Bacon and others. Of course, we'll read Shakespeare too, arguably the centre of the Western canon.

COST \$325 + applicable tax
SECTION
001 07 Feb 2019 – 28 Mar 2019
8 Sessions, In-class
Thurs, 1:00pm to 3:00pm
Instructor Harley Price
D **A** **✿**

MUSIC

FIVE ITALIAN OPERAS FOR PARIS 3510

In the 19th century, the Théâtre des Italiens in Paris was controversially dedicated to performances of works by Italian composers exclusively. It was the third most important state theatre after the Palais Garnier and the Opéra comique. To have an opera produced there was the summit of ambition for every Italian composer: Rossini, Bellini, Donizetti and Verdi were honoured to be commissioned by this house. Join us to explore the differences between domestic French operas and those of the Italians, and the surprising accommodations that Italian composers had to make to meet French tastes. Amongst several operas for Paris, we'll highlight Rossini's *Il Viaggio a Reims*, Bellini's *I Puritani*, Donizetti's *La Fille du régiment* and Verdi's *Les Vêpres siciliennes* and *Don Carlos*.

COST \$250 + applicable tax
SECTION
001 13 Sep 2018 – 11 Oct 2018
5 Sessions, In-class
Thurs, 2:00pm to 4:00pm
Instructor Iain Scott
D **A** **Q**

GET MORE OUT OF BALLET 2415

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 performance history and

historical context, the choreographer's life and works, the story on which the ballet is based, or compare different versions.

COST \$245 + applicable taxes
SECTION
009 15 Oct 2018 – 19 Nov 2018
6 Sessions, In-class
Mon, 6:30pm to 8:30pm
Instructor Katherine Barber
D **A** **Q**

ITALIAN OPERA AFTER VERDI 3509

Learn about the rich repertoire of the 'Verismo' group of composers and the demonstrative vocal style that their 'realistic' operas demanded of singers. Theirs was the final flowering of Italian opera in the 1890s and the years leading up to the First World War. Then, after Puccini's grand *Turandot*, the spark seemed to go out.

COST \$250 + applicable tax
SECTION
001 15 Jan 2019 – 12 Feb 2019
5 Sessions, In-class
Tues, 2:00pm to 4:00pm
Instructor Iain Scott
D **A** **✿**

VERDI'S FIVE MIDDLE-PERIOD MASTERPIECES 3508

After his “years in the galleys”, Verdi emerged as the supreme master of Italian opera in the 1850s and 1860s. Whether you are new to opera or a long-time enthusiast, join us for five of his most famous “middle-period” masterpieces, beginning with one of his French “grand operas”, *The Sicilian Vespers*. Then we'll come to know his most complex and darkest exploration of a father-daughter relationship, *Simon Boccanegra*. In week three, it's an unbroken sequence of betrayals in *A Masked Ball* and in week four his sprawling dramatic saga *The Force of*

Destiny. We end climactically with perhaps his greatest musical achievement, *Don Carlos*.

COST \$250 + applicable tax
SECTION
001 06 Nov 2018 – 04 Dec 2018
5 Sessions, In-class
Tues, 2:00pm to 4:00pm
Instructor Iain Scott
D **A** **Q**

PHILOSOPHY
AND LAW

ART THAT ASKS QUESTIONS 3182

Examine and discuss works of art that ask important questions 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 of visual art to our unconscious minds, to the good life we crave, to the archetypes through which we imagine our stories and to the whole cultural impulse that makes us human.




COST \$245 + applicable taxes
SECTION
004 05 Mar 2019 – 09 Apr 2019
6 Sessions, In-class
Tues, 7:00pm to 9:00pm
Instructor Alistair Macrae
D **A** **✿**



PHILOSOPHY
AND LAW
(CONTINUED)




EXISTENTIALISTS
IN LOVE 3494

Jean-Paul Sartre and Simone de Beauvoir were, for many, the most intriguing intellectual couple of the 20th century. At the core of their writing, and their life together, was a brazen focus on personal experience, and a call for integrity and responsibility. Existentialism was the radical philosophical doctrine they helped to create and make popular. It remains provocative, enthralling and—potentially—inspiring. Join us to learn of the origins and development of modern Existentialism by coming to know these two great thinkers and lovers.

COST \$245 + applicable taxes
SECTION
002 07 May 2019 – 11 Jun 2019
6 Sessions, In-class
Tues, 6:30pm to 8:30pm
Instructor Patrick Farrell
  

FILM & PHILOSOPHY 2628

This is a course for people who love great films and want to think about them in a deeper way. Through discussion and lectures, each class will invite you to engage in a philosophical theme as illustrated by a renowned film. To benefit returning students, a new set of films is shown every year.

COST \$245 + applicable taxes
SECTION
008 09 Jan 2019 – 13 Feb 2019
6 Sessions, In-class
Wed, 6:00pm to 9:00pm
Instructor Alistair Macrae
  



FREUD AND JUNG 3314

Sigmund Freud and Carl Jung laid the foundation for modern psychology, psychiatry and psychoanalysis. Their theories form much of the basis of our understanding, and common misunderstanding, of the human mind. Explore the brief but fruitful collaboration and ultimate divergence between these two monumental thinkers. We'll delve into the key concepts in both men's work within their historical contexts. Learn about Freud's notions of transference, repression and the psyche, and 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 \$245 + applicable taxes
SECTION
002 09 Oct 2018 – 13 Nov 2018
6 Sessions, In-class
Tues, 6:30pm to 8:30pm
Instructor Patrick Farrell
  




GREAT LEGAL TRIALS THAT
CHANGED THE COURSE OF
WESTERN CIVILIZATION:
A SOCIAL HISTORY 3299

Socrates, Galileo, Dreyfus, Scopes, Nuremberg, Roe v Wade: all of these were legal trials that changed the course of history. From Socrates asking what is good to Roe v Wade that established a woman's right to control her own body, these trials—and the people involved—forced societies to look at ourselves through a legal lens and ask “can we be better?” In this course, we'll try to answer that question.

COST \$325 + applicable tax
SECTION
002 15 Oct 2018 – 03 Dec 2018
8 Sessions, In-class
Mon, 1:00pm to 3:00pm
Instructor Sylvia Solomon
  

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. Discover how historic and contemporary philosophers can illuminate the most pressing issues of our time. Examples may include the rise of authoritarianism, economic inequality, Black Lives Matter, the ethics of self-driving cars, euthanasia, environmental destruction and the puzzle of animal minds. How do we and should we live? What is the real nature of our world?

COST \$245 + applicable taxes
SECTION
004 01 Nov 2018 – 06 Dec 2018
6 Sessions, In-class
Thurs, 7:00pm to 9:00pm
Instructor Kevin Temple
  

PHILOSOPHY AND ARTIFICIAL
INTELLIGENCE 3487

The artificial intelligence (“AI”) revolution promises—or threatens—to change how we work and live. Join us to explore the difference between human and artificial intelligence, and the practical challenges of living with deep-learning machines. We'll start by considering the models of intelligence underpinning old and new AI, where they succeed, and how they fall short of rational human thought. We'll finish by discussing the political

threat of AI putting millions of people out of work, the ethical quandary of letting machines make life or death choices, and whether we should fear the rise of an artificial superintelligence.

COST \$245 + applicable taxes
SECTION
001 02 May 2019 – 06 Jun 2019
6 Sessions, In-class
Thurs, 7:00pm to 9:00pm
Instructor Kevin Temple
  

PHILOSOPHY OF LAW, PART I:
JUSTICE & POWER 2454

We'll ask important questions generated by the legal process. We'll begin with legal reasoning: how do judges decide cases? (The answer may surprise you.) We'll then consider the nature of law itself: is it just a series of commands or is there a moral obligation to obey it? To what extent may the law properly constrain the freedom of the individual: to prevent harm to others? to protect him from himself? to prevent her from offending others? What about abortion? Assisted suicide? Are some liberties (like freedom of speech) critical and, if so, should hate speech still be prohibited? Sharpen your thinking about the issues through the use of concepts, analysis and arguments provided by the readings and vigorous discussion of actual and hypothetical cases.

COST \$390 + applicable tax
SECTION
007 02 Oct 2018 – 20 Nov 2018
8 Sessions, In-class
Tues, 1:00pm to 4:00pm
Instructor Sydney Goldenberg
  




SPEAKING YOUR MIND:
THE POLITICS AND
HISTORY OF FREEDOM
OF EXPRESSION 3321

Gain insight into many aspects of freedom of expression and censorship. We'll explore a broad range of historical and contemporary issues, including hate speech, pornography, defamation and press freedom, the ethics of data leaking, 'fake news' and the surveillance state. Our spirited class analysis and wide-ranging debate will focus on legal materials, literary and philosophical works, media commentary and the visual arts. No prior legal knowledge is required.

COST \$245 + applicable taxes
SECTION
002 13 Sep 2018 – 18 Oct 2018
6 Sessions, In-class
Thurs, 6:30pm to 8:30pm
Instructor David Tortell
  




THE HISTORY OF WESTERN
PHILOSOPHY: ANCIENT AND
MEDIEVAL THOUGHT 2718

Join us for a wide-ranging, interdisciplinary study of the first attempts to understand human nature within the Western tradition. We'll begin by juxtaposing the Biblical, Ancient Greek and Roman responses to basic philosophical questions. We'll then move on to the efforts of medieval writers to assimilate these very different traditions. We'll conclude with Machiavelli's radical challenge to these earlier views, which set the stage for the more pragmatic and rationalistic interpretations of human nature in the modern era.

COST \$325 + applicable tax
SECTION
007 25 Sep 2018 – 13 Nov 2018
8 Sessions, In-class
Tues, 6:30pm to 8:30pm
Instructor Jonathan Salem-Wiseman
  

THE HISTORY OF WESTERN
PHILOSOPHY: THE 17TH TO
THE 19TH CENTURY 2719




Take a wide-ranging, interdisciplinary look at how conceptions of human nature changed from the Renaissance to the 19th century. These conceptions are suggested by questions like these: Are human beings inherently good or evil? Self-interested or altruistic? Isolated individuals or social creatures? Moral agents or just calculating animals? See learn.utoronto.ca for the authors' names.

COST \$325 + applicable tax
SECTION
007 08 Jan 2019 – 26 Feb 2019
8 Sessions, In-class
Tues, 6:30pm to 8:30pm
Instructor Jonathan Salem-Wiseman
  

THE HISTORY OF WESTERN
PHILOSOPHY: THE 20TH
CENTURY 2720

Take a wide-ranging, interdisciplinary look at how conceptions of human nature have developed from the end of the 19th century to the present day. See how different writers addressed some persistent themes: Is human nature fixed or still changing? Are we made or self-making creatures? Are we conformist or free? Can we make progress or are we in grave danger from our own natures? Are we suited or unsuited to modern capitalism and the challenges




of new technologies? See learn.utoronto.ca for the authors' names.

COST \$325 + applicable tax
SECTION
007 07 May 2019 – 25 Jun 2019
8 Sessions, In-class
Tues, 6:30pm to 8:30pm
Instructor Jonathan Salem-Wiseman
  

RELIGION

GOSPEL PORTRAITS
OF JESUS 3151




What are the Gospels—legendary tales, theological accounts or biographies of Jesus? Why are there only four of them: Matthew, Mark, Luke and John? What portrait or portraits 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 tax
SECTION
004 11 Sep 2018 – 30 Oct 2018
8 Sessions, In-class
Tues, 6:30pm to 8:30pm
Instructor Tony Costa
  

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 informed, lively discussion of the ways in which churches, secularists, scientists and reformers have interpreted the Bible in light of the events of their day and the ways in which they do so today.

COST \$245 + applicable taxes
SECTION
010 08 May 2019 – 12 Jun 2019
6 Sessions, In-class
Wed, 6:30pm to 8:30pm
Instructor Gordon F. Davies
  

RELIGIONS OF THE WEST:
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 each religion says about fundamental matters such as inspiration, modernity, authority, art, science, sexuality, hope and eternity.

COST \$245 + applicable taxes
SECTION
022 01 Nov 2018 – 06 Dec 2018
6 Sessions, In-class
Thurs, 2:00pm to 4:00pm
Instructor Gordon F. Davies
  

UNIVERSITY LECTURE SERIES

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.

COST \$162 + applicable tax

SECTION

078 10 Sep 2018 – 19 Nov 2018
Lecture
Mon, 12:00pm to 1:00pm



080 03 Oct 2018 – 05 Dec 2018
Lecture
Wed, 1:00pm to 2:00pm



076 04 Oct 2018 – 06 Dec 2018
Lecture
Thurs, 12:30pm to 1:30pm



079 04 Feb 2019 – 15 Apr 2019
Lecture
Mon, 12:00pm to 1:00pm



081 06 Feb 2019 – 10 Apr 2019
Lecture
Wed, 1:00pm to 2:00pm



077 07 Feb 2019 – 11 Apr 2019
Lecture
Thurs, 12:30pm to 1:30pm



VISUAL ART AND ARCHITECTURE

ARCHITECTURE OF THE MIDDLE AGES 2873

Discover the great cathedrals, castles and public buildings of medieval architecture. Built in the transitional time between antiquity and modernity, these are some of the most beautiful and important buildings in the West. We will trace the effects of social structure, religious practices and changing technology on architecture. Centuries later some elements of medieval architecture were revived, and we will see how newer cities such as Toronto benefited from their powerful forms.

COST \$325 + applicable tax

SECTION

005 19 Sep 2018 – 07 Nov 2018
8 Sessions, In-class
Wed, 10:00am to 12:00pm
Instructor Marta O'Brien



ARCHITECTURE OF SOUTHERN ONTARIO 3103

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 details, including archival photographs.

COST \$325 + applicable tax

SECTION

005 04 Oct 2018 – 22 Nov 2018
8 Sessions, In-class
Thurs, 6:30pm to 8:30pm
Instructor Marta O'Brien



ARCHITECTURE: ALL AROUND US 2591

Architecture is everywhere and affects our daily experience of a street, a neighbourhood and a city—often unconsciously. This course will help you really see the architecture around you, and express why you love or loathe a structure. We will examine the use of ornament, materials, scale and other elements. How and why have their uses changed? We will discuss and compare our reactions to these elements and the resulting buildings. One class will be a walking tour.

COST \$325 + applicable tax

SECTION

005 06 Feb 2019 – 27 Mar 2019
8 Sessions, In-class
Wed, 10:00am to 12:00pm
Instructor Marta O'Brien



ART AND THE EXPERIENCE OF SEEING 3355

Artists employ some key visual devices to capture our attention and provoke a response, while encouraging us to develop our own artistic eye. To learn more about the visual experience of art, we'll draw inspiration from a variety of theories of seeing from philos-

ophy, psychology, art criticism, colour theory, and from the words of artists themselves. We'll be looking mostly at European art, selecting from a wide range of periods and styles from the Renaissance to the present day. Join us for lectures, lively discussions and the friendly exchange of ideas. We'll dedicate one class to trying out some simple drawing exercises.

COST \$220 + applicable tax

SECTION

003 23 Apr 2019 – 21 May 2019
5 Sessions, In-class
Tues, 11:00am to 1:00pm
Instructor Michelle Fish



ART DECO: ART IN THE AGE OF DECADENCE 2594

Capture the spirit and optimism of the 1920s as art historian Natalie Ribkoff guides you through the sparkling world of Art Deco. We'll take a virtual tour of the great cities that embraced the style, including Paris, London, Mumbai and New York. We'll encounter famous landmarks, including the Chrysler Building in New York and the distinctive Deco district of Miami Beach. Survey the unique creations in each region and appreciate the versatility of the artists, designers, jewellers and glass-makers who transformed an emphasis on geometric lines and streamlined shapes into great works of art. The course will include an optional visit to the Royal Ontario Museum's Art Deco collection (admission fee not included). Experience the luxury and decadence of the age through slide lectures and discussions that illuminate Art Deco's distinctive architecture, fashion, industrial design and decorative objects.

COST \$245 + applicable taxes

SECTION

007 15 Jan 2019 – 19 Feb 2019
6 Sessions, In-class
Tues, 10:00am to 12:00pm
Instructor Natalie Ribkoff



ART OF THE 18TH CENTURY 3184

The art of the 18th century embodied it as an era of change. The Rococo style spoke to the decadence of the aristocracy. Later, Hogarth and others conveyed the elegant rationalism of the Enlightenment. Democrats looked to ancient Greece, and Napoleon took imperial Rome as his model. The art of the 18th century shows us the power, personalities and ideas of the age.

COST \$325 + applicable tax

SECTION

002 09 Jan 2019 – 27 Feb 2019
8 Sessions, In-class
Wed, 11:00am to 1:00pm
Instructor Barbara Isherwood



ART OF THE CELTS 3232

Trace the two-thousand-year history of Celtic art. An early animal style gave way to sophisticated metalwork and jewellery, ornamented with gorgeous abstract designs. As Christians, they adapted their art and produced treasures like the magnificent Irish High Crosses and the intricate ornament of the Book of Kells. The Celtic Revival included Celtic themes and motifs in Pre-Raphaelite and Art Nouveau works. Finally, we'll see how contemporary artists continue to express a Celtic identity in this age of globalization.

COST \$245 + applicable taxes

SECTION

002 09 Oct 2018 – 13 Nov 2018
6 Sessions, In-class
Tues, 11:00am to 1:00pm
Instructor Barbara Isherwood



ART THROUGH THE AGES: PART I 2590

Get the "big picture" of art history in this exciting exploration of great art from cave painting to the 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. We'll look at Lascaux Cave, the Pyramids, the Parthenon, Chartres Cathedral, paintings by Jan van Eyck, Leonardo da Vinci, Raphael, Rembrandt, Rubens, Vermeer and Velázquez, sculpture by Michelangelo and Bernini, and prints by Dürer and Rembrandt.

COST \$325 + applicable tax

SECTION

008 10 Oct 2018 – 28 Nov 2018
8 Sessions, In-class
Wed, 11:00am to 1:00pm
Instructor Barbara Isherwood



ART THROUGH THE AGES: PART II 2596

Trace art's trajectory since the Enlightenment. See how Neoclassicism, Romanticism, Realism and Impressionism reflect increasing secularization. We'll see how Expressionism, Symbolism and Post-Impressionism present the individual artist's view. Cubism signals eman-

ation from representation, culminating in Minimalism and Earth Art. We return to the image in Pop Art and Post-Modernism. Contemporary artists express the spirit of the 21st century through video and installations. (Though a sequel to Part I, this course can be taken independently.)

COST \$325 + applicable tax

SECTION

008 03 Apr 2019 – 22 May 2019
8 Sessions, In-class
Wed, 11:00am to 1:00pm
Instructor Barbara Isherwood



CELEBRATING WOMEN ARTISTS 3493

Throughout history, women artists have been neglected, forgotten or occasionally allowed into the shadow of their men. Join us to study and participate in the new interest in women's work. We'll pay special attention to the women featured in recent AGO exhibitions: ground-breaking Frida Kahlo and Georgia O'Keeffe, and Yayoi Kusama whose striking installation art drew large crowds in spring 2018.

COST \$245 + applicable taxes

SECTION

001 03 Oct 2018 – 07 Nov 2018
6 Sessions, In-class
Wed, 7:00pm to 9:00pm
Instructor Osnat Lippa



DRAWING FOR ABSOLUTE BEGINNERS 2035

Ever wanted to learn to draw but been too afraid to try? Learn to loosen your hand and sharpen your eye through clear explanations and practice. A popular favourite for art 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 exhibits at U of T for insight, discussion and inspiration. E-mail the instructor with any questions and for the modest supply list to be purchased for the first class: begdraw@yahoo.ca. One class will be dedicated to colour. Excellent preparation for Drawing on Dynamic Energy, SCS 3356.

COST \$245 + applicable taxes

SECTION

011 12 Mar 2019 – 16 Apr 2019
6 Sessions, In-class
Tues, 11:00am to 1:00pm
Instructor Michelle Fish



DRAWING ON DYNAMIC ENERGY: THE EXPRESSIVE LINE 3356

Artists have been employing quick sketches or "gestures" for centuries to help plan their work. Starting with slow drawings, you'll find yourself increasing to quick, expressive sketches as artistic skill and visual stamina increase. This above-beginner course can be taken many times to help unlock artistic blocks while continuing to build on previous skills. We'll combine still life, perspective and colour. Beginners will prefer Drawing Course 2035 as excellent preparation. Write begdraw@yahoo.ca for a modest list of supplies to be purchased for the first class.

COST \$325 + applicable tax

SECTION

002 16 Oct 2018 – 04 Dec 2018
8 Sessions, In-class
Tues, 11:00am to 1:00pm
Instructor Michelle Fish



VISUAL
ART AND
ARCHITECTURE
(CONTINUED)

EIGHT NIGHTS IN THE
ART WORLD: MORE
CONVERSATIONS FROM THE
TORONTO ART WORLD 2597

Discover Toronto’s ever-expanding art scene. This course, formerly entitled Conversations from the Toronto Art World, will hold classes in a different gallery each night, with both artist and dealer present to discuss the work. Experiencing the artwork in company with the artist will bring a new dimension to this popular class. Limited enrolment will allow for a less formal and more conversational experience. 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.

COST \$440 + applicable tax

SECTION

008 02 Oct 2018 – 20 Nov 2018
8 Sessions,
Various Art Galleries
Tues, 6:30pm to 8:30pm
Instructor Shari Orenstein

EUROPEAN ART: CHINESE
INFLUENCES 3478

Discover the ways that Chinese porcelains, silks, lacquers and paintings stimulated Western art from the 16th to 18th centuries. Europeans were fascinated with “exotic” Eastern objets d’art. We’ll study examples of Western art that demonstrate changes in European style and taste. And we’ll see how Chinese blue and

white ceramics influenced the development of Western ceramics. Our lively discussions will touch on the importance of the Dutch East India Company; the Jesuit missionaries; the Ming dynasty Chinese maritime explorer Zheng He; and the transmission of Chinese art along the Silk Road.

COST \$245 + applicable taxes

SECTION

001 27 Sep 2018 – 01 Nov 2018
6 Sessions, In-class
Thurs, 6:00pm to 8:00pm
Instructor Susan Lahey

EVOLVING TORONTO:
SHAPED BY FUNCTION 3341

Join Marta O’Brien to learn why Toronto looks the way it does. The city evolved from a military base and government town into a major manufacturing hub, then a financial and cultural centre. These roles have shaped the city’s architecture and layout, determining—for example—where people live and where the financial district is located. Changing modes of transportation and municipal planning policies, including those related to architectural preservation, have also affected the city’s appearance. We’ll explore all these factors through hundreds of images, discussions and a walking tour.

COST \$325 + applicable tax

SECTION

004 10 Jan 2019 – 28 Feb 2019
8 Sessions, In-class
Thurs, 10:00am to 12:00pm
Instructor Marta O’Brien

GREAT GARDENS:
MUSE, PARADISE &
PLAYGROUND 2874

Tour some of the great gardens of Europe through the eyes of photographer Susanne Jeffery. If you love gardens, social history, art, travel or photography, come explore Giverny, Versailles, Hidcote Manor, Kew and others. Louis XIV’s Versailles competed with the luxurious Château Vaux-le-Vicomte to embody the perfect harmony between architecture and environment. In addition to viewing photos of living gardens, we will appreciate them in paintings from Botticelli’s *La Primavera* to David Hockney’s *Red Pots in the Garden*.

COST \$325 + applicable tax

SECTION

004 12 Sep 2018 – 31 Oct 2018
8 Sessions, In-class
Wed, 11:00am to 1:00pm
Instructor Susanne Jeffery

GREAT HOUSES: A NATION’S
HISTORY & ART 2602

Get an insider’s view of life and society in the British country house with photographer Susanne Jeffery. Susanne’s rare collection of photographs, taken for one of the world’s major auction houses, brings to life the rich cultural and artistic heritage of the great houses of the British Isles. Her extraordinary images will show you paintings, porcelain, tapestries, furnishings, architecture and luxurious gardens in the tranquility and beauty of the British countryside. You’ll discover unparalleled art and interior design and discuss the social, political and cultural history of the families—and the nation—in the context of these great houses.

You’ll see where dozens of coronations have been held, settings you might recognize from TV and film productions like *Pride and Prejudice*. The properties include Blenheim Palace, Scone Palace, Blair Castle, Chatsworth House, Brodie Castle, Kelmscott Manor, Dalmeny House and Sissinghurst Castle.

COST \$245 + applicable taxes

SECTION

005 09 Jan 2019 – 13 Feb 2019
6 Sessions, In-class
Wed, 11:00am to 1:00pm
Instructor Susanne Jeffery

GREAT WESTERN
ARCHITECTS 2737

The influence of architects from as long ago as the 1500s can be seen in many buildings today—even in Toronto. We’ll 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 buildings and writings still influence residential architecture), Shaw (whose 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 architectural historian Marta O’Brien to view and discuss images of the buildings of these architects and their disciples, including examples in Toronto.

COST \$325 + applicable tax

SECTION

006 02 May 2019 – 20 Jun 2019
8 Sessions, In-class
Thurs, 6:30pm to 8:30pm
Instructor Marta O’Brien

HEAVEN ON EARTH:
EARLY CHRISTIAN AND
BYZANTINE ART 3453

The earliest Christians illustrated their new faith in art. By the Byzantine period (4th-15th centuries), eastern Christian art had developed into an elaborate and intriguing style, full of rich symbolism and allegory. It presented heaven on earth to admirers and worshippers. Learn how to ‘read’ the narration of mosaics and iconography. Discover the Byzantine treasure of icons, frescoes, mosaics and calligraphy. We’ll enjoy rich visual material, real copies of Byzantine icons, discussions and informative lectures.

COST \$245 + applicable taxes

SECTION

001 10 Oct 2018 – 14 Nov 2018
6 Sessions, In-class
Wed, 6:30pm to 8:30pm
Instructor Georgia Kafka

HISTORIC STREETS
OF TORONTO 3108

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 of a Baldwin family estate. Now extending south as Spadina Avenue, it includes Chinatown and the Fashion District. Other

streets are part of later history: University Avenue was planned as a grand boulevard incorporating ideas from the City Beautiful movement. No matter how well you know the city, you’ll be surprised. One class will be a walking tour.

COST \$325 + applicable tax

SECTION

005 07 May 2019 – 25 Jun 2019
8 Sessions, In-class
Tues, 10:00am to 12:00pm
Instructor Marta O’Brien

HISTORY OF FURNITURE 3002

Discover how the culture of their time and place shaped what the peoples of the West sat on, slept on, ate at and decorated their rooms with. We will supplement the course with an optional visit to the Royal Ontario Museum and its set of period rooms. (Entrance fee not included.)

COST \$245 + applicable taxes

SECTION

003 02 Apr 2019 – 07 May 2019
6 Sessions, In-class
Tues, 11:00am to 1:00pm
Instructor Barbara Isherwood

INSIDE TORONTO’S
ARCHITECTURAL
TREASURES 3471

Many of Toronto’s significant buildings have amazing interiors that are usually closed to the public. In this course, we’ll go inside to discover beautifully crafted wood, plaster and stone ornament while learning about interior architectural elements and the layout of spaces. Explore former mansions, stunning churches and special event spaces such as the Carlu. Architectural historian Marta O’Brien has gained access and she’ll share hundreds of photographs of these remarkable buildings.

COST \$325 + applicable tax

SECTION

001 05 Mar 2019 – 23 Apr 2019
8 Sessions, In-class
Tues, 6:30pm to 8:30pm
Instructor Marta O’Brien

SIGHT & SOUND: WHAT
MAKES A MOVIE GREAT? 3242

Critique the critics. 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.

COST \$325 + applicable tax

SECTION

002 20 Feb 2019 – 10 Apr 2019
8 Sessions, In-class
Wed, 6:00pm to 9:00pm
Instructor Shlomo Schwartzberg

THE AGO: A PERSONAL
DISCOVERY 2739

The city’s great gallery will come alive for you. Medieval, Renaissance, Baroque, Impressionism and Expressionism are just a few of the styles and periods we will discover. From painting to photography, sculpture to printmaking, we’ll cover them in a way that’s challenging yet accessible. Classes meet at the AGO, where each week we’ll focus on a new gallery. Entrance fees are not included.

COST \$195 + applicable tax

SECTION

009 27 Mar 2019 – 17 Apr 2019
4 Sessions
Art Gallery of Ontario
Wed, 7:00pm to 9:00pm
Instructor Tina Urman

010 28 Mar 2019 – 18 Apr 2019
4 Sessions
Art Gallery of Ontario
Thurs, 11:00am to 1:00pm
Instructor Tina Urman

THE ART OF
COMPOSITION 3466

We’ll explore the methods that artists use to organize shapes, colours, lines, and patterns of light and dark in provocative ways, in order to spark an emotional and visual response from the viewer. Learn what makes a composition strong, so that it communicates powerful messages through the artwork. We’ll have an opportunity to explore 20th-century Canadian and American art from a fresh perspective. Our art-tour format will include two classes at the AGO as well as two classes viewing the U of T collection. (Admission fee required for two visits to the AGO).

COST \$220 + applicable tax

SECTION

001 18 Sep 2018 – 09 Oct 2018
4 Sessions, In-class
Tues, 11:00am to 1:30pm
Instructor Michelle Fish



THE IMPRESSIONIST
REVOLUTION 3175

In 1874, an exhibition opened in Paris that changed the face of Western art. A disparaging critic called one of the paintings an “impression” and unwittingly gave the group its name. With its lively colours and simple subjects, Impressionism appears accessible. Discover the complexity of its history and ambitions. It united artists with strong and sometimes opposing personalities, working in styles so different that they seem to have nothing in common.

COST \$295 + applicable tax

SECTION

003 30 Jan 2019 – 13 Mar 2019
7 Sessions, In-class
Wed, 7:00pm to 9:00pm

Instructor Osnat Lippa



THE SPIRITUAL IN ART 3001

From images that inspire public prayer to the personal need to express ideas about what lies beyond, artists have tackled the challenge of giving visual form to the unseen. Join us to explore sites of worship such as Stonehenge, the Parthenon, Angkor Wat, Chartres Cathedral and the Dome of the Rock. We'll look at sacred works from the Italian Renaissance and Hindu India as well as beautiful Arabic calligraphy. Modernists manifested the ineffable through colour and line, while contemporary artists use video, light and sound to evoke the spiritual, one of art's perennial themes.

COST \$325 + applicable tax

SECTION

003 08 Jan 2019 – 26 Feb 2019
8 Sessions, In-class
Tues, 11:00am to 1:00pm

Instructor Barbara Isherwood



TORONTO'S
NEIGHBOURHOOD
ARCHITECTURE 2438

Toronto has often been described as a “City of Neighbourhoods.” Some began as villages or towns while others were suburbs before joining the City. Through hundreds of images we will explore the architecture and history of approximately a dozen of our neighbourhoods. Who lived there and why? What form did their houses and businesses take? What remains today of the original settlements? Neighbourhood examples will include Yorkville, the Beach and the Junction. One class will be a walking tour.

COST \$325 + applicable taxes

SECTION

008 11 Sep 2018 – 30 Oct 2018
8 Sessions, In-class
Tues, 10:00am to 12:00pm

Instructor Marta O'Brien



009 01 May 2019 – 19 Jun 2019
8 Sessions, In-class
Wed, 10:00am to 12:00pm

Instructor Marta O'Brien



creative
writing

U OF T SUMMER WRITING SCHOOL & UTM SUMMER WRITING SCHOOL

Sign up for one of these 5-day intensive workshops offered in a multitude of different genres. Strengthen your own work by finding out how some of Canada’s top writers approach their craft. Hosted at our downtown Toronto campus between July 9th and 13th 2018 and at our beautiful Mississauga campus from July 23rd to 27th 2018, these sessions are in high demand and space is limited. Visit our website at learn.utoronto.ca/e/utsws and enrol today!

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 focus, polish and deepen your writing. The other half is devoted to discussing an aspect of literary technique such as character, setting, plot, point of view, structure or revision.

COST \$599
APPLICABLE CERTIFICATES Creative Writing

SECTION

- 367 10 Sep 2018 – 19 Nov 2018
10 Sessions, In-class
Mon, 7:00pm to 9:00pm
Instructor Michel Basillieres
D A Q
- 388 10 Sep 2018 – 18 Nov 2018
Online
Instructor Grace O’Connell
O Q

- 368 17 Sep 2018 – 26 Nov 2018
10 Sessions, In-class
Mon, 1:00pm to 3:00pm
Instructor Danila Botha
D A Q
- 369 18 Sep 2018 – 20 Nov 2018
10 Sessions, In-class
Tues, 7:00pm to 9:00pm
Instructor Blair Hurley
D A Q
- 370 26 Sep 2018 – 28 Nov 2018
10 Sessions, In-class
Wed, 7:00pm to 9:00pm
Instructor Laura Lush
D A Q
- 371 29 Sep 2018 – 08 Dec 2018
10 Sessions, In-class
Sat, 11:00am to 1:00pm
Instructor Michel Basillieres
D A Q
- 389 01 Oct 2018 – 09 Dec 2018
Online
Instructor Amy Jones
O Q
- 362 09 Oct 2018 – 04 Dec 2018
8 Sessions, In-class
Tues, 7:00pm to 9:30pm
Instructor Ranjini George Philip
M A Q
- 372 02 Oct 2018 – 04 Dec 2018
10 Sessions, In-class
Tues, 1:00pm to 3:00pm
Instructor Elizabeth Ruth
D A Q
- 373 10 Oct 2018 – 12 Dec 2018
10 Sessions, In-class
Wed, 7:00pm to 9:00pm
Instructor Anand Mahadevan
D A Q
- 365 15 Oct 2018 – 03 Dec 2018
8 Sessions, In-class
Mon, 7:00pm to 9:30pm
Instructor Alexandra Leggat
S A Q
- 374 08 Jan 2019 – 12 Mar 2019
10 Sessions, In-class
Tues, 7:00pm to 9:00pm
Instructor Michel Basillieres
D A
- 375 14 Jan 2019 – 25 Mar 2019
11 Sessions, In-class
Mon, 1:00pm to 3:00pm
Instructor Elizabeth Ruth
D A
- 390 14 Jan 2019 – 24 Mar 2019
Online
Instructor Grace O’Connell
O

- 376 23 Jan 2019 – 27 Mar 2019
10 Sessions, In-class
Wed, 7:00pm to 9:00pm
Instructor Laura Lush
D A
- 377 02 Feb 2019 – 20 Apr 2019
12 Sessions, In-class
Sat, 11:00am to 1:00pm
Instructor Michel Basillieres
D A
- 378 07 Feb 2019 – 11 Apr 2019
10 Sessions, In-class
Thurs, 7:00pm to 9:00pm
Instructor Adam Foulds
D A
- 379 12 Feb 2019 – 16 Apr 2019
10 Sessions, In-class
Tues, 1:00pm to 3:00pm
Instructor Danila Botha
D A
- 391 18 Feb 2019 – 28 Apr 2019
Online
Instructor Amy Jones
O
- 363 19 Feb 2019 – 09 Apr 2019
8 Sessions, In-class
Tues, 7:00pm to 9:30pm
Instructor TBA
M A
- 380 05 Mar 2019 – 23 Apr 2019
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Ken Murray
D A
- 381 07 Mar 2019 – 25 Apr 2019
8 Sessions, In-class
Thurs, 12:30pm to 3:00pm
Instructor Sara Peters
D A
- 382 15 Apr 2019 – 19 Apr 2019
5 Sessions, In-class
Mon, Tues, Wed, Thurs, Fri,
10:00am to 3:00pm
Instructor David Layton
D A
- 366 06 May 2019 – 24 Jun 2019
8 Sessions, In-class
Mon, 7:00pm to 9:30pm
Instructor Alexandra Leggat
S A
- 392 06 May 2019 – 14 Jul 2019
Online
Instructor Grace O’Connell
O
- 364 07 May 2019 – 25 Jun 2019
8 Sessions, In-class
Tues, 7:00pm to 9:30pm
Instructor Ranjini George Philip
M A

CREATIVE WRITING THROUGH READING 1695

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.

COST \$649
APPLICABLE CERTIFICATES Creative Writing

SECTION

- 030 10 Sep 2018 – 11 Nov 2018
Online
Instructor Christine Fischer Guy
O Q
- 122 12 Sep 2018 – 31 Oct 2018
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Alexandra Leggat
D A Q
- 131 01 Oct 2018 – 09 Dec 2018
Online
Instructor David Layton
O Q
- 123 15 Oct 2018 – 03 Dec 2018
8 Sessions, In-class
Mon, 12:30pm to 3:00pm
Instructor Damian Tarnopolsky
D A Q
- 124 03 Nov 2018 – 11 Nov 2018
4 Sessions, In-class
Sun, Sat, 10:00am to 4:00pm
Instructor Kim Echlin
D A Q
- 132 21 Jan 2019 – 17 Mar 2019
Online
Instructor Christine Fischer Guy
O
- 125 28 Jan 2019 – 25 Mar 2019
9 Sessions, In-class
Mon, 6:30pm to 9:00pm
Instructor Damian Tarnopolsky
D A

- 133 18 Feb 2019 – 14 Apr 2019
Online
Instructor David Layton
O
- 126 20 Feb 2019 – 10 Apr 2019
8 Sessions, In-class
Wed, 12:30pm to 3:00pm
Instructor Alexandra Leggat
D A
- 127 06 Apr 2019 – 14 Apr 2019
4 Sessions, In-class
Sun, Sat, 10:00am to 4:00pm
Instructor Kim Echlin
D A
- 134 06 May 2019 – 29 Jun 2019
Online
Instructor Christine Fischer Guy
O

CREATIVE WRITING FINAL PROJECT TUTORIAL 1681

This is the final component of the Certificate in Creative Writing. Working with an SCS instructor for a maximum of five months, you’ll revise and polish a work in your chosen genre: poetry, drama, screenplay, children’s picture book, fiction or non-fiction. The supervisor will take you through two detailed revisions. The final manuscript will be evaluated by a certificate panel (the program head, your supervisor and a prominent writer who knows your genre). You must complete it within five years of taking your first Creative Writing course, after you have completed all other requirements. Once you have a complete draft, you may register at any time of year. You will be contacted with further details within a few days of your registration.

COST \$999
APPLICABLE CERTIFICATES Creative Writing

PREREQUISITES

You must have completed six courses in total before registering for your Final Project: 1664 Creative Writing: Introduction, 1695 Creative Writing through Reading, one introductory course in genre writing, a second course in that genre, plus two electives. You must complete a first draft of your project before registering.

SECTION

- 022 Once you’ve fulfilled course requirements and chosen a supervisor, you can begin at any time of year.
1 May 2018 – 31 March 2019
Online
Instructor By Appointment
O

CREATING (AND EDITING) AN ONLINE LITERARY PUBLICATION 3517

Digital literary publications are thriving in this country. By bypassing the immense costs of print—and by harnessing the accessibility and shareability of the web—editors are transforming the way we read, discover, and promote literature today (and shaking up conventional gatekeepers in the process). This course will equip hopeful curators and community builders with the basic skills involved in founding, and running, an online literary publication. By the end of the course, you’ll be comfortable with starting your own project and making your own mark on Canadian Literature.

COST \$769
APPLICABLE CERTIFICATES Creative Writing

SECTION

- 002 21 Jan 2019 - 14 Apr 2019
Online
Instructors Fawn Parker, Spencer Gordon
O

A LITERARY AGENT’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 agent. 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, royalties, copyright, libel issues, your rights as an author and, most importantly, how to maximize your odds of success.

COST \$649
APPLICABLE CERTIFICATES Creative Writing

SECTION

- 023 03 Oct 2018 – 21 Nov 2018
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructors Ali McDonald, Sam Hiyate
D A Q
- 024 09 May 2019 – 27 Jun 2019
8 Sessions, In-class
Thurs, 6:30pm to 9:00pm
Instructors Ali McDonald, Sam Hiyate
D A

BACKSTAGE INTERNATIONAL FESTIVAL OF AUTHORS 2782

Get your backstage pass to the International Festival of Authors (IFOA), 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 IFOA, you’ll meet some of the world’s most famous authors and publishers and hear what they 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.



COST \$649
APPLICABLE CERTIFICATES Creative Writing

SECTION

- 007 22 Oct 2018 – 26 Oct 2018
5 Sessions, In-class
Mon, Tues, Wed, Thurs, Fri,
3:30pm to 6:00pm
Instructor David Layton
D A Q

CREATIVE WRITING IN SPANISH 2285

If you are an aspiring Hispanic-Canadian creative writer, this course will help you work on a narrative project at any level. You’ll learn about basic elements of fiction writing, such as plot and character, and meet a wider community of writers working in Spanish. The course is taught in Spanish by award-winning Mexican-Canadian author Martha Bátiz, whose work has been published in Canada, Mexico, Spain, Puerto Rico, the Dominican Republic and Peru.

COST \$599
APPLICABLE CERTIFICATES Creative Writing

SECTION

- 012 11 Oct 2018 – 29 Nov 2018
8 Sessions, In-class
Thurs, 6:30pm to 9:00pm
Instructor Martha Bátiz
D A Q

EXPERIMENTAL WRITING: INTRODUCTION 3518

A course of games, dreams and adventures to liberate the imagination and free one’s creativity. Classes will draw on avant-garde techniques in the literary and art worlds as well as from recent developments in gaming and app design. The course will involve encountering experimental writing

MULTI GENRE
(CONTINUED)

texts. All creative activities will be undertaken in a spirit of freedom and enjoyment.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
002 17 Oct 2018 – 05 Dec 2018
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Adam Foulds



**CREATIVE WRITING:
INFLUENCE AND
IMAGINATION** 3500

Creative writing is not just for aspiring artists. It can stimulate the imagination, make the ordinary exciting, and open up different perspectives about the world around us, both at home and in business. This course will enhance your approach to writing and make it more influential and interesting for the reader. You will explore your ideas, experiences, and emotions in new ways, and gain the confidence to convey them vividly to an audience. The course combines interactive workshops and activities, while experimenting with creative writing beyond traditional forms and genres.

COST \$649
SECTION
002 13 Oct 2018 – 01 Dec 2018
8 Sessions, In-class
Sat, 10:30am to 1:00pm
Instructor Sarah York



**EDITING ESSENTIALS
FOR WRITERS** 3310

Whether you have a partial chapter or a full-length manuscript, this course will help you improve it by honing your own editorial eye. You will learn how editors look at manuscripts, then how to step back with objectivity and really see yours. 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 work-shop-ping two to three excerpts of student works-in-progress.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
005 17 Oct 2018 – 05 Dec 2018
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Diane Terrana



004 23 Feb 2019 – 13 Apr 2019
8 Sessions, In-class
Sat, 10:30am to 1:00pm
Instructor Diane Terrana



**FLASH FICTION, PROSE
POETRY & PALM-SIZED
STORIES** 3208

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 1,000 words. You'll trace the history of very short stories and prose poetry, from Aesop and Sanskrit folktales through Chekhov and Kafka to contemporary practitioners like Diane Williams and Lydia Davis and prose poets Claudia Rankine, Maggie Nelson, Anne Carson, and Natalie Quintane. 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.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
003 14 Feb 2019 – 18 Apr 2019
10 Sessions, In-class
Thurs, 7:00pm to 9:00pm
Instructors Pasha Malla,
Sara Peters



MAPPING YOUR STORY 3438

The fundamental strength of any good story is... a good story. This course, led by experienced novelist and screenwriter Barbara Radecki, will focus on outlining an effective structure for your fiction, memoir, or screenplay. Part of each session will focus on reviewing the fundamentals of good storytelling so you can build a solid plot structure for your work. The rest of the session will be a supportive, collaborative workshop in which you can develop and deepen your ideas and your writing.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
003 10 Oct 2018 – 28 Nov 2018
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Barbara Radecki



002 23 Jan 2019 – 13 Mar 2019
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Barbara Radecki



MEDITATION & WRITING 2678

Explore writing and meditation practices and overcome blocks to the creative process. In this course, you'll work to create new pathways in your consciousness, open your creativity 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 poem. As insight develops, creativity, clarity, and happiness arrive.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
020 15 Oct 2018 – 10 Dec 2018
8 Sessions, In-class
Mon, 12:30pm to 3:00pm
Instructor Ranjini George
Philip



019 06 Apr 2019 – 28 Apr 2019
4 Sessions, In-class
Sun, Sat, 10:00am to 4:00pm
Instructor Ranjini George
Philip



**MEDITATION AND WRITING:
MASTER CLASS** 3403

Accomplish your creative and life goals through three weekends of intensive writing and meditative practices. Unblock your creative energy by drawing on the wisdom practices of traditions such as Benedictine spirituality, Buddhism and Taoism. For this Master class, you will commit to a daily practice of writing and meditation. Each weekend retreat will include a blend of meditation, guided contemplation, writing workshop, generative writing, teachings and discussion. In the interim between retreats, you will experience the support of a community of peers and will delve deep into your creative soul through the power of wisdom literature, meditative and writing practices.

COST \$799
APPLICABLE CERTIFICATES
Creative Writing

PREREQUISITES
2678 Meditation & Writing /
or 2673 Meditation & Writing
Retreat/ or, with Instructor
Approval

SECTION
002 20 Oct 2018 – 02 Dec 2018
6 Sessions, In-class
Sun, Sat, 11:00am to 5:00pm
Instructor Ranjini George
Philip



**THE PATH OF THE TIGER
RETREAT: DISCIPLINE IN
YOUR WRITING** 2833

Sakyong Mipham Rinpoche writes that "through a ceremony of goodness, we create steadiness and resolve—core qualities of a warrior. Fifty per cent of the outer level is discipline—just showing up." Study the examples of wisdom teachers and creative writers and practice writing and mindfulness exercises. Find ways to make real progress on a writing project, recognize your heartfelt aspirations, and transform habit energy that pulls you away from what you wish to manifest in your life. Learn to water the "good seeds" of patience, one-pointed attention, generosity and exertion, so that your discipline becomes the scaffold of a creative and happy life. Writers, artists and meditators at any level of experience are welcome.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
010 21 Jan 2019 – 25 Jan 2019
4 Sessions, In-class
Mon, Tues, Thurs, Fri,
10:00am to 4:00pm
Instructor Ranjini George
Philip



**PILGRIMAGE TO THE
SACRED FEMININE** 2828

Drawing from works of fiction, memoir and poetry, we will read of dakinis or sky-dancers; Padma Lhamo and Kali; Athena, Isis and Hathor; the blue-robed Virgin and the Black Madonna; Guan Yin, Green Tara and White Tara. Through careful reading, learn the toolbox of the writer's craft: description, dialogue, rhythm and sound. Take your writing further by drawing on the processes of meditation, dream work, music, journaling and visualization.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
005 25 May 2019 – 02 Jun 2019
4 Sessions, In-class
Sun, Sat, 11:00am to 5:00pm
Instructor Ranjini George
Philip



WRITING FEARLESSLY 3287

Compelling writing requires risk. The stories that readers are drawn to are the narratives in which the writer has courageously examined complex human experiences with vulnerability, honesty and a very big bold heart. It takes courage to write the truth that lives deep inside of you. When you write exactly what you think, about what obsesses you, what scares you, what you intensely desire to fully understand, readers will connect very deeply with your stories. Ultimately, as you write, you must make yourself cry and laugh. You must inspire yourself. Then, you will uplift readers—the greatest achievement of all.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
005 10 Oct 2018 – 28 Nov 2018
8 Sessions, In-class
Wed, 12:30pm to 3:00pm
Instructor Mary Paterson



**WRITING THE SELF:
TAKING ON IDENTITY** 3461

Forms are as liberating as they are constraining and "finding one's self" seems to involve a shovel, if not a pen and travel. This class will use poetry, short forms, memoir, and the imagination to explore different facets of identity, and the creation and expression thereof. Including letters to selves in different circumstances, erasure poems, found text and diaries that push into personal essays, writing is encouraged to be daring and inter-genre. Inspired by sample readings including Lucie Brock Broido's *Self-Portrait With Her Hair On Fire*, this course celebrates "the singe of something living" in each of us.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
002 11 Oct 2018 – 13 Dec 2018
10 Sessions, In-class
Thurs, 7:00pm to 9:00pm
Instructor Kara Billey
Thordarson



GENERATING STORIES I 2374

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 fictional, mythical and true-life stories that are waiting to be told. No need to have a manuscript in hand to start. Weekly assignments

and in-class work will inspire you to write poems, memoirs and stories, and to work with the drafts of these stories to revise into work that will reward your reader.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
028 10 Oct 2018 – 28 Nov 2018
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Ken Murray



029 05 Mar 2019 – 23 Apr 2019
8 Sessions, In-class
Tues, 12:30pm to 3:00pm
Instructor Ken Murray



GENERATING STORIES II 2437

Continue working with teacher Ken Murray and the writing community you connected with in 2374 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.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
019 10 Oct 2018 – 28 Nov 2018
8 Sessions, In-class
Wed, 12:30pm to 3:00pm
Instructor Ken Murray



ONLINE MENTOR 1686

Available for all genres, this email-based course pairs you with an instructor who will give you feedback online, over 12 weeks, to help you shape and polish a manuscript. Your mentor—a writer who knows your genre—will guide your

MULTI GENRE
(CONTINUED)

craftsmanship and provide substantial editing advice on a work of up to 75 standard pages. You can register at any time.

COST \$749 + applicable tax

SECTION

039 Dates by Arrangement
Online
Instructor By Appointment



040 Dates by Arrangement
Online
Instructor By Appointment



041 Dates by Arrangement
Online
Instructor By Appointment



A GRAMMAR HANDBOOK 3095

Good grammar is the bedrock of good writing. Designed for native or near-native speakers of English, this course will help you improve your skills in grammar and punctuation, whether you write for personal satisfaction or as part of your job. We'll review the basics of grammar and usage so you can write with more confidence, coherence and energy. Exercises and assignments will help you master the techniques of clear, correct and effective writing.

COST \$699

APPLICABLE CERTIFICATES

Business Communications
Creative Writing
Marketing – Advanced

SECTION

026 18 Sep 2018 – 12 Jan 2019
Online
Instructor Stuart Ross



023 17 Sep 2018 – 10 Dec 2018
12 Sessions, In-class
Mon, 6:00pm to 9:00pm
Instructor Gillian Bartlett



024 Date and Time TBA
In-class
Instructor TBA



027 Date and Time TBA
Online
Instructor Stuart Ross



**CHILDREN'S
WRITING**

**WRITING FOR CHILDREN:
INTRODUCTION 1717**

This course is the first step in the children's writing stream of the Certificate in Creative Writing. You'll explore the vibrant world of children's literature, absorb basic literary technique and emerge with a draft of a picture book, story or opening chapter. You'll meet a community of writers working in your 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.

COST \$649

APPLICABLE CERTIFICATES

Creative Writing

SECTION

053 01 Oct 2018 – 09 Dec 2018
Online
Instructor TBA



050 09 Oct 2018 – 27 Nov 2018
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Anne Laurel Carter



054 04 Feb 2019 – 14 Apr 2019
Online
Instructor TBA



051 05 Feb 2019 – 26 Mar 2019
8 Sessions, In-class
Tues, 12:30pm to 3:00pm
Instructor Kathy Kacer



055 06 May 2019 – 14 Jul 2019
Online
Instructor TBA



**WRITING FOR CHILDREN:
PICTURE BOOKS 1718**

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.

COST \$649

APPLICABLE CERTIFICATES

Creative Writing

SECTION

019 04 Feb 2019 – 01 Apr 2019
8 Sessions, In-class
Mon, 6:30pm to 9:00pm
Instructor Cary Fagan B.A.



**WRITING A YOUNG ADULT
NOVEL 2677**

What makes a good young adult novel? What distinguishes the genre from other fiction? This course will help you understand the fiction that teens want to read and develop your ability to write it. Through workshops and discussions, you'll explore point of view, plot, pacing, character development and structure. By the course's end, you'll know what it takes to write your own young adult novel.

COST \$649

APPLICABLE CERTIFICATES

Creative Writing

SECTION

019 11 Oct 2018 – 29 Nov 2018
8 Sessions, In-class
Thurs, 12:30pm to 3:00pm
Instructor TBA



020 04 Feb 2019 – 14 Apr 2019
Online
Instructor TBA



LITERARY FICTION

**WRITING SHORT FICTION:
INTRODUCTION 1680**

If you want to write short stories, meet other writers and learn basic literary technique, this course is for you. 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.

COST \$649

APPLICABLE CERTIFICATES

Creative Writing

SECTION

136 19 Sep 2018 – 28 Nov 2018
10 Sessions, In-class
Wed, 7:00pm to 9:00pm
Instructor Amy Jones



135 27 Sep 2018 – 15 Nov 2018
8 Sessions, In-class
Thurs, 7:00pm to 9:30pm
Instructor Blair Hurley



142 01 Oct 2018 – 09 Dec 2018
Online
Instructor Pasha Malla



137 09 Oct 2018 – 27 Nov 2018
8 Sessions, In-class
Tues, 12:30pm to 3:00pm
Instructor Blair Hurley



138 23 Jan 2019 – 27 Mar 2019
10 Sessions, In-class
Wed, 7:00pm to 9:00pm
Instructor Michel Basilières



143 04 Feb 2019 – 13 Apr 2019
Online
Instructor Pasha Malla



139 26 Feb 2019 – 16 Apr 2019
8 Sessions, In-class
Tues, 12:30pm to 3:00pm
Instructor Ibi Kaslik



140 05 Mar 2019 – 23 Apr 2019
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor TBA



**WRITING SHORT
FICTION II 1713**

This course is the second step in the short fiction stream of the Certificate in Creative Writing. It's a workshop for budding writers with short stories to share and improve. Class time is split between instruction on the basic elements of fiction—plot, character, point of view and language—and short, timed exercises that summon inspiration and cut through writer's block. You'll get lots of focused, constructive feedback on your writing in a friendly and supportive environment and emerge with two polished stories.

COST \$649

APPLICABLE CERTIFICATES

Creative Writing

PREREQUISITES

1680 Writing Short Fiction: Introduction or instructor approval. Please submit a short story to scs.writing@utoronto.ca.

SECTION

035 09 Oct 2018 – 27 Nov 2018
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Elyse Friedman



037 04 Feb 2019 – 07 Apr 2019
Online
Instructor Kerry Lee Powell



036 05 Mar 2019 – 23 Apr 2019
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Elyse Friedman



**WRITING SHORT FICTION:
MASTER CLASS 1863**

This 12-week graduate-level workshop is more than the final step in the short fiction 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, workshopping students' work and discussions of publishing venues. You will also have one-on-one meetings with the instructor to discuss your writing.

COST \$799

APPLICABLE CERTIFICATES

Creative Writing

SECTION

020 18 Sep 2018 – 04 Dec 2018
12 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Dennis Bock



021 07 Feb 2019 – 25 Apr 2019
12 Sessions, In-class
Thurs, 6:30pm to 9:00pm
Instructor Dennis Bock



**WRITING THE NOVEL:
INTRODUCTION 1679**

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.

COST \$649

APPLICABLE CERTIFICATES

Creative Writing

SECTION

166 10 Sep 2018 – 18 Nov 2018
Online
Instructor Elyse Friedman



157 13 Sep 2018 – 15 Nov 2018
10 Sessions, In-class
Thurs, 7:00pm to 9:00pm
Instructor Don Gillmor



158 24 Sep 2018 – 03 Dec 2018
10 Sessions, In-class
Mon, 1:00pm to 3:00pm
Instructor Ibi Kaslik



170 01 Oct 2018 – 09 Dec 2018
Online
Instructor Katherena Vermette



159 02 Oct 2018 – 04 Dec 2018
10 Sessions, In-class
Tues, 7:00pm to 9:00pm
Instructor Shyam Selvadurai



169 09 Oct 2018 – 27 Nov 2018
8 Sessions, In-class
Tues, 7:00pm to 9:30pm
Instructor Arif Anwar



160 15 Jan 2019 – 19 Mar 2019
10 Sessions, In-class
Tues, 7:00pm to 9:00pm
Instructor Don Gillmor



167 21 Jan 2019 – 30 Mar 2019
Online
Instructor Elyse Friedman



161 02 Feb 2019 – 13 Apr 2019
10 Sessions, In-class
Sat, 11:00am to 1:00pm
Instructor Ibi Kaslik



156 06 Feb 2019 – 27 Mar 2019
8 Sessions, In-class
Wed, 7:00pm to 9:30pm
Instructor Alexandra Leggat



162 27 Feb 2019 – 17 Apr 2019
8 Sessions, In-class
Wed, 12:30pm to 3:00pm
Instructor Ibi Kaslik



155 05 Mar 2019 – 23 Apr 2019
8 Sessions, In-class
Tues, 7:00pm to 9:30pm
Instructor Arif Anwar



163 06 Mar 2019 – 24 Apr 2019
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Blair Hurley



WRITING THE NOVEL II 1701

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 one or two 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.

COST \$649

APPLICABLE CERTIFICATES

Creative Writing

SECTION

051 13 Sep 2018 – 01 Nov 2018
8 Sessions, In-class
Thurs, 6:30pm to 9:00pm
Instructor Ray Robertson



050 09 Oct 2018 – 27 Nov 2018
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Ibi Kaslik



052 07 Feb 2019 – 28 Mar 2019
8 Sessions, In-class
Thurs, 6:30pm to 9:00pm
Instructor Ray Robertson



054 06 May 2019 – 29 Jun 2019
Online
Instructor TBA



**WRITING THE LITERARY
NOVEL: MASTER CLASS 1702**

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



NON-FICTION
(CONTINUED)

Emphasis will be put on workshopping, beginning something new, or revising a memoir you may be working on. This class is open to writers of all levels.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
010 06 Mar 2019 – 24 Apr 2019
8 Sessions, In-class
Wed, 12:30pm to 3:00pm
Instructor Ranjini George Philip
D **A** **S**

**MEMORIES INTO STORY:
LIFE WRITING 2282**

Join a community of writers from around the globe to deepen your skills in life writing. This online course explores the nature of memoir 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 hone your craft through course readings, exercises and the thought-provoking participation of a guest writer.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
025 01 Oct 2018 – 25 Nov 2018
Online
Instructor David Layton
O **Q**
026 06 May 2019 – 30 Jun 2019
Online
Instructor David Layton
O **S**

**COOKBOOK WRITING:
RECIPES FOR SUCCESS 3464**

Have you always dreamed of creating a cookbook? Whether you're a food blogger or a collector of your family's recipes, learn how to create a cohesive, compelling cookbook in this practical workshop.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
002 09 Oct 2018 – 27 Nov 2018
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Ceri Marsh
D **A** **Q**

**THE PRACTICE AND ETHICS
OF TRAVEL WRITING 3365**

Transform your love of travel into a personally rewarding and economically viable profession. Travel is cheaper and more accessible than it has ever been, and the market for travel writing is growing. Find out the tools every successful travel writer uses: how to deal with hotels, airlines, and tourist boards and how to pitch stories to editors. Bert Archer, travel writer with all of Canada's major publications, as well as the BBC and *The Washington Post*, 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.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
004 02 Oct 2018 – 20 Nov 2018
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Bert Archer
D **A** **Q**

005 22 Jan 2019 – 12 Mar 2019
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Bert Archer
D **A** **S**

**POETRY AND
SONGWRITING**

POETRY: INTRODUCTION 1687

If you want to earn a Certificate in Creative Writing through the poetry stream, this course is the first step. You'll examine poetic form, metre, imagery and language and the relationship between form and content. You'll emerge with a few completed and polished poems of your own. Write formal or free verse. Explore how to use language and metaphor for maximum aesthetic impact. Each session will include time for discussion of famous poems and of your own work.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
077 01 Oct 2018 – 09 Dec 2018
Online
Instructor George Murray
O **Q**
073 03 Oct 2018 – 21 Nov 2018
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Sara Peters
D **A** **Q**
074 09 Oct 2018 – 27 Nov 2018
8 Sessions, In-class
Mon, 12:30pm to 3:00pm
Instructor Catherine Graham
D **A** **Q**
078 04 Feb 2019 – 14 Apr 2019
Online
Instructor George Murray
O **S**

POETRY II 1688

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 \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
025 04 Mar 2019 – 22 Apr 2019
8 Sessions, In-class
Mon, 12:30pm to 3:00pm
Instructor Catherine Graham
D **A** **S**
026 06 May 2019 – 30 Jun 2019
Online
Instructor George Murray
O **S**

POETRY: MASTER CLASS 1689

This 12-week advanced poetry workshop gives you the opportunity to further develop your own style, voice and form and think more deeply about poetry. In-class writing exercises and readings will help you articulate your artistic interests. Workshops will provide substantial instructor and peer feedback on longer work to enrich your poetic craft and enhance your critical agility.

COST \$799
APPLICABLE CERTIFICATES
Creative Writing

PREREQUISITES
1688 Poetry II or with instructor approval following the submission of five pages of poetry. Please submit to scs.writing@utoronto.ca.

SECTION
016 18 Sep 2018 – 04 Dec 2018
12 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Ken Babstock
D **A** **Q**

**CRISIS, CONCEPT, OBJECT
& SHADOW: READING,
MAKING & REMAKING
CONTEMPORARY
POETRY 3007**

Work with Griffin Prize winners Ken Babstock and Karen Solie in a graduate-level poetry course that aims to enrich and invigorate your writing. You and your peers will be seasoned poets who are well into a work of substance. You'll combine discussions, readings, assignments and submission critiques to disrupt assumptions about your own work and help you become more critically engaged with your work. Visiting poets of note will offer readings and short talks on process, craft and poetics.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
006 05 Mar 2019 – 23 Apr 2019
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructors Karen Solie, Ken Babstock
D **A** **S**

**INTRODUCTION TO
SPOKEN WORD 3210**

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. Workshop-ping, writing exercises, assignments, readings and discussions will help you write with passion, find

your authentic voice and perform your work with greater confidence.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
003 16 Oct 2018 – 04 Dec 2018
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Andrea Thompson
D **A** **Q**

**SONGWRITERS'
SKILL SET 1720**

Need to break out of your songwriting rut? Generate new songs each week and workshop them in a respectful group environment. Topics addressed will include borrowed chords, using the modes, improving your melody, modulation, how to finish verse two, good habits for prolific writing, lyrical do's and don'ts, and much more! Suitable for all musical levels. Please note that students should bring a guitar or their own small portable keyboard to class, and have basic musical proficiency on that instrument.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
020 09 Oct 2018 – 27 Nov 2018
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Paul Linklater
D **A** **Q**
021 12 Feb 2019 – 02 Apr 2019
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Paul Linklater
D **A** **S**

POPULAR FICTION

**WRITING POPULAR
FICTION 2749**

Want to jump-start your writing, sharpen your focus and create commercially viable work? This course explores a range of popular fiction genres—such as mystery, the thriller, horror, romance, science fiction, fantasy and young adult—and introduces you to a community of like-minded writers. You'll learn how to create strong plots, scenes with impact, three-dimensional characters and believable dialogue. You'll also examine the business of writing, including agents, publishers and the US and international markets.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
016 11 Oct 2018 – 29 Nov 2018
8 Sessions, In-class
Thurs, 6:30pm to 9:00pm
Instructor J. Kent Messum
D **A** **Q**
015 Date and Time TBA
In-class
Instructor TBA
M **A** **S**

**CREATING COMICS &
GRAPHIC NOVELS 2489**

If you want to create comics or graphic novels, bring your passion to this practical workshop. Graphic novelist Willow Dawson will teach you the ropes, introduce you to the marketplace and provide a supportive space in which to develop your ideas. You'll discover a diverse new world of sequential storytelling and a community of like-minded writers. The course supports all genres, including fiction,

non-fiction and poetry. Prominent industry guests will give their perspectives and take your questions.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
014 16 Oct 2018 – 04 Dec 2018
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Willow Dawson
D **A** **Q**
015 Date and Time TBA
In-class
Instructor TBA
D **A** **S**

**MYSTERY & SUSPENSE
WRITING 1714**

Whether you're working on something traditional or hard-boiled, a thriller or police procedural, this course will help you develop a compelling opening to your book. You'll deepen your knowledge of the genre and accelerate your reading. Weekly discussions and assignments will focus on the hero's journey, antagonists and other characters, point-of-view, dialogue, setting, plot, outlining, revision and more. Your first chapter will be reviewed in a supportive, constructive way by your instructor, award-winning author Howard Shrier, and your peers.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
021 11 Oct 2018 – 29 Nov 2018
8 Sessions, In-class
Thurs, 6:30pm to 9:00pm
Instructor Howard Shrier
D **A** **Q**



POPULAR FICTION (CONTINUED)

MYSTERY WRITING WORKSHOP 2698

Whether you're working on something traditional or hard-boiled, a thriller or police procedural, this online course will help you develop a compelling opening. Weekly discussions and assignments will focus on the hero's journey, antagonists and other characters, point of view, dialogue, setting, plot, outlining, revision and more. Your first chapter will be reviewed in a supportive, constructive way by award-winning author Howard Shrier and your peers. You'll expand your knowledge of the genre and meet other writers.

COST \$649
APPLICABLE CERTIFICATES Creative Writing

SECTION

011 04 Feb 2019 – 14 Apr 2019
Online
Instructor Howard Shrier
📅 ⚙️

WRITING BREAKOUT FICTION 3452

This course will explore how to build a character-driven story that blends the line between commercial and literary fiction. Students will learn to combine quality writing and commercial themes to create book club or "upmarket" fiction, with an eye toward story that is attractive to the big (and small) screen.

COST \$649
APPLICABLE CERTIFICATES Creative Writing

SECTION

002 09 Oct 2018 – 27 Nov 2018
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Tish Cohen
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WRITING FANTASY & SCIENCE FICTION 1719

Fantasy and science fiction allow writers and readers to step outside familiar boundaries into imaginary worlds. In this workshop-style course, you'll learn the elements of both genres and get feedback from a community of writers. You and your peers will critique each other's manuscripts, learn the basics of world-building, plot, narrative, character development and dialogue and study story arc. You'll also find out more about the business side of writing fantasy and science fiction.

COST \$649
APPLICABLE CERTIFICATES Creative Writing

SECTION

017 09 Oct 2018 – 27 Nov 2018
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Caitlin Sweet
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THE GREAT ESCAPE: WRITING FANTASY 2710

In this 10-week online workshop, you'll plan and produce your own great escape. Work with author Caitlin Sweet and a community of writers from around the world to develop your fantasy writing skills. You'll take part in discussions of the elements of fantasy storytelling and the writing process, do writing exercises that push your skills and get feedback on your first draft from your instructor and peers.

COST \$649
APPLICABLE CERTIFICATES Creative Writing

SECTION

011 06 May 2019 – 14 Jul 2019
Online
Instructor Caitlin Sweet
📅 ⚙️

FANTASY & SCIENCE FICTION: MASTER CLASS 2553

If you've already taken Caitlin Sweet's introductory course—or have a fantasy novel in your desk drawer—here's your chance to learn from a published author and connect with a community of like-minded writers. In this course you can workshop your unpolished manuscript. Class sessions will help you develop a deeper understanding of world-building, plot development, believable characterization and genre (un)conventions. Get constructive feedback from the instructor and your peers and learn to provide it to others.

COST \$799
APPLICABLE CERTIFICATES Creative Writing

PREREQUISITES

1719 Writing Fantasy & Science Fiction or 2710 The Great Escape: Writing Fantasy or by submission of your first chapter to scs.writing@utoronto.ca.

SECTION

011 15 Jan 2019 – 02 Apr 2019
12 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Caitlin Sweet
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WRITING HISTORICAL FICTION 2587

What is the difference between a historian's grasp of the events of the past and the imaginative leap the writer must take to recreate it? While the historian must be scrupulously faithful to what is the case, the artist must cultivate a sympathetic imagination for the past. This is all about the sensory details as opposed to the overview—the sights, sounds, smells that make up a lived reality.

How do you write convincing dialogue that is neither jarringly contemporary nor self-consciously archaic? How does a writer depart from the historically correct to find a story worth telling? How does a writer create characters that feel flesh-and-blood, while observing the specificities and constraints of the time in which the story is set? Often what feels most "real" is what has been freely invented, and this course will enable the participants to begin the work of thinking like novelists as they approach history, and to create their own fictional worlds.

COST \$649
APPLICABLE CERTIFICATES Creative Writing

SECTION

011 10 Oct 2018 – 28 Nov 2018
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Dennis Bock
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012 06 Mar 2019 – 24 Apr 2019
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Dennis Bock
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WRITING HUMOUR 2287

You'll find out what it takes to be funny and learn the techniques used by successful literary and popular comic writers. Combining lectures with in-class exercises and workshops, this course will examine the types of comedy suited to the printed page: slapstick, satire, absurdity, verbal humour, surprise, transgression and non-sequiturs.

COST \$649
APPLICABLE CERTIFICATES Creative Writing

SECTION

020 02 Oct 2018 – 20 Nov 2018
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Sam Shelstad
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019 23 Jan 2019 – 13 Mar 2019
8 Sessions, In-class
Wed, Sun, 6:30pm to 9:00pm
Instructor Terry Fallis
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SCREENWRITING AND PLAYWRITING

PLAYWRITING: INTRODUCTION 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 performances. 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

SECTION

011 16 Oct 2018 – 04 Dec 2018
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Mark Brownell
📅 📱 📺

DRAMATIC WRITING: OFF THE PAGE 2366

Go through the complete process of creating a ten-minute short play. Learn how to put the basic elements of dramatic writing into practice as you write and workshop a new piece. The course will feature a private reading of your play performed by professional actors.

COST \$649
APPLICABLE CERTIFICATES Creative Writing

SECTION

010 20 Feb 2019 – 10 Apr 2019
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Glenda MacFarlane
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SCREENWRITING: INTRODUCTION 1709

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 story, character, plot, scene, structure and dialogue. This engaging course also includes screenings and writing exercises.

COST \$649
APPLICABLE CERTIFICATES Creative Writing

SECTION

091 19 Sep 2018 – 07 Nov 2018
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Larisa Gutmanis
📅 📱 📺

097 01 Oct 2018 – 09 Dec 2018
Online
Instructor Thom Vernon
📅 📺

092 15 Oct 2018 – 03 Dec 2018
8 Sessions, In-class
Mon, 12:30pm to 3:00pm
Instructor Thom Vernon
📅 📱 📺

093 23 Feb 2019 – 13 Apr 2019
8 Sessions, In-class
Sat, 10:30am to 1:00pm
Instructor Larisa Gutmanis
📅 📱 ⚙️

094 04 Mar 2019 – 22 Apr 2019
8 Sessions, In-class
Mon, 12:30pm to 3:00pm
Instructor Thom Vernon
📅 📱 ⚙️

SCREENWRITING II 1710

If you've already taken 1709 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 succeed. Writing exercises will help you develop your work-in-progress—whether an outline, a draft or something in-between—to emerge with a synopsis and key scenes for a feature.

COST \$649
APPLICABLE CERTIFICATES Creative Writing

PREREQUISITES

1709 Screenwriting: Introduction or instructor approval. Please submit a ten-page excerpt from a screenplay to scs.writing@utoronto.ca.

SECTION

028 11 Oct 2018 – 29 Nov 2018
8 Sessions, In-class
Thurs, 6:30pm to 9:00pm
Instructor Thom Vernon
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029 06 May 2019 – 30 Jun 2019
Online
Instructor Thom Vernon
📅 ⚙️

SCREENWRITING III 2884

Dig into that screenplay in your drawer by writing new drafts, asking tough questions about story, people, dialogue and settings. This course will help intermediate-level screenwriters move to the next level. Work with an eye to potential markets, imagining who might buy the script, who might read it, and who might be inspired by it. Fight for cohesion, coherence and that thing most of us seek from our movie: a reminder of our own humanity. Sessions are workshop-based, with original presentations

acting as the pedagogical spine. The course demands a high-level of participation and self-initiation within a context of regular production, submission, feedback and revision. Students will actively research and explore potential markets for their scripts as part of the course work.

COST \$799
APPLICABLE CERTIFICATES Creative Writing

PREREQUISITES

A previous Screenwriting course and an outline for a feature film script.

SECTION

005 18 Sep 2018 – 04 Dec 2018
12 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Thom Vernon
📅 📱 📺

WRITING EPISODIC TELEVISION I 1865

Learn the fundamentals of writing for television from experienced writer/producer Deb Nathan. You'll work individually and in groups to explore the essential building blocks of the one-hour dramatic television series: structure, story and character. You'll learn how to pitch a plot synopsis and emotional hook, construct a story, develop a beat sheet that highlights major dramatic moments and write compelling scenes for the small screen.

COST \$649
APPLICABLE CERTIFICATES Creative Writing

SECTION

019 09 Oct 2018 – 27 Nov 2018
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Deb Nathan
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020 05 Feb 2019 – 26 Mar 2019
9 Sessions, In-class
Tues, Sun, 6:30pm to 9:00pm
Instructor Deb Nathan
📅 📱 ⚙️



**WRITING EPISODIC
TELEVISION II 1867**

In this follow-up to 1865 Writing Episodic Television I you will deepen your understanding of the one-hour drama form through the creation of an original concept for a television series. You'll work individually and in small groups, like a team of television writers, to develop proof of concept ideas, compelling characters, well-structured stories and scenes. Your goal will be to write a richly textured one-hour teleplay for an original dramatic series, based on a pitch, story, outline and draft script.




COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
015 07 May 2019 – 25 Jun 2019
8 sessions
Tue, 6:30pm to 9:00pm
Instructor Deb Nathan
  

**WRITING TELEVISION
COMEDY 2821**

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

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

SECTION
007 06 Feb 2019 – 27 Mar 2019
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Jennifer Cowan
  

mindfulness meditation

FOUNDATIONS OF APPLIED 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. You'll discover the clinical and scientific work that has given rise to the current healing practices of mindfulness meditation. You will also 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.

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

- SECTION**
- 019** 21 Sep 2018 – 22 Sep 2018
2 Sessions, In-class
Fri, Sat, 9:00am to 4:00pm
Instructors Michael Apollo Chabior, Michele Chaban
D A Q
- 020** 03 Oct 2018 – 24 Oct 2018
2 Sessions, In-class
Fri, Sat, 9:00am to 4:00pm
Instructors Melissa Nigrini, Michele Chaban
D A Q
- 021** 20 Oct 2018 – 21 Oct 2018
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructors Michael Apollo Chabior, Michele Chaban
D A Q

- 022** 12 Jan 2019 – 13 Jan 2019
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructors Melissa Nigrini, Michele Chaban
D A
- 023** 02 Mar 2019 – 03 Mar 2019
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructors Melissa Nigrini, Michele Chaban
D A

NEUROSCIENCE, MINDFULNESS, AND MINDFULNESS MEDITATION 3130

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 health care, education and the mind at work. You will participate in group dialogue and in-class meditations.

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

- SECTION**
- 020** 12 Oct 2018 – 13 Oct 2018
2 Sessions, In-class
Fri, Sat, 9:00am to 4:00pm
Instructor Robert MacFadden
D A Q
- 021** 03 Nov 2018 – 04 Nov 2018
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructor Robert MacFadden
D A Q

- 022** 14 Nov 2018 – 12 Dec 2018
4 Sessions, In-class
Wed, 6:00pm to 9:00pm
Instructor Michael Apollo Chabior
D A Q
- 023** 26 Jan 2019 – 27 Jan 2019
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructor Robert MacFadden
D A
- 024** 30 Mar 2019 – 31 Mar 2019
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructor Robert MacFadden
D A

CONTEMPORARY APPLICATIONS OF MINDFULNESS, MINDFULNESS MEDITATION AND MINDFULNESS-BASED INTERVENTIONS 3131

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 as Mindfulness-Based Interventions (MBIs). MBIs are employed by practitioners and researchers as research-based methodological approaches to cultivating an optimal mind. Depending on the MBI, 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 MBIs covered may include MBSR, MBCT, DBT, ACT, Insight Dialogue, the burgeoning compassion models, as well as mindfulness-based curriculums in education and the workplace.

- COST** \$365 + applicable tax
APPLICABLE CERTIFICATES Foundations of Applied Mindfulness Meditation
- SECTION**
- 017** 26 Oct 2018 – 27 Oct 2018
2 Sessions, In-class
Fri, Sat, 9:00am to 4:00pm
Instructors Melissa Nigrini, Michael Apollo Chabior
D A Q
- 018** 17 Nov 2018 – 18 Nov 2018
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructors Michele Chaban, Sarah Kinsley
D A Q
- 019** 09 Jan 2019 – 30 Jan 2019
4 Sessions, In-class
Wed, 6:00pm to 9:00pm
Instructors Michael Apollo Chabior, Michele Chaban
D A
- 020** 09 Feb 2019 – 10 Feb 2019
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructors Michele Chaban, Sarah Kinsley
D A

PHILOSOPHIES OF MINDFULNESS 3132

Contemporary mindfulness and mindfulness meditation practices attempt to integrate Eastern and Western values and their resulting views of personhood and the world. This two-day course brings these often erroneously contrasted views together, exploring the secular practice through the combining of psychology with philosophies which help explain the practice of mindfulness and mindfulness meditation. A range of philosophies will be explored contributing to an explanation and understanding of the buddhist roots of practice. Phenomenology—the study of perspective, epistemology—the study of knowing, and ontology—the study of ways of being. In this course you will deepen your understanding of mindfulness

practice by experiencing an array of philosophical perspectives that focus on how we interact with the world. Learners are invited to explore a new way of relating to their own difficulty and to the suffering of others.

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

- SECTION**
- 015** 02 Nov 2018 – 03 Nov 2018
2 Sessions, In-class
Fri, Sat, 9:00am to 4:00pm
Instructors Melissa Nigrini, Michele Chaban
D A Q
- 016** 01 Dec 2018 – 02 Dec 2018
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructors Michael Apollo Chabior, Michele Chaban
D A Q
- 017** 13 Feb 2019 – 06 Mar 2019
4 Sessions, In-class
Wed, 6:00pm to 9:00pm
Instructor Michele Chaban
D A
- 018** 23 Feb 2019 – 24 Feb 2019
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructors Michael Apollo Chabior, Michele Chaban
D A

EMBODYING THE QUALITIES OF MINDFULNESS 3133

In this experiential course you will reflect on your motivations, intentions, values and practices in order to contribute to a secular, 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 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 \$365 + applicable tax
APPLICABLE CERTIFICATES Foundations of Applied Mindfulness Meditation

- SECTION**
- 016** 16 Nov 2018 – 17 Nov 2018
2 Sessions, In-class
Fri, Sat, 9:00am to 4:00pm
Instructors Craig Mackie, Shelley Urlando
D A Q
- 017** 15 Dec 2018 – 16 Dec 2018
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructors Craig Mackie, Shelley Urlando
D A Q
- 018** 23 Mar 2019 – 24 Mar 2019
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructors Craig Mackie, Shelley Urlando
D A
- 019** 27 Mar 2019 – 17 Apr 2019
4 Sessions, In-class
Wed, 6:00pm to 9:00pm
Instructor Shelley Urlando
D A

MINDFULNESS INFORMED END OF LIFE CARE

INTRODUCTION TO MINDFULNESS INFORMED END OF LIFE CARE 3429

This course introduces mindfulness and mindfulness meditation within the context of thanatology or the study of dying and death. You will learn how to use mindfulness and mindfulness meditation to attend to the suffering of all involved in care, including: a person who is chronically or seriously ill or dying, his or her family members, inter-professional teams, and those in organizational leadership roles overseeing service delivery. You will be introduced to the conceptual framework for Mindfulness Informed End of Life Care (MIEOL) and the language used by practitioners. Foundational levels of mindfulness and mindfulness meditation will be taught so that practitioners can begin to integrate applications of mindfulness into their own lives as well as the care of others, after this first workshop.

COST \$365
APPLICABLE CERTIFICATES Mindfulness Informed End of Life Care

- SECTION**
- 002** 29 Sep 2018 – 30 Sep 2018
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructors Michele Chaban, Teri Henderson
D A Q

MINDFUL REFLECTIONS ON ATTENDING TO SUFFERING 3430

This course explores our relationship with suffering. Contrary to those who view suffering as an accident or mishap that interrupts life's flow, mindfulness end-of-life care assumes that suffering is a part of everyone's life. Few are trained in an ability to speak about suffering let alone to transform suffering. In this course you will explore the ideological and cultural frameworks in health care of curare (to fix) and haelan (to make whole) which determines our in/abilities to speak about suffering. As well, you will explore and understand methodological approaches to transformative mindfulness meditation.

COST \$365
APPLICABLE CERTIFICATES Mindfulness Informed End of Life Care

PREREQUISITES 3429 Introduction to Mindfulness Informed End of Life Care

- SECTION**
- 002** 24 Nov 2018 – 25 Nov 2018
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructors Michele Chaban, Teri Henderson
D A Q

MINDFULNESS FOR COMPASSIONATE END OF LIFE CARE 3431

Mindfulness informed end-of-life care assumes that compassion is the core intention of all health care. Yet how many of us have been trained in compassion as a response to suffering, illness and death? Can compassion be cultivated as a skill set and knowledge base? Can it become a learned behaviour that promotes resiliency in

MINDFULNESS
INFORMED END
OF LIFE CARE
(CONTINUED)

ourselves and others? How does the scientific evidence inform our current understanding of compassion? Building on the transformative practices of friendliness, loving kindness (metta), tonglen, and attitudes of gratitude, this workshop takes a closer look at compassion based models of practice.

COST \$365

APPLICABLE CERTIFICATES

Mindfulness Informed
End of Life Care

PREREQUISITES

3429 Introduction to
Mindfulness Informed
End of Life Care

SECTION

002 02 Feb 2019 – 03 Feb 2019
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructors Michele Chaban,
Teri Henderson



**INTEGRATING
MINDFULNESS INTO PAIN
MANAGEMENT 3432**

In this course you explore how mindfulness and mindfulness meditation can impact on pain and pain management by changing our perspective on the experience of pain and suffering. You will also explore western and eastern views that can inform how we live with pain and suffering, the research into neuro-plasticity and pain, as well as the idea that we can change our brain and thereby change our mind and our experience with pain. Research has shown both that mindfulness meditation enhances the effectiveness of medication, and that pharma-care is more effective when it is accompanied by a therapeutic relationship. Social neuroscience suggests there are no single brains yet people who are suffering often feel quite alone. These pieces

of research indicate that we should not underestimate the power of relationships, especially in end-of-life care situations.

COST \$365

APPLICABLE CERTIFICATES

Mindfulness Informed
End of Life Care

PREREQUISITES

3429 Introduction to
Mindfulness Informed
End of Life Care

SECTION

002 09 Mar 2019 – 10 Mar 2019
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructors Michele Chaban,
Teri Henderson



**INTEGRATING MINDFULNESS
INTO END OF LIFE
COUNSELLING MODELS 3433**

There are many strategies of care within the scaffolding of end-of-life care counselling. This includes grief and bereavement theory, narrative work, brief solution-focused therapy, dignity therapy, expressive arts, and existential counseling to name a few. In this course you will explore the integration of mindfulness and mindfulness meditation into these traditional therapeutic modalities. The new sciences of quantum physics and neuroscience are challenging scientific materialism, which is a new way of approaching health care and health care systems. As a part of this, you will also explore how the new sciences are supporting a shift towards holism.

COST \$365

APPLICABLE CERTIFICATES

Mindfulness Informed
End of Life Care

PREREQUISITES

3429 Introduction to
Mindfulness Informed
End of Life Care

SECTION

002 27 Apr 2019 – 28 Apr 2019
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructors Michele Chaban,
Teri Henderson



PRACTICING DYING 3434

This workshop will build and broaden upon the use of mindfulness and mindfulness meditation as a means of beginning to prepare for our dying. The “practice of dying” can be used daily in our living and our dying. It can also be used as a decision-making model to determine our plans for health and end of life care. We will explore how mindfulness can inform the subjective experience of dying which can present as altered states of consciousness or as the dying brain. We will consider what the life after death, out of body and resuscitation literatures suggest about the nature of personhood and consciousness. In our final session, we will also explore how to embody mindfulness and mindful awareness so as to become what a mindful leader means to you.

COST \$365

APPLICABLE CERTIFICATES

Mindfulness Informed
End of Life Care

PREREQUISITES

3429 Introduction to
Mindfulness Informed
End of Life Care
3430 Mindful Reflections
on Attending to Suffering
3431 Mindfulness for
Compassionate
End of Life Care
3432 Integrating Mindfulness
into Pain Management
3433 Integrating
Mindfulness into End of Life
Counselling Models

SECTION

002 08 Jun 2019 – 09 Jun 2019
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructors Michele Chaban,
Teri Henderson



**APPLIED
SPECIALIZATION
IN 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-based and dialectical-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 tax

APPLICABLE CERTIFICATES

Applied Specialization in
Mindfulness Meditation

SECTION

005 17 Nov 2018 – 18 Nov 2018
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructors Dylan Zambrano,
Sara Robertson



006 09 Feb 2019 – 10 Feb 2019
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructors Dylan Zambrano,
Sara Robertson



**FOUNDATIONS OF MINDFUL
EATING 3281**

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 overeating, emotional eating and loss of control. This course provides an introduction to the theoretical and research underpinnings of disordered eating patterns and the rationale for the application of mindful eating interventions. In addition, you will 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 tax

APPLICABLE CERTIFICATES

Applied Specialization in
Mindfulness Meditation

SECTION

004 09 Nov 2018 – 10 Nov 2018
2 Sessions, In-class
Fri, Sat, 9:00am to 4:00pm
Instructors Chau Du,
Susan Wnuk



005 01 Mar 2019 – 02 Mar 2019
2 Sessions, In-class
Fri, Sat, 9:00am to 4:00pm
Instructors Chau Du,
Susan Wnuk



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.

COST \$350 + applicable tax

APPLICABLE CERTIFICATES

Applied Specialization in
Mindfulness Meditation

005 23 Nov 2018 – 24 Nov 2018
2 Sessions, In-class
Fri, Sat, 9:00am to 4:00pm
Instructor Chau Du



006 05 Apr 2019 – 06 Apr 2019
2 Sessions, In-class
Fri, Sat, 9:00am to 4:00pm
Instructor Chau Du



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.

COST \$350 + applicable tax

APPLICABLE CERTIFICATES

Applied Specialization in
Mindfulness Meditation

SECTION

006 06 Apr 2019 – 07 Apr 2019
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructor (Rev.) Andrew Blake



**MINDFUL WAY THROUGH THE
CREATIVE PROCESS 3269**

In beginning any new venture, there can be a moment of terror, paralysis or resistance. Whether you perform, create a start-up business or design a building a mindful approach can help. In this two-day workshop, you'll learn step by step tools to navigate and ride the waves of resistance and find the steps to loosen and empower the creative urge to make anything happen! Using mindfulness-based exercises, hands on project development, creative exploration and mindful play, you'll develop skills to overcome negative thinking and use fear, doubt and even revulsion as springboards to complete your creative goals.

COST \$350 + applicable tax

APPLICABLE CERTIFICATES

Applied Specialization in
Mindfulness Meditation

SECTION

006 03 Nov 2018 – 04 Nov 2018
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructor Elaine Smookler



007 23 Feb 2019 – 24 Feb 2019
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructor Elaine Smookler



**MINDFULNESS AND ART
THERAPY 1: WATCH THE
MIND 3519**

Mindfulness and creative art therapies are becoming critical approaches and tools in psychotherapy and mental health. This workshop has two parts: 1) an introduction to “mindfulness and art psychotherapy: watch the mind”, and 2) “mindfulness and art psychotherapy: transform the mind”. During part one, you will explore how to “watch the mind”, and “how the mind works”. You will discover methodologies and approaches to mindfulness and the use of creativity in psychotherapy (interoception, perceptions and interpersonal relationships), clinical engagement and healing. A regular practice of mindfulness meditation is preferred for this course. No artistic experience needed; all art materials provided.

COST \$350 + applicable tax

APPLICABLE CERTIFICATES

Applied Specialization in
Mindfulness Meditation

SECTION

001 26 Oct 2018 – 27 Oct 2018
2 Sessions, In-class
Fri, Sat, 9:00am to 4:00pm
Instructor Emma Ates



002 22 Mar 2019 – 23 Mar 2019
2 Sessions, In-class
Fri, Sat, 9:00am to 4:00pm
Instructor Emma Ates



**MINDFULNESS AND ART
THERAPY 2: TRANSFORM
THE MIND 3520**

Mindfulness and creative art therapies are becoming critical approaches and tools in psychotherapy and mental health. This second part is an introduction on “how the mind becomes absorbed”, and how to “transform the mind”. Participants will be invited to



In-Class



Online



Hybrid



Spring/Summer



Fall



Winter



Downtown/St. George



Markham



Mississauga



Oakville









Scarborough

APPLIED
SPECIALIZATION
IN MINDFULNESS
MEDITATION
(CONTINUED)

observe the mind deeply, and through specific meditations and creative practices such as contentment and compassion. You need to have partaken in the introductory course 3519, Mindfulness and Art Therapy 1: Watch the Mind, to participate in this course. A regular practice of mindfulness meditation is preferred for this course. No artistic experience needed; all art materials provided.

COST \$350 + applicable tax
APPLICABLE CERTIFICATES
Applied Specialization in Mindfulness Meditation

SECTION

- 001** 23 Nov 2018 – 24 Nov 2018
2 Sessions, In-class
Fri, Sat, 9:00am to 4:00pm
Instructor Emma Ates
  
- 002** 26 Apr 2019 – 27 Apr 2019
2 Sessions, In-class
Fri, Sat, 9:00am to 4:00pm
Instructor Emma Ates
  










**MINDFULNESS FOR
DISCIPLINE AND
PRODUCTIVITY 3522**

In this two-day intensive course, the topic of discipline and productivity is approached from an inside-out perspective. Discipline is a path to walk on and a muscle to exercise and strengthen. Discipline is not repressive: it is true freedom. Through the practice of mindfulness, journaling, dyads, wisdom circles and group discussions, participants will see themselves more clearly. Learners will identify the inner, outer and secret obstacles to their success and wellbeing and recognize the ways in which self-sabotage can occur. Through the practices of maitri, loving-kindness, learners will find ways to achieve greater stability

and focus in our lives and work. Through this class, learners will appreciate that discipline is a key tool for living sane, useful and happy lives.

COST \$365 + applicable tax
APPLICABLE CERTIFICATES
Applied Specialization in Mindfulness Meditation

SECTION

- 002** 22 Sep 2018 – 23 Sep 2018
2 Sessions, In-class
Sun, Sat, 10:00am to 5:00pm
Instructor Ranjini George Philip
  
- 003** 02 Feb 2019 – 03 Feb 2019
2 Sessions, In-class
Sun, Sat, 10:00am to 5:00pm
Instructor Ranjini George Philip
  
- 004** 04 May 2019 – 05 May 2019
2 Sessions, In-class
Sun, Sat, 10:00am to 5:00pm
Instructor Ranjini George Philip
  

**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 we 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 the body.

COST \$350 + applicable tax
APPLICABLE CERTIFICATES
Applied Specialization in Mindfulness Meditation

SECTION







- 004** 22 Sep 2018 – 23 Sep 2018
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructor Ian Singer
  
- 005** 23 Feb 2019 – 24 Feb 2019
2 Sessions, In-class
Sun, Sat, 9:00am to 4:00pm
Instructor Ian Singer
  

**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 judgemental 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 interwoven to embrace kindness and self-acceptance. In this workshop, we will explore a range of contemplative practices including meditation, breathing practices, gentle movement, readings, 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 tax
APPLICABLE CERTIFICATES
Applied Specialization in Mindfulness Meditation

SECTION







- 005** Date and Time TBA
In-class
Instructor Shari Stein
  
- 006** Date and Time TBA
In-class
Instructor Shari Stein
  

**TECHNOLOGY AND
MINDFULNESS 3278**

Today's technologies can feel relentless, with constant mobile notifications and overflowing inboxes. However, there are also emerging applications, wearables and training platforms that actually support mindfulness. In this course, you'll survey the intersection of technology and mindfulness from two perspectives: 1) how mindfulness can play a role in our use of mainstream technologies (such as mobile devices, email, social media) and 2) how novel technologies are being used specifically to introduce, teach, motivate and share mindfulness. The course is structured with a healthy balance of learning, discussion, and experience. Students will hear thought-provoking talks, discuss complex issues, and practice mindfulness in a way which directly explores technology.

COST \$350
APPLICABLE CERTIFICATES
Applied Specialization in Mindfulness Meditation

SECTION

- 004** Date and Time TBA
In-class
Instructors Jay Vidyarthi, Michael Apollo Chabior
  
- 005** 25 Jan 2019 – 26 Jan 2019
2 Sessions, In-class
Fri, Sat, 9:00am to 4:00pm
Instructors Jay Vidyarthi, Michael Apollo Chabior
  










**APPLIED
MINDFULNESS-
BASED CHRONIC
PAIN MANAGEMENT
(MBCPM™)**

**MINDFULNESS-
BASED CHRONIC
PAIN MANAGEMENT™
FACILITATION: PRACTICAL
TRAINING IMMERSION 3501**

This course examines the application of mindfulness concepts to pain management, exploring best practices with the highly vulnerable chronic pain population, including ethical, privacy and safety issues in group facilitation. In addition to exploring formal practices as applied to pain management, there is exposure to components of the course that include preambles prior to formal practices, enquiry, and key topics through small group and large group discussions. Skillful forming of dyads and small groups providing diversity of interactions will be demonstrated. Concepts in neuroplasticity and immune system dysfunction linked to pain and stress are explored. Trainees will be provided insight into how chronic pain sufferers view their world.

COST \$1,000
APPLICABLE CERTIFICATES
Applied Mindfulness-Based Chronic Pain Management (MBCPM™) Facilitation

SECTION







- 004** Date and Time TBA
In-class
Instructor TBA
  
- 005** Date and Time TBA
In-class
Instructor TBA
  
- 006** Date and Time TBA
In-class
Instructor TBA
  

**MINDFULNESS-
BASED CHRONIC
PAIN MANAGEMENT™
FACILITATION: CURRICULUM
TRAINING INTENSIVE 3502**

Participants spend 1 day in a Silent Meditation Intensive, led by the facilitator rotating through various formal practices, followed by a debrief at end of day. The next three days allow focused study of the content of the MBCPM course using the trademarked curriculum. The 3 modules of the course will focus on: (1) building resilience strategies; (2) creating a safe space; (3) developing self-awareness and self-care; and (4) exploring innate behaviours and relationships with self and others. The connection to pain is evident as the course unfolds. Key topics and core concepts are explored from the perspective of facilitating a vulnerable, in-pain, and/or chronically stressed group. The language of delivery of the teaching and enquiry is noted and practiced. Additionally, there will be an opportunity to practice, including trauma-informed (TI) facilitation.

COST \$1,500
APPLICABLE CERTIFICATES
Applied Mindfulness-Based Chronic Pain Management (MBCPM™) Facilitation

SECTION




- 003** Date and Time TBA
In-class
Instructor TBA
  
- 004** Date and Time TBA
In-class
Instructor TBA
  

**MINDFULNESS-
BASED CHRONIC
PAIN MANAGEMENT™
FACILITATION: CURRICULUM
IMPLEMENTATION AND
DEVELOPMENT 3503**

This course, which follows PTI and CTI training, includes developing concepts presented in the course in more depth. In this course you will learn: (1) practicing preambles and delivery of formal practices; (2) deeper scrutiny and discussion of trauma-informed facilitation strategies; (3) pain and neuroplasticity; (4) starting up courses; (5) administration of courses; (6) validated outcome-measuring instruments for application to a chronic pain population; (7) use of distance delivery methods; (8) immunity and pain; and (9) further opportunities to practice and deepen skills of enquiry. There will also be discussions regarding assessment criteria for class-based teaching, as well as further certification levels.

COST \$1,000
APPLICABLE CERTIFICATES
Applied Mindfulness-Based Chronic Pain Management (MBCPM™) Facilitation

SECTION

- 003** Date and Time TBA
In-class
Instructor TBA
  
- 004** Date and Time TBA
In-class
Instructor TBA
