

E NVI SION CHAN GE

2019/2020
CALENDAR

ARTS, SCIENCE
& HUMANITIES



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mind active
p.5

Instructors
with vision
p.6

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changes lives
p.14

TODAY’S PASSIONS
BECOME
TOMORROW’S
CREATIONS.
SEE WHERE YOUR
INTERESTS
TAKE YOU. ENVISION
HOW LEARNING
TRANSFORMS YOU.
LET OUR
COURSES LEAD
AND INSPIRE YOU.
LET US HELP
CREATE THE BEST
FUTURE
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and Humanities,
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Applied
Mindfulness
Meditation



Scan code with
phone for more

2019
20/20



When you envision your future, what do you see? The fact that you have picked up this course calendar leads me to believe you predict a tomorrow infused with creativity and curiosity.

At the University of Toronto School of Continuing Studies (SCS), we have a clear vision of what's next; we are committed to providing you with opportunities to forge the unknown. We see a future where everyone can learn with passion.

We see the future you.

I hope that you enjoy perusing the pages of this calendar. Inside, you will find stories of learners just like you who are exploring new ways of thinking, expanding their abilities, and healing through creativity. They are shaping their tomorrow with confidence, using our flexible and unique learning options to create a future that excites them. You will also find profiles of SCS instructors who care deeply about teaching and the transformative power of learning. By sharing their networks, connections, lessons learned, and

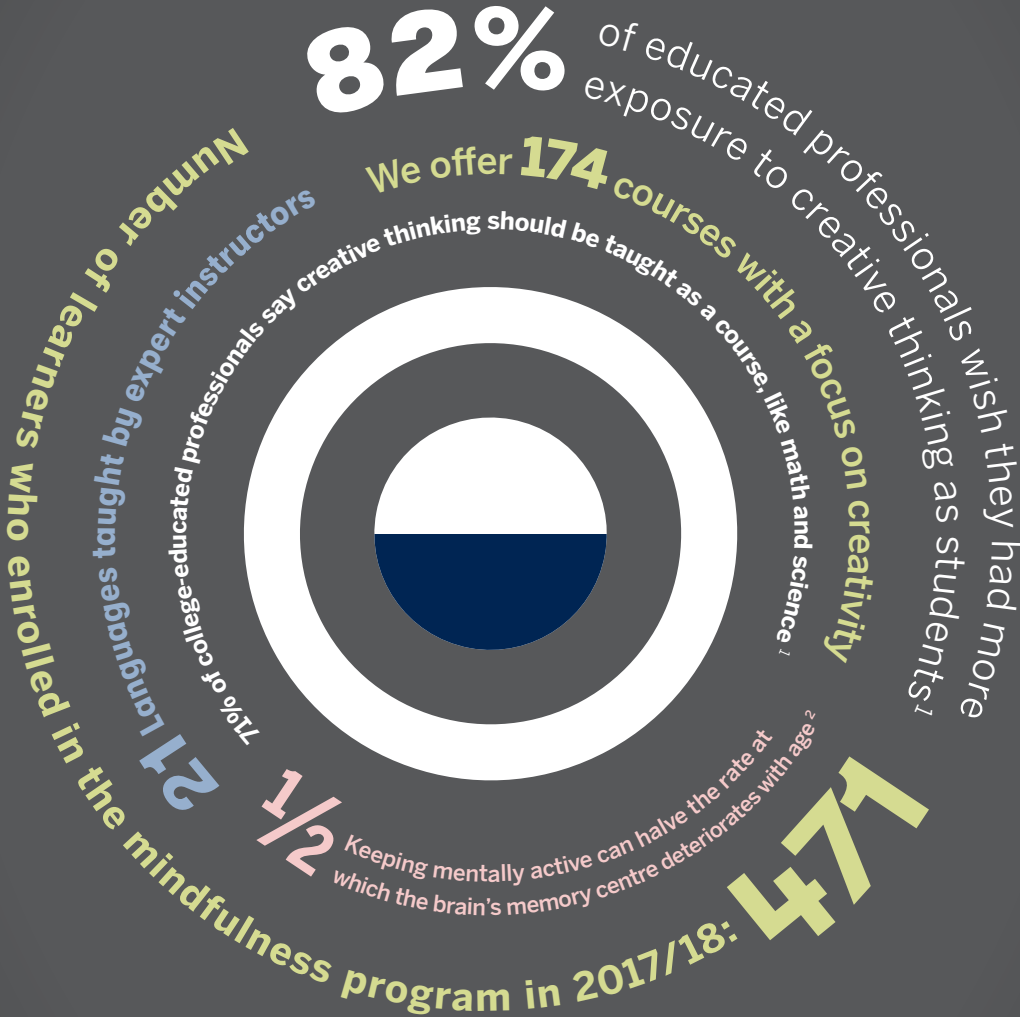
personal inspirations, they reinforce the power of lifelong learning.

We are always seeking new and inspiring knowledge to share with our learners, thinking beyond what is, into what *could* be. For example, our highly respected Creative Writing Program has transformed learners into published authors, many of whom are highlighted in this calendar. Meanwhile, our Applied Mindfulness Meditation Program is constantly growing, as learners recognize the impact of incorporating mindful practices into both their personal and professional lives. Our Arts and Languages Programs are constantly evolving, clarifying our past and providing opportunity for the future.

We are here to offer convenient learning experiences with no admission process to help you become the inevitable next you. If you are new to SCS, welcome to the future of learning. If you are returning, keep exploring and stay curious. ●

Maureen MacDonald Ph.D, MBA, JD, BA
Dean, University of Toronto School of Continuing Studies

Numbers in focus



¹ Creativity and Education: Why it Matters, 2012. Adobe.com.

² The Daily Telegraph; Crossword clue to beating dementia, 2008.

THE CHEMISTRY OF CONSCIOUSNESS

From pharmaceuticals to philosophy, a Mindfulness Meditation learner seeks a view of the world through a different lens



A JOURNEY UNDER THE MICROSCOPE

1

Completed SCS's Foundations in Applied Mindfulness Meditation Certificate after 20 years in pharma development

2

Discovered how to incorporate inner peace into consulting practice, as well as the connection between science and mindfulness

3

Plans to complete Applied Specialization in Mindfulness Meditation Certificate to further grow mindfulness abilities

"I have devoted my professional life to analytical chemistry, to evidences, facts and data quality. But I've always known there is more than the physical world" says **Herman Lam**, who recently completed our **Certificate in Foundations of Applied Mindfulness Meditation**, offered in partnership with the Factor-Inwentash Faculty of Social Work.

After working in pharmaceutical development for over 20 years, Herman is now semi-retired, working as a consultant a few days a week. Having more free time inspired him to finally act upon his lingering interest in mindfulness meditation and Eastern philosophies.

"I wanted to learn more about the life we live, about consciousness, and the history of Buddhist and Taoist philosophies. As I have aged, I have become more and more aware of the fact that our whole human existence is so short in comparison to that of the universe and nature; we have so much to learn" he says. "My whole career was based on precision and accuracy of measurements. Now it's time to view the world through a different lens."

Applied Mindfulness Meditation courses

at SCS provided just the lens Herman was seeking. He enjoyed connecting with his instructors and other learners, who came from a wide range of disciplines and backgrounds. "Hearing my instructors' unique insights, and discussing how my classmates incorporate mindfulness into their daily lives was really eye opening. The environment at SCS was just so friendly" says Herman. This learning experience not only enhanced his inner peace, but improved his consulting work. "Mindfulness has helped me prioritize" he says. "When you are dealing with a complex problem, you can get lost and

struggle to focus. With mindfulness, I bring clarity to my scientific work. I can attempt non-judgmental ways of looking at things, which leads to solutions and new discoveries."

When Herman reflects on the integration of science and mindfulness, he sees a future full of potential. "One of the workshops I attended focused on neuroscience and mindfulness, providing a solid scientific basis for the practice of mindfulness. In the future, science will continue to illustrate the power of meditation and awareness" says Herman. Next, he plans to take our Applied Specialization in Mindfulness Meditation Certificate to further grow his abilities. "Science and mindfulness, it's the yin and the yang" he smiles. "They are interconnected, and I can't wait to learn more." •

"Science and mindfulness, it's the yin and the yang. They are interconnected, and I can't wait to learn more."

Seeing
the big
picture

OBTAINED
Certificate
in Project
Management
at SCS

CO-FOUNDED
an online
community which
helped process
her loss

COMPLETED
Certificate in
Creative Writing
at SCS

PUBLISHED
a book of essays with
her co-founders,
utilizing skills from
both certificates

“My whole writing career is based on making lemonade out of lemons” says **Ariel Ng Bourbonnais**.

At 33, after losing her first pregnancy at 8 weeks, Ariel was diagnosed with Low AMH, meaning she had a low egg reserve for her age. To process her shock and pain, Ariel turned to writing. “I had heard that writing about your feelings could help. Next thing I knew, I was hooked” she says. While completing her **Certificate in Creative Writing**, Ariel wrote about her personal experience; she found it cathartic to shed light on infertility issues, which affect approximately 16% of Canadians trying to conceive, according to government statistics.

Ariel's instructor and mentor, author Shaughnessy Bishop-Stall, played an important role in her writing, guiding her and providing an interesting male perspective on infertility. Meanwhile, Ariel and two friends co-founded The 16 Percent, an online community dedicated to providing a safe space for couples and individuals to share their infertility and pregnancy loss stories. “I realized how much hearing other people's stories of loss and courage helped me heal, and inspired my writing” says Ariel, who recently published a book of essays with her co-founders titled *Through, Not Around: Stories of Infertility and Pregnancy Loss*.

“I wouldn't have been able to edit a collection of essays without taking the creative writing courses at SCS. They taught me how to present and edit my work, incorporate feedback into my writing, critique others' writing, and provide feedback” says Ariel. She also credits her Certificate in Project Management, which she obtained prior to her Certificate in Creative Writing, for helping keep her writing schedule and content planning on track. “My project management abilities helped me manage my time better, and break my writing into steps. This allowed me to write over 50,000 words within a year while working full time.”

Looking towards the future, Ariel has big plans. She is writing (and aims to publish) a personal memoir, and plans to take our Non-Profit Leadership for Impact Certificate to help her grow The 16 Percent. “I would like to develop a web series about infertility to be shared Canada-wide” she says. “Learning at SCS has sparked my creativity and there's no turning back.”

Ariel is however giving back; all proceeds from the sale of her book will be donated to the Pregnancy and Infant Loss (PAIL) Network based out of Sunnybrook Health Sciences Centre. ●

Through, NOT AROUND,

Author reflects on how her Certificate in Creative Writing helped reveal a path through pain



THE PERFECT

Part-time boxer, full-time journalist finds that taking French packs a punch for his career

HOOK

“It sounds odd, but learning French and coaching boxing have had a huge effect on my career” says journalist **Damian Ali**. “Becoming bilingual is opening doors for me, while boxing has taught me discipline, focus, and personal responsibility.”

After earning an undergraduate degree in Criminology, Damian decided to pursue a career in journalism. “I knew speaking French would be a huge asset as a journalist, and I remembered very little from high school” he says. “So I turned to SCS to help me grow my French abilities.”

Damian earned his **Conversational French Certificate**, and is now taking **advanced level French courses**. In February 2019, after completing a post-graduate program in journalism, he landed his first role at a rapidly growing digital news and media outlet called QuickBite News. “Having a strong grasp of the French language has helped me stand out from the crowd, but more importantly, it has made me a better journalist” he says. “Now I can potentially work in Quebec one

day, and I have a greater capacity to report on Canadian current affairs.”

The classroom setting was an ideal learning environment for Damian. “I loved being able to communicate with other learners, face to face. It was a very comfortable vibe; I never felt rushed and was encouraged to learn at my own pace” he says. “My instructor, Andrew Furegato, encouraged us not to be afraid to make mistakes.” In fact, on a recent trip to Montreal, Damian committed to speaking French the entire time. “Without Andrew’s wisdom, I would have given up and just resorted to using English. But he taught me it’s OK to fall, so long as you get back up. That’s a message I live by in my career and in the boxing ring.”

Working with an experienced instructor also provided Damian with real-world context. “Andrew didn’t just teach a language, he taught us how to communicate in French, using conversational techniques and relevant slang. He used media, such as music videos, movie clips, and YouTube videos to teach us real, modern French” he says. “I appreciated that.”

Damian has a strong vision for his future in journalism. “First, I want to become fully bilingual. In five years, I aim to continue building my portfolio while reporting the news. In ten, I want to report news on-air, perhaps through an anchor position” he says. “Further down the line, I would like to mentor young journalists as a way of giving back.” ●

Seeing
the big
picture

SAW
a future
in journalism
and identified
bilingualism as
an asset

EARNED
SCS’s
Conversational
French
Certificate

HIRED
in first
journalist role
at QuickBite
News

We will create with passion
and curiosity,
inspired by truth,
driven to forge the unknown,
to push past ourselves today
towards an inevitable
next you.



Seeing TRIPLE

Three instructors.
Three unique visions.
One priority:
your learning.



Free Verse

“My artistic sensibilities were born in Saint Lucia, in oral folk traditions” says **Canisia Lubrin**. “Every night, my grandmother’s folktales would usher me into a life of storytelling.” Canisia, who teaches our **Poetry and Creative Writing** courses, is a writer, editor, poet, and critic, who has been involved in arts administration and community advocacy for almost two decades. “I approach my classrooms as I do my work: with a sense of curiosity, a commitment to discovery, and a mission to expand the possibilities of literature” she says.

Her most recent collection of poetry, titled *Voodoo Hypothesis*, landed Canisia on multiple lists, including CBC’s Six Black Canadian Writers to Watch in 2018. “My writer mind is always active and alive; writing is how I live. My other passion is teaching” she says. Canisia feels that teaching is less about sharing her vision, and more about guiding learners through their own visions. She has taught

MY POINT OF VIEW
Teaching is an opportunity to explore a diversity of perspectives from my learners.

MY FUTURE VISION
Continuing Education can democratize learning, making it accessible outside of academic settings.

retired grandmothers, learners right out of high school, and professionals in the height of their career, all of whom had the work in them, and just needed the nudge to put pen to paper. “Once they commit to starting the creative process, the path is already laid” she says.

Canisia, who holds a Master of Fine Art in Creative Writing, is currently working on a variety of projects, including another collection of poetry, some short stories, a novel, and a book of essays. She also plans to explore more teaching opportunities, and appreciates the mix of learners and perspectives in her classroom. “I think the richness of diversity at SCS bodes well for the health of literature in this world. The beauty of creative writing in a continuing education setting is that everyone can access it” says Canisia. “By removing creative writing from a strictly academic setting, the possibilities now and into the future are endless. For me, it’s a kind of freeing and democratizing of creativity.”

Deep in Conversation

For **Akiko Maruoka**, learning a language is about more than just uttering words and sentences. “I teach how to express ideas and emotions, and the role that culture plays in effective communication” she says. After 38 years at SCS, Akiko is our longest-serving instructor. She came to Canada from Japan in her early 30s, and began working at Robarts Library at the University of Toronto, managing the Japanese book catalogue. Akiko then earned her Master of Education in Curriculum, Teaching, and Learning through the Ontario Institute for Studies in Education (OISE), and has been teaching a variety of **Japanese language courses** ever since.

Teaching runs strong in Akiko’s blood. “Instruction



MY POINT OF VIEW
Teaching is in my blood.

MY FUTURE VISION
Information technology is changing and opening up more possibilities than ever before. Language education should evolve with it.

is very natural to me” she says. “Both my parents were teachers, as well as my two siblings. It’s who I am.” Akiko’s career began teaching junior high school in Japan. At the time, very few teachers were female. “Coming to Canada opened doors for me, providing opportunities to grow my teaching abilities” she smiles. “I’m really grateful for this.”

Akiko’s favourite part of teaching is connecting with her learners. “I love seeing their smiling faces, and mixing up my teaching styles” she says. “After all these years, it’s never, ever boring. They elevate my energy.” She also has a strong vision for the future of language instruction. “Information technology is changing and opening up more possibilities than ever before. Language education is and should evolve with it” she asserts. “Language instructors have an important role to play in guiding learners towards useful and reliable online information. But at the end of the day, no computer program or Google app can mimic the connections and contexts that evolve in a classroom.”

When she isn’t busy teaching, Akiko enjoys volunteering at a local seniors’ home. She views it as a way to give back to the country she loves. At 79, some would suggest Akiko should slow down and relax. “My friends say I’m crazy” she laughs. “But what can I say? I love it.”

Together We Sit

“I’m a proud graduate of the certificate I now teach” says **Moustafa Abdelrahman**, who instructs courses in our **Certificate in Applied Mindfulness Meditation**. “This certificate has shaped the way I approach and teach mindfulness. The courses integrate Eastern meditative techniques, scientific evidence, and practical applications of mindfulness. Together, they create a different way of seeing and being.”

In addition to teaching at SCS, Moustafa, who holds an MBA and has a successful career at Johnson & Johnson, facilitates mindfulness workshops for a variety of large organizations (past clients include General Electric, The Centre for Addiction and Mental Health, Toronto Public Health, and Sunnybrook Health Sciences Centre). He also provides one-on-one counselling, and leads the Mindfulness Meditation program at the 519, a City of Toronto Agency supporting the LGBTQ2S community.

“I’m passionate about bringing mindfulness to our community, including the corporate world” says Moustafa. “Mindfulness is so accessible. You don’t have to be rich, young, or experienced. It’s at the very core of us. Being aware, attentive, and compassionate is who we are as human beings.” Moustafa’s commitment to spreading the power of



mindfulness has broken down barriers and crossed continents. In 2013, after being in Canada for four years, Moustafa returned to his native country Egypt during the Arab Spring, a series of anti-government protests, uprisings, and armed rebellions that spread across the Middle East. “I returned to Egypt to run mindfulness workshops, volunteer, and help the community during a very stressful time in the history of the country” he says.

Moustafa’s vision for the future of mindfulness is crystal clear. “My dream is that anyone who feels different or marginalized, anywhere in the world, can have access to positive and peaceful ways of being through mindfulness” he says. “I hope to offer safe spaces for people to experience and explore their true identities, and provide healing opportunities that I didn’t have when I was young.” Moustafa also wants to see the mindfulness program at SCS flourish. “I would love to see it become a world-wide phenomenon, it has the potential” he says. “People from all walks of life, from all over the world, should flock to this program. Everyone is welcome.” ●

MY POINT OF VIEW
Teaching is an opportunity to show that everyone can benefit from being able to reconnect with their body and mind.

MY FUTURE VISION
I want anyone who feels different, anywhere in the world, to have access to mindfulness.

Insider Insights

Our learners share their top tips for succeeding in your studies

1

Go for it

“Don’t be afraid to try a course, what have you got to lose? Discover new parts of yourself, it’s worth it.”
ARIEL NG
BOURBONNAIS
SCS learner

2

Think big picture

“There is so much more to the world than what we know. Do all things possible to go beyond your bubble.”

DAMIAN ALI
SCS learner

3

Stay in touch

“Grab contact information from your classmates. Stay in touch, network, and swap ideas after the course is over.”

ANA FUKUSHIMA
SCS learner

4

Focus on the future

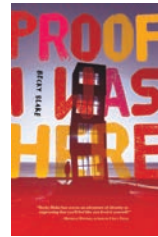
“Break up course work into manageable portions, while staying focused on the end goal.”

LARRY CHAN
SCS learner

the proof is in the printing

Our Creative Writing instructors and learners are well represented in bookstores. Here is just a sampling of titles that have been (or will be) published in 2019.

So, what's your future story?



BECKY BLAKE
PROOF I WAS HERE
Wolsak and Wynn

The coming-of-age story of a young thief and aspiring artist attempting to reinvent her life on the streets of Barcelona.



SONJA BOON
WHAT THE OCEANS REMEMBER: SEARCHING FOR BELONGING AND HOME
WLU Press

Sonja Boon's Marina Nemat Award-winning memoir shows the multiplicity of identities and origins that shape the way we understand our histories and our selves.



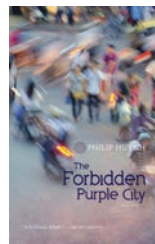
CARY FAGAN
THE STUDENT
Freehand Books

This masterful novel illustrates how we are shaped by—and can eventually overcome—the constraints of the times we occupy.



DON GILLMOR
TO THE RIVER: LOSING MY BROTHER
Random House, Canada

An eloquent exploration of suicide in which one of Canada's most gifted writers attempts to understand why his brother took his own life.



PHILIP HUYNH
FORBIDDEN PURPLE CITY
Goose Lane Editions

Taking his title from the walled palace of Vietnam's Nguyen dynasty, Philip Huynh dives headfirst into the Vietnamese diaspora.



AMY JONES
EVERY LITTLE PIECE OF ME
McLelland & Stewart

A novel about family, friendship, fame, and the cost of living in the public eye.



BIANCA MARAIS
IF YOU WANT TO MAKE GOD LAUGH
GP Putnam's Sons

Three women in post-Apartheid South Africa are brought together to discover the ways that love can transcend the strictest of boundaries.



DEREK MASCARENHAS
COCONUT DREAMS
Book*hug Press

Stories that offer a fresh look at the world of the new immigrant and the South Asian experience in Canada.



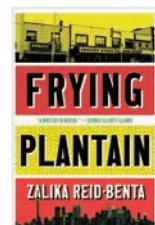
ARIEL NG BOURBONNAIS
THROUGH, NOT AROUND: STORIES OF INFERTILITY AND PREGNANCY LOSS
Dundurn Press

Personal stories about what it's like to go through the emotional and physical facets of infertility, miscarriage, and pregnancy loss.



ANTON POOLES
MONSTER 36
Anstruther Press

Monster 36 is a chapbook of short, dream-like poems exploring the many roles monsters and ghosts take throughout our lives.



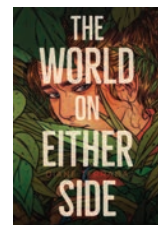
ZALIKA REID-BENTA
FRYING PLANTAIN
House of Anansi Press

These stories artfully depict the tensions between mothers and daughters, second-generation Canadians and first-generation cultural expectations, and Black identity and predominately white society.



PETER ROBINSON
CARELESS LOVE
McLelland & Stewart

The 25th instalment in Peter Robinson's #1 bestselling Inspector Banks series, in which Banks and his team find themselves investigating two suspicious deaths.



DIANE TERRANA
THE WORLD ON EITHER SIDE
Orca Book Publishers

Lost in the mountains of Thailand, Valentine, a depressed teenager, embarks on a healing-quest and heart-pounding adventure.



FAWN PARKER
WEAK SPOT
Anstruther Press

Weak Spot is a collection of poems touching on the experience of watching a mother battle breast cancer.



AYELET TSABARI
THE ART OF LEAVING
Harper Collins, Canada

A courageous coming-of-age memoir that reflects on identity and belonging and explores themes of family and home—both inherited and chosen.



LAURA ZACHARIN
COMMON BROWN HOUSE MOTHS
Frontenac Press

Laura Zacharin's Marina Nemat Award-winning poetry collection takes a closer look at the hazards of daily life.

Bursaries and Awards

NEVER STOP LEARNING

Bursaries

SCHOOL OF CONTINUING STUDIES BURSARY

We understand that life can get expensive, and for some of our learners, affording continuing education may be out of reach. SCS offers a bursary program to support learners facing financial challenges, so they can learn, grow, and thrive.

For the first time in 2019–2020, in addition to our core bursary program, which distributes funding across all areas of study, we are pleased to offer targeted funding via the Bursary for Indigenous Students.

ACADEMY FOR LIFELONG LEARNING BURSARY

Thanks to generous support from the Academy for Lifelong Learning at the University of Toronto, this bursary offers funding up to \$500 to a limited number of learners annually. This bursary is targeted specifically towards learners who have demonstrated a strong commitment towards lifelong learning but are unable to enrol due to financial challenges.

SCS Celebrates

We want to recognize your commitment to yourself! That's why we hold SCS Celebrates—an annual event where learners walk the stage at the University of Toronto's iconic Convocation Hall to receive their certificates. We also honour our annual Excellence in Teaching Award winners, nominated by our learners.

SCS Celebrates brings together learners, friends and families, instructors, partners, and donors, all of whom are important members of our continuing education community.

SCS bursaries and awards are made possible through the generous donations made by our instructors, staff, former learners, and friends of SCS. If you want to find out how you can help learners discover their future self, please contact the Office of the Dean for more information at dean.scs@utoronto.ca or 416.946.5946.

Awards

We are proud to recognize the extraordinary achievements of our learners through our merit-based awards program.

MARILYNN BOOTH AWARD OF EXCELLENCE Value of up to six awards of \$1,000 annually

Established in honour of former Dean Marilyn Booth, this award recognizes career-focused learners who have demonstrated academic success and exemplary leadership. Open to learners taking career-related courses towards the completion of certificates.

THE JANICE COLBERT POETRY AWARD Value of \$1,000, plus two finalist awards of \$500 each annually

Created by award-winning poet Janice Colbert, a graduate of the Creative Writing Certificate Program, this award is open to learners who have taken at least one creative writing course in the previous year.

THE MARINA NEMAT AWARD FOR CREATIVE WRITING STUDENTS Value of \$1,000 up to two awards annually

Thanks in part to the generosity of writer Marina Nemat, this award is given each year to the most outstanding Final Project of a Creative Writing Certificate learner. Winners are chosen by a panel of Canadian publishing-industry professionals.

PENGUIN RANDOM HOUSE CANADA STUDENT AWARD FOR FICTION Value of \$2,500, plus two finalist awards of \$1,000 each annually

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.

THE ELAINE STIRLING CORPORATE STORYTELLER AWARD FOR BUSINESS WRITING Value of \$2,500 annually

Established by SCS instructor Elaine Stirling, this award recognizes exceptional business writing. Students will be required to submit a short writing sample demonstrating the impact of storytelling in the workplace.

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 SCS 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

☐ Certified 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.

STUDENT SIGNATURE

DATE

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

Helpful Information

ENSURE A SMOOTH JOURNEY

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, select your course, click Enrol Now, then Checkout. 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 on our website 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 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.

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 Cancellations/Postponements

Every effort is made to offer courses as listed on our website and in our publications. Courses, however, are subject to cancellation or postponement with little to no advance notice, for such reasons as insufficient enrolment, unforeseen program changes, instructor availability, or at the discretion of SCS. We recommend that you enrol as early as possible to limit decisions to cancel or postpone due to insufficient enrolment.

If you register for a course that is subsequently cancelled or postponed, you may transfer to another section or another course, if space permits, or you may choose to receive a full refund of course fees paid. If you transfer to a course with a higher fee, you are responsible for paying the difference.

Course Alterations

Course details such as dates, days, times or instructors are subject to change without prior notice.

If a course is altered, you may choose to transfer to another section or another course if space permits, or you may choose to receive a full refund of course fees paid. 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 Certificate Candidacy Request 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.

Accessibility Services

SCS provides accommodation for learners with disabilities. If you require accommodation, please contact us at scs.accessibility@utoronto.ca well in advance of 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

Policies and 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 administrative activities at 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:

Website

learn.utoronto.ca

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

Business Hours

Mon to Thur 8:30 a.m. to 6:30 p.m.
Fri 8:30 a.m. to 5:00 p.m. (Sept to June)
Fri 8:30 a.m. to 4:30 p.m. (Jul to Aug)

course

listings

arts, science & humanities

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 tax

SECTION

006 22 Apr 2020 – 27 May 2020
6 Sessions, In-class
Wed, 11:00am to 1:00pm
Instructor Meghan Bauer



CONTEMPORARY 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 tax

SECTION

003 05 May 2020 – 23 Jun 2020
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 tax

SECTION

012 16 Mar 2020 – 06 Apr 2020
4 Sessions, In-class
Mon, 6:30pm to 8:30pm
Instructor Michael Corbett



DRUGS AND THE BRAIN 3598

In this timely course, we'll learn about the main effects of certain classes of legal drugs on the brain. Deep dive into the variety of targeted brain systems. These systems collaterally undergo functional and behavioural changes, both expected and not. Learn why the connection between medicinal marijuana and brain development is powerful yet fragile, and why detection is difficult. We'll focus on the 'wiring' of our senses as it relates to hallucinations, and how certain drugs can be performance-enhancing and harmful at the same time, depending on use, dosage and

effects. Learn about the contribution of certain nutrients to the support of brain functions.

COST \$325 + applicable tax

SECTION

001 03 Sep 2019 – 22 Oct 2019
8 Sessions, In-class
Tues, 1:00pm to 3:00pm
Instructor Sheldon M. Joseph



FIGHTING THE DEMENTIAS 3599

This new course covers the most up-to-date science on the treatment of three of the most common neuromuscular disorders: Alzheimer's, Parkinson's and Multiple Sclerosis (MS). We'll explore these conditions in relation to various factors such as our mood, physicality, psychopathy and sociopathy. You'll learn about the underlying causes of mental disorders.

COST \$325 + applicable tax

SECTION

001 29 Oct 2019 – 17 Dec 2019
8 Sessions, In-class
Tues, 1:00pm to 3:00pm
Instructor Sheldon M. Joseph



NATURE VS. NURTURE: A PRIMER IN GENETICS 3603

Do my genes determine if I will get cancer? Will the salad you ate yesterday affect your future grandchildren? How do single cells develop into different complex organisms using the identical starting material or DNA? Unravel these mysteries and more as we delve into the fascinating world of our own genes. We'll study how genes act, and how they can be impacted by different

levels of the environment, from within our cells all the way to the air we breathe. Finally, we'll look at a few vignettes of new cancer research.

COST \$245 + applicable tax

SECTION

001 09 Oct 2019 – 13 Nov 2019
6 Sessions, In-class
Wed, 7:00pm to 9:00pm
Instructor Kinjal Desai



THE PSYCHOLOGY OF LOVE AND LOSS 3491

We'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 and neuroscience. You'll also gain tools to help you maintain, improve, and repair the ties in your own life. This interactive course encourages discussion but respects students' privacy.

COST \$245 + applicable tax




SECTION

002 19 Feb 2020 – 25 Mar 2020
6 Sessions, In-class
Wed, 6:30pm to 8:30pm
Instructor Mariana Bockarova



THE SCIENCE OF DREAMS 3601




What is a dream? Do dreams have ‘meaning’? Why do we have nightmares? Do daydreams boost creativity? What is ‘déjà vu’ and ‘jamais vu’? Delve deeply into the fascinating realm of dreams using a scientific approach. We’ll explore the mechanisms behind ‘dream states’ and understand their roles in the maintenance of healthy brain function and restful sleep. We’ll look at the role of dreams in relation to the efficient functioning of the aroused brain, including the role that dreams may play in learning, memory and creativity. We’ll gain a better understanding of the role of chemicals, anxiety and other conditions on our ‘dreamscapes’, and how neuro-plasticity may be involved.

COST \$325 + applicable tax
SECTION 001 10 Mar 2020 – 28 Apr 2020
8 Sessions, In-class
Tues, 1:00pm to 3:00pm
Instructor Sheldon M. Joseph
  

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 tax
SECTION 009 07 Jan 2020 – 25 Feb 2020
8 Sessions, In-class
Tues, 7:00pm to 9:00pm
Instructor Danny C. Li
  




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 013 21 Oct 2019 – 05 Jan 2020
Online
Instructor TBA
 
014 02 March, 2020 – 17 May, 2020
Online
Instructor TBA  



UNDERSTANDING LEARNING 3600

Learn how the human brain learns. In plain language, we’ll explore the physical foundations of learning. Delve into the fascinating mechanisms of high-functioning genius brains compared with the typical human brain, as well as brains along the autism spectrum. Explore the connection between intelligence, dyslexia, attention deficit disorders and learning disabilities. Learn how best to maintain a learning brain and how genes, as well as certain chemicals and nutrients, can either boost or degrade these learning systems.

COST \$325 + applicable tax
SECTION 001 07 Jan 2020 – 25 Feb 2020
8 Sessions, In-class
Tues, 1:00pm to 3:00pm
Instructor Sheldon M. Joseph
  




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 003 05 Apr 2020 – 31 May 2020
Online
Instructor Sheldon M. Joseph
 

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 tax
SECTION 015 19 Feb 2020 – 15 Apr 2020
8 Sessions, In-class
Wed, 11:00am to 1:00pm
Instructor Meghan Bauer
  

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 003 01 Apr 2020 – 20 May 2020
8 Sessions, In-class
Wed, 1:00pm to 3:00pm
Instructor James A.S. Thompson
  




ESPIONAGE & SECRET INTELLIGENCE 2847

In the 20th century, the intelligence agencies of the world developed from small groups of amateur adventurers into globe-bestridding 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 008 12 Sep 2019 – 31 Oct 2019
8 Sessions, In-class
Thurs, 6:30pm to 8:30pm
Instructor Nicholas D. Gunz
  




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 tax
SECTION 012 16 Oct 2019 – 04 Dec 2019
8 Sessions, In-class
Wed, 6:30pm to 8:30pm
Instructor Katherine Barber
  

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 007 09 Oct 2019 – 27 Nov 2019
8 Sessions, In-class
Wed, 6:30pm to 8:30pm
Instructor Margaret Morden
  

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 007 03 Mar 2020 – 21 Apr 2020
8 Sessions, In-class
Tues, 6:30pm to 8:30pm
Instructor Nicholas D. Gunz
  



PETER THE GREAT & THE BUILDING OF ST. PETERSBURG 2988

When Peter became czar in 1682, Europe was foreign to Russia, an insular and tradition-bound nation. The West fascinated Peter, and he was determined to transform Russia into a great European power. Discover the traditional Russia of Peter’s childhood, his Grand Tour of Europe, and his subsequent dream of building St. Petersburg, a new city to match his vision of the country. With images of the city and accounts of his cruel drive to create it, we’ll see how the city emerged as a symbol of his power and of Russia’s hopes.

COST \$325 + applicable tax
SECTION 003 10 Mar 2020 – 28 Apr 2020
8 Sessions, In-class
Tues, 7:00pm to 9:00pm
Instructor Carolyn Harris
  




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 005 03 Feb 2020 – 27 Mar 2020
Online
Instructor James F. S. Thomson
 

RESISTANCE AND COLLABORATION IN OCCUPIED EUROPE, 1938–1945 3604

The Nazi occupation in Europe forced the captive populations into a daily choice between resistance and collaboration, with survival their principal goal. Join us as we examine national and individual experiences of occupation, and the different policies pursued by the Nazis in each of the subject countries. What became of conscience in occupied Europe, and how have the countries that suffered occupation come to terms with a memory both heroic and painful?

COST \$325 + applicable tax
SECTION 001 09 Jan 2020 – 27 Feb 2020
8 Sessions, In-class
Thurs, 7:00pm to 9:00pm
Instructor Eric McGeer
  

THE MAGNA CARTA & THE MAKING OF THE MODERN WORLD 3100

The Magna Carta is the landmark charter that placed limits on the power of the English king. Neither the king nor his rebel baron opponents necessarily expected its terms to be respected for long. But some of the Magna Carta's principles – like the right to trial by peers and due process – have become basic to common law. The charter influenced the creation of Parliament and the concept of equality before the law. Later interpretations informed the American and French Revolutions, Canada's Confederation, and the UN Universal Declaration of Human Rights. The 800th anniversary in 2015 was celebrated around the world, and a surviving copy of the Magna Carta was exhibited across Canada. Join Carolyn Harris, author of *Magna Carta and its Gifts to Canada*, and discover the enduring impact of this document on the modern world.

COST \$325 + applicable tax

SECTION

002 15 Jan 2020 – 04 Mar 2020
8 Sessions, In-class
Wed, 2:00pm to 4:00pm
Instructor Carolyn Harris



THE NORDIC NATIONS: FROM VIKINGS TO MODERNITY 3595

The Nordic nations—Sweden, Finland, Denmark, Iceland and Norway—are consistently among the top 15 countries in the United Nations Human Development Index. Their societies and culture are admired around the world. But prior to this success is a long, turbulent history. Learn about the history of the Nordic nations, including Vikings, warrior monarchs, the

Second World War and immigration to North America. We'll explore how the countries of northern Europe emerged from poverty and political upheaval to become some of the most successful countries of the 21st century.

COST \$325 + applicable tax

SECTION

001 02 Oct 2019 – 20 Nov 2019
8 Sessions, In-class
Wed, 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

004 23 Oct 2019 – 11 Dec 2019
8 Sessions, In-class
Wed, 1:00pm to 3:00pm
Instructor James A.S. Thompson



TORONTO AND THE SECOND WORLD WAR 3606

By the summer of 1945, Toronto was a city significantly changed by almost six years of war. It had been deeply engaged in the war effort in many ways. Experience Toronto of 1939 – 1945, with the help of many images. We'll take a journey through those war years, and we'll consider how the experience of war and wartime development contributed 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 participants.

COST \$160 + applicable tax

SECTION

001 03 Jun 2020 – 24 Jun 2020
4 Sessions, In-class
Wed, 6:30pm to 8:30pm
Instructor James F. S. Thomson



TORONTO BETWEEN WARS: 1918 – 1939 3605

An inhabitant of Toronto in 1918 would be astonished by developments in the next 20 years. Those two dramatic decades included boom times, the Depression and remarkable change. Experience Toronto of 1918–1939, with the help of many images. We'll take a journey through these immensely interesting years, and we'll consider how they contributed 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 participants.

COST \$245 + applicable tax

SECTION

001 23 Oct 2019 – 27 Nov 2019
6 Sessions, In-class
Wed, 6:30pm to 8:30pm
Instructor James F. S. Thomson



LIFE AND LEISURE

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 tax

SECTION

002 07 May 2020 – 11 Jun 2020
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

007 09 Nov 2019 – 09 Nov 2019
1 Session, In-class
Sat, 9:30am to 4:30pm
Instructors Teri Courchene, Ellen Roseman



008 26 Apr 2020 – 26 Apr 2020
1 Session, In-class
Sun, 9:30am to 4:30pm

Instructors Teri Courchene, Ellen Roseman



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

016 26 Sep 2019 – 31 Oct 2019
6 Sessions, In-class
Thurs, 7:00pm to 9:00pm
Instructors Teri Courchene, Ellen Roseman



SETTING & REACHING YOUR INVESTMENT GOALS 3154

Whether you are investing on your own or using an advisor or robo-advisor, this course will help you get your investments on track. You will learn about strategies and products suitable for a variety of goals, including investing for retirement, generating income, and saving for a house or your children's education. This course can be taken as a sequel to SCS 1907 Investing for Beginners or SCS 3248 Investing Workshop or on its own for learners with some investing experience.

COST \$220 + applicable tax

SECTION

005 23 Jan 2020 – 20 Feb 2020
5 Sessions, In-class
Thurs, 7:00pm to 9:00pm
Instructor Teri Courchene



LITERATURE

ARTHUR: THE ONCE & FUTURE KING 2593

The legend of King Arthur has inspired poets and artists in every major European language since the early Middle Ages. The Round Table, the Sword in the Stone, Lancelot, Guinevere, Merlin: many of its images and characters are part of the Western cultural vocabulary. Learn this tradition through reading and discussing a selection of original texts. We'll consider related themes that still influence modern storytelling, including codes of chivalry, courtly love, knighthood and the quest for the Holy Grail.

COST \$325 + applicable tax

SECTION

005 04 Feb 2020 – 24 Mar 2020
8 Sessions, In-class
Tues, 1:00pm to 3:00pm
Instructor Harley Price



CHEKHOV IN HIS WORLD & OURS 2892

Discover Chekhov, the inventor of the modern short story and one of the founders of modern theatre. His literary world, like our lives, is full of ambiguity, without clear-cut answers to life's problems or characters. Read some of his best works and ask yourself the enduring questions at the core of his masterpieces: What constitutes a good life? Can comedy and tragedy mingle in literature and in our own lives? If so, what is happiness?

COST \$245 + applicable tax

SECTION

003 06 Jan 2020 – 10 Feb 2020
6 Sessions, In-class
Mon, 1:00pm to 3:00pm
Instructor Julia Zarankin



ENTER HERE: DANTE'S DIVINE COMEDY 2270

The *Divine Comedy* is a masterpiece summarizing human wisdom, and experience. Dante's journey, from the dark woods to the depths of Hell and the heights of Heaven, is a grand symbol of the inward journey possible within each lifetime, from despair to beatitude, and confusion to illumination. We'll discuss Dante's allegory both in the fascinating literary, philosophical and theological context of his age, and as a testament to the aspirations in all of us as we search for happiness and meaning.

COST \$325 + applicable tax

SECTION

007 06 Feb 2020 – 26 Mar 2020
8 Sessions, In-class
Thurs, 1:00pm to 3:00pm
Instructor Harley Price



GREAT WRITERS, GREAT THINKERS OF ANCIENT GREECE: PART IV 3597

Together with the Bible, the philosophy and literature of ancient Greece are the foundation of the entire edifice of Western thought, literature and art. This course follows Great Writers, Great Thinkers of Ancient Greece, Parts I, II, and III, but it can be taken on its own. We will read and discuss an entirely new sample of texts from such important Greek authors as Homer, Pythagoras, Heraclitus, Empedocles, Pindar, Aeschylus, Euripides, Plato, the Stoics, Plutarch, Plotinus, Porphyry, and Proclus.

COST \$325 + applicable tax

SECTION

003 17 Sep 2019 – 05 Nov 2019
8 Sessions, In-class
Tues, 7:00pm to 9:00pm
Instructor Jonathan Ullyot



COST \$325 + applicable tax

SECTION

001 10 Oct 2019 – 28 Nov 2019
8 Sessions, In-class
Thurs, 1:00pm to 3:00pm
Instructor Harley Price



HERODOTUS: HISTORY AS STORYTELLING 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 tax

SECTION

002 07 Nov 2019 – 12 Dec 2019
6 Sessions, In-class
Thurs, 7:00pm to 9:00pm
Instructor Jonathan Ullyot



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 30 pages.

COST \$325 + applicable tax




SECTION

003 17 Sep 2019 – 05 Nov 2019
8 Sessions, In-class
Tues, 7:00pm to 9:00pm
Instructor Jonathan Ullyot



**PLATO AND PLATONISM
THROUGH THE AGES:
PART III 3602**

The famous dialogues of Plato are the third leg upon which Western civilization stands, along with the Bible and Greek mythology. We'll begin by reading a representative sample of Plato's most important works. Then we'll turn to the enormously influential writings of the Middle and Neo-Platonists, including Cicero, Philo, Plutarch, Plotinus, Porphyry, Proclus, and Macrobius. Join us as we read and discuss a selection of some of the most seminal texts in Western thought. (You don't need to have taken Part I or II, which cover different readings).

COST \$325 + applicable tax
SECTION 001 05 May 2020 – 23 Jun 2020
8 Sessions, In-class
Tues, 1:00pm to 3:00pm
Instructor Harley Price
  

**THE GREAT BOOKS:
PART II 1669**




This course builds on 1668 The Great Books: Part I, but can be taken on its own. Part II explores many of the themes established in Part I but through new texts. These include: Dante, *La Vita Nuova*; Shakespeare, *The Sonnets*, *King Lear*, *The Tempest*; More, *Utopia*; Machiavelli, *The Prince*; Milton, *Paradise Lost*; Swift, *Gulliver's Travels*; Voltaire, *Candide*; Johnson, *Rasselas*; Shelley, *Frankenstein*; Chekhov, *Uncle Vanya*; Shaw, *Heartbreak House*; Woolf, *A Room of One's Own*; Freud, *Civilization and Its Discontents*; Joyce, *A Portrait of the Artist as a Young Man* and Rilke, *Letters to a Young Poet*.

COST \$325 + applicable tax
SECTION 010 11 Sep 2019 – 30 Oct 2019
8 Sessions, In-class
Wed, 6:00pm to 8:00pm

Instructor John Greenwood
  

**THE GREAT BOOKS:
PART III 1670**

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

COST \$325 + applicable tax
SECTION 009 11 Sep 2019 – 30 Oct 2019
8 Sessions, In-class
Wed, 1:00pm to 3:00pm
Instructor John Greenwood
  

**THE GREEK EPIC: HOMER'S
ILIAD AND ODYSSEY 3244**




Among the foundation stories 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 10-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 004 23 Oct 2019 – 11 Dec 2019
8 Sessions, In-class
Wed, 7:00pm to 9:00pm

Instructor Jonathan Ulliyot
  

**THE ITALIAN RENAISSANCE:
LITERATURE, PHILOSOPHY
AND ART 3592**

The Renaissance in Italy gave birth to the greatest flowering of literature, philosophy and art in western civilization. Join us as we discuss a selection of texts from its most important authors, including Petrarch, Boccaccio, Cusanus, Alberti, Marsilio Ficino, Pico della Mirandola, Landino, Poliziano, Aretino, Bembo, Castiglione and Vasari. Using these and other texts, we'll learn to recognize the iconography and decode the symbolic meanings of paintings by Leonardo, Botticelli, Michelangelo, Raphael, Veronese, Titian and others.

COST \$325 + applicable tax
SECTION 001 07 May 2020 – 25 Jun 2020
8 Sessions, In-class
Thurs, 1:00pm to 3:00pm
Instructor Harley Price
  

**THE MIND IS ITS OWN PLACE:
PARADISE LOST 2188**




Milton's *Paradise Lost* offers a liberal arts education in miniature. The culmination of the epic tradition of Homer, Virgil and Dante, it contains some of the most moving and majestic poetry in any language. Visit perennial questions about the nature of the Divine, God's justice, the origin of evil, and the salvation of the soul. We'll examine this masterpiece in its broad literary, intellectual and religious contexts.

COST \$325 + applicable tax
SECTION 007 08 Oct 2019 – 26 Nov 2019
8 Sessions, In-class
Tues, 1:00pm to 3:00pm
Instructor Harley Price
  

MUSIC

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 tax
SECTION 010 21 Oct 2019 – 25 Nov 2019
6 Sessions, In-class
Mon, 6:30pm to 8:30pm
Instructor Katherine Barber
  

OPERA AND MYTHOLOGY 3618




Join opera expert Iain Scott as he explores how opera presents and re-interprets the powerful myths that underlie Western literature. Each of the five classes will deal with a different mythical tradition or approach to mythology and will feature a series of operatic excerpts on video.

COST \$250 + applicable tax
SECTION 001 10 Sep 2019 – 22 Oct 2019
5 Sessions, In-class
Tues, 2:00pm to 4:00pm
Instructor Iain Scott
  

OPERA AND POWER 3620

Opera can be the most gripping form of theatre. It engages with issues of independence, coercion, power and liberty. Join us as we explore these themes using a series of operatic excerpts on video.

COST \$250 + applicable tax

SECTION 001 14 Jan 2020 – 11 Feb 2020
5 Sessions, In-class
Tues, 2:00pm to 4:00pm
Instructor Iain Scott
  

**OPERA AND THE
SUPERNATURAL 3619**




Join opera expert Iain Scott as he explores the supernatural and magical themes that give power to some of the best-loved operas. Opera's invitation to suspend belief makes it possible to present the worlds that lie beyond. This course will feature many operatic excerpts on video.

COST \$250 + applicable tax
SECTION 001 12 Nov 2019 – 10 Dec 2019
5 Sessions, In-class
Tues, 2:00pm to 4:00pm
Instructor Iain Scott
  

PHILOSOPHY AND
LAW




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 tax
SECTION 009 08 Jan 2020 – 12 Feb 2020
6 Sessions, In-class
Wed, 6:00pm to 9:00pm
Instructor Alistair Macrae
  

**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 \$245 + applicable tax
SECTION 003 04 May 2020 – 08 Jun 2020
6 Sessions, In-class
Mon, 1:00pm to 3:00pm
Instructors Sylvia Solomon, David Wintre
  

**MORE GREAT TRIALS THAT
CHANGED THE COURSE OF
WESTERN CIVILIZATION: A
SOCIAL HISTORY 3625**

Joan of Arc and the other 'witches', Louis Riel, Oscar Wilde, Brown v Board of Education, Mandela, and Carter v Canada: six more trials that changed society. These trials take us from burning women at the stake to hanging Provincial MPs, from sexual orientation to racial segregation, and finally to the very meaning of “life”. From Europe to Canada, from England to South Africa, and back to Ottawa, see how these trials—and the people involved—forced societies to look at themselves through a legal lens in the context of a moment in history...and change. Did these trials advance society? In this interactive, discussion-based course, we'll continue exploring

that question. SCS 3299 Great Trials is not a prerequisite; you can take both courses in either order.

COST \$245 + applicable tax
SECTION 001 28 Oct 2019 – 02 Dec 2019
6 Sessions, In-class
Mon, 1:00pm to 3:00pm
Instructors Sylvia Solomon, David Wintre
  

**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 tax
SECTION 007 10 Oct 2019 – 14 Nov 2019
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 underpin-

ning 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 tax
SECTION 002 07 May 2020 – 11 Jun 2020
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 008 22 Oct 2019 – 10 Dec 2019
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 tax

SECTION

004 05 Sep 2019 – 10 Oct 2019
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

008 24 Sep 2019 – 12 Nov 2019
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

008 07 Jan 2020 – 25 Feb 2020
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

008 05 May 2020 – 23 Jun 2020
8 Sessions, In-class
Tues, 6:30pm to 8:30pm
Instructor Jonathan Salem-Wiseman



RELIGION

**ARCHAEOLOGY OF THE
ANCIENT NEAR EAST AND THE
BIBLE 3593**

Archaeology connects us with the past and lets us hear the voices of ancient people. Learn about the archaeological finds of lands like Egypt, Babylon, Persia, Greece and Israel. We'll examine some of the most important archaeological discoveries, and take an exciting look at history from this unique perspective.

COST \$325 + applicable tax

SECTION

001 13 Jan 2020 – 02 Mar 2020
8 Sessions, In-class
Mon, 6:30pm to 8:30pm
Instructor Tony Costa



**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

005 10 Sep 2019 – 29 Oct 2019
6 Sessions, In-class
Wed, 6:30pm to 8:30pm
Instructor Gordon F. Davies



**POISON OR REMEDY?
POLITICS AND RELIGION
TODAY 2003**

Learn how people of faith have contributed good and evil to their communities. Join lively discussions about religious idealism today as a motivation for social justice and democracy, but also for terrorism and bigotry. Do religions make the world better or worse? How should faith relate to power?

COST \$195 + applicable tax

SECTION

006 25 Mar 2020 – 15 Apr 2020
4 Sessions, In-class
Wed, 6:30pm to 8:30pm
Instructor Gordon F. Davies



**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 tax

SECTION

011 06 May 2020 – 10 Jun 2020
6 Sessions, In-class
Wed, 6:30pm to 8:30pm
Instructor Gordon F. Davies



**RELIGIONS OF THE
EAST: MYSTERIES &
PHILOSOPHIES 2272**

Who am I? How am I related to the Divine? What is the ideal way to live? To such enduring questions, the religions of the East offer very different answers from those of the West. In this course we introduce the religious traditions of India, China and Japan. We look at the mystical, philosophical and practical aspects of the diverse traditions of Hinduism, Buddhism, Sikhism, Confucianism, Daoism and Shinto. We will pay attention to their similarities and differences, and trace their interactions. Learn to appreciate these religions' contributions to Asian cultures and the wisdom that they offer us.

COST \$325 + applicable tax

SECTION

012 19 Sep 2019 – 07 Nov 2019
8 Sessions, In-class
Thurs, 6:30pm to 8:30pm
Instructor Daniel So



**RELIGIONS OF THE WEST:
REASON & MYSTERY 1220**

Examine 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 tax

SECTION

023 16 Oct 2019 – 20 Nov 2019
6 Sessions, In-class
Wed, 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. The lectures from the St George venue are filmed and made available online to all in-class students. If you cannot attend the in-class lectures, you can register for the convenient online-only section.

COST \$162 + applicable tax

SECTION

083 09 Sep 2019 – 18 Nov 2019
Mon, 12:00pm to 1:00pm
Oakville Campus



084 03 Oct 2019 – 05 Dec 2019
Thurs, 12:30pm to 1:30pm
Markham Campus



085 02 Oct 2019 – 04 Dec 2019
Wed, 1:00pm to 2:00pm
St. George Campus



086 02 Oct 2019 – 04 Dec 2019
Thurs, 12:00pm to 1:00pm
Oakville Campus



087 03 Feb 2020 – 20 Apr 2020
Mon, 12:00pm to 1:00pm
Oakville Campus



088 06 Feb 2020 – 09 Apr 2020
Thurs, 12:30pm to 1:30pm
Markham Campus



089 05 Feb 2020 – 08 Apr 2020
Wed, 1:00pm to 2:00pm
St. George Campus



090 05 Feb 2020 – 08 Apr 2020
Thurs, 12:00pm to 1:00pm
Oakville Campus



VISUAL ART AND
ARCHITECTURE

**AMERICAN CINEMA OF THE
'70S: THE LAST GOLDEN
AGE 3596**

Why were the '70s the last golden age of American cinema? Those films, made mostly by young, up-and-coming filmmakers, successfully broke all the previous rules of how Hollywood movies were made. Find out how they pioneered the use of taboo-breaking subject matter and hired actors who looked more 'ordinary' than previous stars. Discover or re-visit the decade's classics, such as *The Godfather I* and *II*, *Nashville*, *Taxi Driver*, *Carrie*, and *Jaws*—movies that make today's mostly pallid American entertainment look dull and out-of-touch.

COST \$325 + applicable tax

SECTION

001 02 Oct 2019 – 20 Nov 2019
8 Sessions, In-class
Wed, 6:00pm to 9:00pm
Instructor Shlomo Schwartzberg



**ARCHITECTURE IN THE 18TH
AND 19TH CENTURIES 3609**

Over the course of the 18th century, western architects left behind the flamboyant Baroque and Rococo styles. For inspiration, they returned to the serene principles and elements of classical Greece and Rome. In the 19th century, architects and their patrons had to adapt to different challenges. These included the invention of new types of buildings and communities. Many exciting styles of architecture developed during that century in the search for appropriate forms. We'll see how technological, social, and

political issues influenced widely varying architectural expressions.

COST \$325 + applicable tax

SECTION

001 06 May 2020 – 24 Jun 2020
8 Sessions, In-class
Wed, 6:30pm to 8:30pm
Instructor Marta O'Brien



**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

006 07 May 2020 – 25 Jun 2020
8 Sessions, In-class
Thurs, 6:30pm to 8:30pm
Instructor Marta O'Brien



**ARCHITECTURE OF
THE RENAISSANCE &
BAROQUE 2993**

Following the innovative structures of the Middle Ages, the Renaissance saw a rediscovery of classical architectural approaches and elements—a reinterpretation of ancient Greek and Roman architecture to suit Renaissance ideals of humanism. Some Renaissance churches, civic buildings and private homes are among the high points of Western architecture, the work of architects whose brilliant influence is still

felt centuries later. The exuberance of the Baroque followed, with an architecture that broke rules to excite and impress those who experienced it. The Roman Catholic Church offset the plainness of the Reformation while rulers built Baroque palaces to display their power and wealth.

COST \$325 + applicable tax
SECTION
004 06 Feb 2020 – 26 Mar 2020
8 Sessions, In-class
Thurs, 10:00am to 12:00pm
Instructor Marta O'Brien
D **A** **S**

ARCHITECTURE: ALL AROUND US 2591

Architecture is everywhere and affects our daily experience of a street, a neighbourhood and a city—often unconsciously. Learn to notice 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
006 02 Oct 2019 – 20 Nov 2019
8 Sessions, In-class
Wed, 6:30pm to 8:30pm
Instructor Marta O'Brien
D **A** **Q**

ART AND THE EXPERIENCE OF SEEING 3355

Artists employ visual devices to capture our attention and provoke a response, while encouraging us to develop our own artistic eye. We'll draw inspiration from the preliminary drawings and journals of the artist as these reveal fascinating insights into the final work of art.

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
004 07 May 2020 – 04 Jun 2020
5 Sessions, In-class
Thurs, 11:00am to 1:00pm
Instructor TBA
D **A** **S**

ART NOUVEAU: DECADENCE & THE LIMITS OF FORM 2444

Travel through the decadent world of Art Nouveau with Natalie Ribkoff. We'll make a virtual tour through Brussels, Barcelona, Paris, Vienna, Prague and Buenos Aires, viewing the creations of the master craftspeople, architects and artists associated with the new style that swept through Europe and the Americas in the 1890s. We'll follow the flowing lines, ornamental details and sumptuous materials employed by artists dedicated to achieving the unity of art and life in their creations. Examine architectural masterpieces in each city, including Antoni Gaudí's Casa Milà in Barcelona and Victor Horta's Van Eetvelde House in Brussels. We'll also admire some of the precious jewels, decorative objects and furniture designed to complement these unique interiors.

COST \$245 + applicable tax
SECTION
007 14 Jan 2020 – 18 Feb 2020
6 Sessions, In-class
Tues, 10:00am to 12:00pm
Instructor Natalie Ribkoff
D **A** **S**

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
010 16 Oct 2019 – 04 Dec 2019
8 Sessions, In-class
Wed, 11:00am to 1:00pm
Instructor Barbara Isherwood
D **A** **Q**

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 emancipation 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
010 04 Mar 2020 – 22 Apr 2020
8 Sessions, In-class
Wed, 11:00am to 1:00pm
Instructor Barbara Isherwood
D **A** **S**

BAUHAUS: HOW THE MOVEMENT TRANSFORMED MODERN ART AND DESIGN 3623

The Bauhaus was the 20th century's most influential school of art, architecture and design. Go beyond the glass façade of the typical Bauhaus buildings to examine how its founder, German architect Walter Gropius, persuaded an extraordinary group of artists to join him for his pioneering mission merging art and industry through education. We'll trace the steps of the Bauhaus émigrés whose involvement in institutions of higher learning ensured that the Bauhaus principles continue to have a major influence on architecture and design.

COST \$245 + applicable tax
SECTION
001 31 Mar 2020 – 05 May 2020
6 Sessions, In-class
Tues, 10:00am to 12:00pm
Instructor Natalie Ribkoff
D **A** **S**

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 and charcoal techniques. Opportunity permitting, we'll make use of current exhibits at U of T for insight, discussion and inspiration.

COST \$245 + applicable tax
SECTION
012 12 Mar 2020 – 16 Apr 2020
6 Sessions, In-class
Thurs, 11:00am to 1:00pm
Instructor TBA
D **A** **S**

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

Discover Toronto's ever-expanding art scene. This course, formerly titled 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
009 15 Oct 2019 – 03 Dec 2019
8 Sessions, In-class
Various Art Galleries
Tues, 6:30pm to 8:30pm
Instructor Shari Orenstein
Q

EUROPEAN ART: CHINESE INFLUENCES 3478

Discover the ways that Chinese porcelains, silks, lacquers and paintings stimulated Western art from the 16th to the 18th centuries. Europeans were fascinated with "exotic" Eastern objects 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 Chinese maritime explorer of the Ming Dynasty, Zheng He, and the transmission of Chinese art along the Silk Road.

COST \$245 + applicable tax
SECTION
002 26 Sep 2019 – 31 Oct 2019
6 Sessions, In-class
Thurs, 6:30pm to 8:30pm
Instructor Susan Lahey
D **A** **Q**

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
005 03 Mar 2020 – 21 Apr 2020
8 Sessions, In-class
Tues, 6:30pm to 8:30pm
Instructor Marta O'Brien
D **A** **S**

HISTORY OF PHOTOGRAPHY 2256

Discover the varied approaches of great photographers over the past 150 years, including developments in portraiture, landscape, street photography, photojournalism, colour photography, experimental processes and conceptual art. Meet the greats of the 20th century, such as Julia Margaret Cameron, Alfred Stieglitz, Edward Steichen, Henri Cartier-Bresson, Ansel Adams and Diane Arbus. Discover which photographers are making waves today, including Edward Burtynsky, Sebastião Salgado and Jeff Wall.

COST \$325 + applicable tax
SECTION
009 08 Oct 2019 – 26 Nov 2019
8 Sessions, In-class
Tues, 11:00am to 1:00pm
Instructor Barbara Isherwood
D **A** **Q**

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
002 11 Sep 2019 – 30 Oct 2019
8 Sessions, In-class
Wed, 10:00am to 12:00pm
Instructor Marta O'Brien
D **A** **Q**

INTERNATIONAL FILMS & THE HUMAN CONDITION 2065

Films are the dominant art form and medium of mass communication across the world. Many distinguished directors have created films that probe the human condition in all its varied hues and colours. This course presents eight films from as many countries that explore existential dilemmas in poignant images and deepen our humanity. You'll get extensive notes for each film in advance and view them in a theatre setting, with cordial discussions to follow. To encourage returning students, a new set of films is shown every year.

COST \$325 + applicable tax
SECTION
013 29 Apr 2020 – 17 Jun 2020
8 Sessions, In-class
Wed, 6:00pm to 9:00pm
Instructor Sehdev Kumar
D **A** **S**

IRISH 'ARCADIA': GRAND COUNTRY HOUSES 3305

Ireland was originally dominated by noble Irish clans, who held out against English expansion under Cromwell and Elizabeth I. The ruins of their castles are a poignant reminder of their defeat. The brutal land clearance led to the settlement of British aristocratic families and, with them, sophisticated architectural and artistic ideas. Encounter Downton Abbey in mansions of stately grandeur, set in picturesque beauty, natural landscape and exquisite gardens. Study the tumultuous history of Ireland through the art collections and the great wealth of these houses of character, charm and international stature.

COST \$245 + applicable tax
SECTION
002 11 Sep 2019 – 16 Oct 2019
6 Sessions, In-class
Wed, 11:00am to 1:00pm
Instructor Susanne Jeffery
D **A** **Q**

MODERNITY: ART AND IDEAS 3594

The radically new ideas and inventions that dramatically changed life in the nineteenth and early twentieth centuries transformed art as well. Learn about the impact of the industrial revolution, new forms of transportation, scientific discoveries, advances in medicine, colonial expansion, emancipation and secularization. We'll see how these affected movements like Romanticism, Realism, Impressionism, Post-Impressionism and Cubism. Works by Turner, Courbet, Klimt, Monet, Morisot, Gauguin, Kandinsky, Picasso, O'Keeffe and others reflect the revolutionary changes that ushered in modernity.

COST \$325 + applicable tax
SECTION
001 08 Jan 2020 – 26 Feb 2020
8 Sessions, In-class
Wed, 11:00am to 1:00pm
Instructor Barbara Isherwood
D **A** *****

NEW YORK: ART IN THE CITY 3621

New York City is home to some of the most impressive art collections in the world. Your guide will be Tina Urman, leader of Art and Literature tours to New York and a long-standing gallery guide at the AGO. With her many images, you'll "walk" from the MET to the MoMa, the Frick to the Neue, the Whitney to the Morgan, and the many boutique galleries from the Upper West Side to Chelsea.

Whether you are planning a visit or just want to learn more about this cultural destination, prepare to discover and discuss the art of New York, and its place in the world of culture.

COST \$95 + applicable tax
SECTION
001 19 May 2020 – 26 May 2020
2 Sessions, In-class
Tues, 7:00pm to 9:00pm
Instructor Tina Urman
D **A** *****

RUBENS AT THE ART GALLERY OF ONTARIO 3581

The AGO owns a dramatic but unsettling painting, *The Massacre of the Innocents* by Peter Paul Rubens. An exhibition in the autumn of 2019 will help us understand it in the context of his other early works. Enhance your understanding of the 17th-century Flemish painter and this dynamic work with art historian, Angela Glover. Find out how this piece compares with his most famous paintings as you become familiar with popular painting themes of his day and important influences on his work. The course emphasizes works from the time that *The Massacre* was painted to provide a larger context in which to view it.

COST \$245 + applicable tax
SECTION
001 02 Oct 2019 – 06 Nov 2019
6 Sessions, In-class
Wed, 6:30pm to 8:30pm
Instructor Angela Glover
D **A** **Q**

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
003 19 Feb 2020 – 08 Apr 2020
8 Sessions, In-class
Wed, 6:00pm to 9:00pm
Instructor Shlomo Schwartzberg
D **A** *****

THE AGO: A PERSONAL DISCOVERY 2739

The Art Gallery of Ontario (AGO) is forever changing as it inspires us to observe various forms of art with new insight and interest. Benefit from this opportunity to interpret art in a creative and personal manner, making connections and learning about different styles from photography and painting to sculpture and multimedia. Together we'll explore the AGO from top to bottom, discussing and giving context to the themes and history that connect each piece. Entrance fees are not included.

COST \$195 + applicable tax
SECTION
011 22 Apr 2020 – 13 May 2020
4 Sessions, In-class
Art Gallery of Ontario
Wed, 7:00pm to 9:00pm
Instructor Tina Urman
D **A** *****
012 23 Apr 2020 – 14 May 2020
4 Sessions, In-class
Art Gallery of Ontario
Thurs, 11:00am to 1:00pm
Instructor Tina Urman
D **A** *****

THE ART OF COMPOSITION 3466

In this course we'll consider the drastic shift that took place in early 20th-century art from Realism to Abstraction, and how Canadian artists struggled to be heard in that transitional period. Learn how visual elements like lines, shapes and colours expressed the personal voice of the artist, and eventually brought forth a new-found freedom of expression that continues to inspire artists today.

COST \$220 + applicable tax
SECTION
002 19 Sep 2019 – 17 Oct 2019
5 Sessions, In-class
Thurs, 11:00am to 1:00pm
Instructor Michelle Fish
D **A** **Q**

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
004 02 Oct 2019 – 13 Nov 2019
7 Sessions, In-class
Wed, 7:00pm to 9:00pm
Instructor Osnat Lippa
D **A** **Q**

THE INFLUENCERS: SIX "OLD MASTERS" YOU SHOULD KNOW 3306

Michelangelo, Titian, Caravaggio, Rubens, Rembrandt and Velázquez—find out how and why these artists came to influence subsequent generations, changing art history. We'll explore the impact of Michelangelo's unique Sistine ceiling, Titian's use of sensual colour, the startling realism of Caravaggio, the brilliant brushwork of Rubens, Rembrandt's use of dramatic light, and reasons why Velázquez is considered a "painter's painter." We'll examine the influence of these greats on later artists including Blake, Delacroix, Manet and Burne Jones, among others.

COST \$325 + applicable tax
SECTION
003 07 Jan 2020 – 25 Feb 2020
8 Sessions, In-class
Tues, 11:00am to 1:00pm
Instructor Barbara Isherwood
D **A** *****

TORONTO COMMERCIAL ARCHITECTURE: SHOPS TO SKYSCRAPERS 2266

From small shops to multinational corporations, enterprises have long used architecture to capture attention, attract customers and project an image. The mid-1800s' lavish ornamentation and classical columns have given way to today's sleek towers. In this course, architectural historian Marta O'Brien will share hundreds of images that take you through 200 years of Toronto's shops, hotels, factories, theatres, banks and office buildings. You'll learn more about some of the city's landmarks and discover little-known treasures. One class will be a walking tour.

COST \$325 + applicable tax
SECTION
005 08 Jan 2020 – 26 Feb 2020
8 Sessions, In-class
Wed, 10:00am to 12:00pm
Instructor Marta O'Brien
D **A** *****

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? Examples of neighbourhoods will include Yorkville, the Beach and the Junction. One class will be a walking tour.

COST \$325 + applicable tax
SECTION
010 05 May 2020 – 23 Jun 2020
8 Sessions, In-class
Tues, 6:30pm to 8:30pm
Instructor Marta O'Brien
D **A** *****

WHEN ART BEGAN 3104

People have expressed their needs, fears and desires through art since homo sapiens first appeared around 200,000 years ago. Take an in-depth look at the fascinating world of Paleolithic and Neolithic art, as resonant today as when it was created. We'll begin our journey with the painted caves and portable sculptures made by our hunter-gatherer ancestors. Then we'll examine how art changed as we established permanent

settlements and began to produce decorated ceramics, wall paintings, and megalithic structures such as Stonehenge.

COST \$325 + applicable tax
SECTION
003 03 Mar 2020 – 21 Apr 2020
8 Sessions, In-class
Tues, 11:00am to 1:00pm
Instructor Barbara Isherwood
D **A** *****

creative writing

SUMMER WRITING SCHOOL

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 from July 8 to 12, 2019, and at our beautiful Mississauga campus from June 24 to 28, 2019, these sessions are in high demand and space is limited. Visit our website at learn.utoronto.ca/summer-writing 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**
394 09 Sep 2019 – 18 Nov 2019
10 Sessions, In-class
Mon, 7:00pm to 9:00pm
Instructor Michel Basilières
  

- 395** 16 Sep 2019 – 25 Nov 2019
10 Sessions, In-class
Mon, 1:00pm to 3:00pm
Instructor Elizabeth Ruth
  
- 396** 25 Sep 2019 – 27 Nov 2019
10 Sessions, In-class
Wed, 7:00pm to 9:00pm
Instructor Laura Lush
  
- 397** 28 Sep 2019 – 07 Dec 2019
10 Sessions, In-class
Sat, 11:00am to 1:00pm
Instructor Michel Basilières
  
- 398** 01 Oct 2019 – 03 Dec 2019
10 Sessions, In-class
Tues, 7:00pm to 9:00pm
Instructor Blair Hurley
  
- 399** 10 Oct 2019 – 12 Dec 2019
10 Sessions, In-class
Thurs, 1:00pm to 3:00pm
Instructor Grace O’Connell
  
- 400** 16 Oct 2019 – 04 Dec 2019
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Kara Billey Thordarson
  
- 401** 09 Sep 2019 – 17 Nov 2019
Online
Instructor Danila Botha
 
- 402** 30 Sep 2019 – 08 Dec 2019
Online
Instructor Amy Jones
 
- 403** 08 Oct 2019 – 26 Nov 2019
8 Sessions, In-class
Tues, 7:00pm to 9:30pm
Instructor Ranjini George Philip
  
- 404** 08 Oct 2019 – 26 Nov 2019
8 Sessions, In-class
Tues, 7:00pm to 9:30pm
Instructor Alexandra Leggat
  
- 405** 07 Jan 2020 – 25 Feb 2020
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Michel Basilières
  
- 406** 13 Jan 2020 – 23 Mar 2020
11 Sessions, In-class
Mon, 1:00pm to 3:00pm
Instructor Elizabeth Ruth
  

- 407** 22 Jan 2020 – 11 Mar 2020
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Laura Lush
  
- 408** 01 Feb 2020 – 18 Apr 2020
12 Sessions, In-class
Sat, 11:00am to 1:00pm
Instructor Michel Basilières
  
- 409** 04 Feb 2020 – 24 Mar 2020
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Bianca Marais
  
- 410** 12 Feb 2020 – 15 Apr 2020
10 Sessions, In-class
Wed, 1:00pm to 3:00pm
Instructor Danila Botha
  
- 411** 03 Mar 2020 – 21 Apr 2020
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Ken Murray
  
- 412** 04 Mar 2020 – 22 Apr 2020
8 Sessions, In-class
Wed, 12:30pm to 3:00pm
Instructor Kara Billey Thordarson
  
- 413** 20 Apr 2020 – 24 Apr 2020
5 Sessions, In-class
Mon, Tues, Wed, Thurs, Fri,
10:00am to 3:00pm
Instructor David Layton
  
- 414** 13 Jan 2020 – 22 Mar 2020
Online
Instructor Grace O’Connell
 
- 415** 18 Feb 2020 – 26 Apr 2020
Online
Instructor Amy Jones
 
- 416** 04 Feb 2020 – 24 Mar 2020
8 Sessions, In-class
Tues, 7:00pm to 9:30pm
Instructor Ranjini George Philip
  

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**
139 18 Sep 2019 – 06 Nov 2019
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Alexandra Leggat
  
- 140** 03 Oct 2019 – 21 Nov 2019
8 Sessions, In-class
Thurs, 6:30pm to 9:00pm
Instructor Dennis Bock
  
- 141** 22 Oct 2019 – 10 Dec 2019
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Bruce Whiteman
  
- 142** 16 Sep 2019 – 10 Nov 2019
Online
Instructor Christine Fischer Guy
 
- 143** 07 Oct 2019 – 01 Dec 2019
Online
Instructor David Layton
 
- 144** 09 Oct 2019 – 27 Nov 2019
8 Sessions, In-class
Wed, 7:00pm to 9:30pm
Instructor Ranjini George Philip
  
- 145** 21 Jan 2020 – 10 Mar 2020
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Dennis Bock
  

- 146

26 Feb 2020 – 15 Apr 2020
8 Sessions, In-class
Wed, 12:30pm to 3:00pm
Instructor Alexandra Leggat

D
- 147

02 Mar 2020 – 20 Apr 2020
8 Sessions, In-class
Mon, 6:30pm to 9:00pm
Instructor Alexandra Leggat

D
- 148

20 Jan 2020 – 15 Mar 2020
Online
Instructor Christine Fischer Guy

149

24 Feb 2020 – 19 Apr 2020
Online
Instructor David Layton

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

01 May 2019 – 31 Mar 2020
1 Session, Distance

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 share-ability 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

003

16 Sep 2019 – 08 Dec 2019
Online
Instructor Fawn Parker

004

27 Jan 2020 – 19 Apr 2020
Online
Instructor Fawn Parker

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

026

07 May 2020 – 25 Jun 2020
8 Sessions, In-class
Thurs, 6:30pm to 9:00pm
Instructors Sam Hiyate,
Ali McDonald

D

BACKSTAGE AT THE TORONTO
INTERNATIONAL FESTIVAL OF
AUTHORS 2782



Get your backstage pass to the Toronto International Festival of Authors (TIFA), 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 TIFA, 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. 2019 Guest Speakers TBA

COST \$649

APPLICABLE CERTIFICATES

Creative Writing

SECTION

008

21 Oct 2019 – 25 Oct 2019
5 Sessions, In-class
Mon,Tues,Wed,Thurs,Fri,
3:30pm to 6:00pm
Instructor David Layton

D

CREATIVE WRITING IN
SPANISH / ESCRITURA
CREATIVA EN ESPAÑOL 2285

If you are a Spanish-speaking aspiring 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. Este curso se ofrece en exclusiva en la Universidad de Toronto para brindar a los interesados la oportunidad de aprender y poner en práctica las diferentes herramientas y elementos necesarios para la creación de un texto literario. Se tendrá la oportunidad de realizar ejercicios enfocados hacia los diferentes temas a tratar durante cada clase, a la vez que se leerán y analizarán los textos que forman parte del proyecto individual de cada estudiante, proporcionando así al autor una experiencia integral de “taller literario,” con crítica siempre constructiva, seria y profesional. No es necesario tener experiencia previa como escritor para participar en el curso. Requisitos: Escribir y hablar español con fluidez. Presentar como proyecto un texto a desarrollar a lo largo del curso (novela o cuentos).

D

COST \$599

APPLICABLE CERTIFICATES

Creative Writing

SECTION

013

Date and Time TBA
In-class
Instructor Martha Batiz

D

CREATIVE WRITING IN
SPANISH II / ESCRITURA
CREATIVA EN ESPAÑOL II 2389

This workshop offers Hispanic-Canadian writers the opportunity to work on one or more narrative pieces. Award-winning Mexican-Canadian author Martha Bátiz will help you put your creativity into practice and focus on improving your writing skills. To participate in this course, you must have completed Creative Writing in Spanish I or submit a manuscript to be evaluated by the instructor prior to enrollment. Este curso le ofrece a la comunidad hispano-canadiense la oportunidad de trabajar uno o varios manuscritos (cuento, capítulo de novela), y poner en práctica su creatividad con el objetivo de producir textos de alta calidad. Para participar en este curso es necesario demostrar que se cuenta con experiencia escribiendo—haber cursado Creative Writing in Spanish I, o enviar un manuscrito para aprobación antes de inscribirse: scs.writing@utoronto.ca. Los(as) participantes tendrán la oportunidad de trabajar sus textos dentro de un taller profesional, reafirmando sus conocimientos narrativos y recibiendo críticas constructivas por parte de sus compañeros e instructora. El curso será dirigido por la escritora mexicano-canadiense Martha Bátiz, ganadora de premios literarios a nivel internacional y cuyo trabajo se ha publicado en México, España, Puerto Rico, República Dominicana, Perú y Canadá.

COST \$649

APPLICABLE CERTIFICATES

Creative Writing

PREREQUISITE

Prerequisite 2285 Creative Writing in Spanish / Escritura Creativa en Español or instructor approval of a manuscript prior to enrollment. Please send to scs.writing@utoronto.ca.

SECTION

007

Date and Time TBA
In-class
Instructor Martha Batiz

D

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-shopping two to three excerpts of student works-in-progress.

COST \$649

APPLICABLE CERTIFICATES

Creative Writing

SECTION

006

Oct 2 2019 -Nov 20 2019
8 sessions, In-Class
Tue, 6:30pm to 9:00pm
Instructor Diane Terrana

D

007

22 Feb 2020 – 11 Apr 2020
8 Sessions, In-class
Sat, 10:30am to 1:00pm
Instructor Diane Terrana

M

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

RECOMMENDATION

1664 Creative Writing: Introduction

SECTION

004

12 Feb 2020 – 01 Apr 2020
8 Sessions, In-class
Wed, 6:30pm to 9:30pm
Instructors Pasha Malla,
Sara Peters

D

FOOD, BREATH AND
WORDS 3629

Do you wish to write a cookbook, memoir, novel, or poem that is shaped by food? In this course we'll read poems, cookbooks and stories from different parts of the world, and invite you to consider your heritage, ethnicity and favorite foods, and write your own stories.

Through writing and mindfulness practices, learners will strengthen their creative spirit and meditative consciousness. We will discuss ways in which we can consider food, our lives, and our words as “naivedya”—an offering: as mindfulness in action.

COST \$649

APPLICABLE CERTIFICATES

Creative Writing

SECTION

001

02 Mar 2020 – 20 Apr 2020
8 Sessions, In-class
Mon, 12:30pm to 3:00pm
Instructor Ranjini George Philip

D

INTRODUCTION TO
PODCASTING 3636

Students will learn everything they need to know in order to make their own podcasts. The course has two streams; content creation and production techniques. Content creation will include developing ideas for your podcasts, the qualities of a good interview, how to be a good host, editing for clarity, and the use of wild sound and music. Production aspects include microphone techniques, mixing board fundamentals, basic audio editing, and how to post your podcast on-line.

COST \$649

APPLICABLE CERTIFICATES

Creative Writing

SECTION

001

03 Oct 2019 – 05 Dec 2019
10 Sessions, In-class
Thurs, 7:00pm to 9:00pm
Instructor Andrew Kaufman

D

40 School of Continuing Studies Course Calendar

In-Class

Online

Hybrid

Spring/Summer

Fall

Winter

Downtown/St. George

Markham

Mississauga

Oakville

Scarborough

Arts, Science & Humanities 2019–2020

41

LITERARY TECHNIQUE PART ONE 3632

Students will study the building blocks of fiction: plot, character and dialogue, description, and be introduced to the fundamentals of sound and rhythm in prose. In both Parts One and Two, students should expect significant in-class writing in order to practice the techniques they are learning. All writers, beginners and master level, are welcome.

COST \$649
SECTION
001 19 Oct 2019 – 24 Nov 2019
4 Sessions, In-class
Time TBA
Instructor Kim Echlin
D **A** **Q**

LITERARY TECHNIQUE PART TWO 3633

Students will deepen skills they began in Part One and develop their short stories or novel chapters while examining the elements of composition: patterns of symbols and images, word meaning and persuasive devices. In both Parts One and Two, students should expect significant in-class writing in order to practice the techniques they are learning. Each student will be given a handbook of readings and examples at the beginning of the series. All writers, beginners and master level, are welcome.

COST \$649
PREREQUISITE
3632 Literary Technique Part One
SECTION
001 18 Jan 2020 – 14 Mar 2020
4 Sessions, In-class
Time TBA
Instructor Kim Echlin
D **A** **S**

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
004 22 Jan 2020 – 11 Mar 2020
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Barbara Radecki
D **A** **S**

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
022 07 Oct 2019 – 02 Dec 2019
8 Sessions, In-class
Mon, 12:30pm to 3:00pm
Instructor Ranjini George Philip
D **A** **Q**

023 04 Apr 2020 – 19 Apr 2020
4 Sessions, In-class
Time TBA
Instructor Ranjini George Philip
M **A** **S**

MEDITATION AND WRITING: MASTER CLASS 3403

Accomplish your creative and life goals through this 12-week journey of intensive writing and meditative practices. Unblock your creative energy by drawing on the wisdom practices of traditions such as Hinduism, 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
PREREQUISITE
2678 Meditation & Writing / or 2673 Meditation & Writing Retreat/ or, with Instructor Approval
SECTION
005 14 Sept 2019 – 8 Dec 2019
6 sessions, In-Class
Time TBA
Instructor Ranjini George Philip
D **A** **Q**

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

Zen Master Thich Nhat Hanh writes that "time is life." Yet we hurry through our lives distracted and exhausted, forgetting to carve out a section

of the day for the story or the book that we dream of writing. How do we organize a large project into manageable chunks and work with our feelings of discouragement? Study the examples of wisdom teachers and creative writers, and practice writing and mindfulness exercises to live well and deeply. Engage in a writing workshop and learn possible ways of structuring your story or your book.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing
SECTION
011 20 Jan 2020 – 24 Jan 2020
4 Sessions, In-class
Mon, Tues, Thurs, Fri, 10:00am to 4:00pm
Instructor Ranjini George Philip
D **A** **S**

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
006 Spring 2020
Date and Time TBA
In-class
Instructor Ranjini George Philip
D **A** **S**

WRITING EROTICA 3630

Sex sells. From E.L. James' smash hit *50 Shades of Grey* to Alissa Nutting's dark novel *Tampa* to Catherine Millet's explicit memoir *The Sexual Life of Catherine M.*, this course will take a look at the diversity of sex writing, focusing in on how we can write sex effectively as a part of our short stories, novels and memoirs. Through lectures, readings and workshops, we will explore erotica from a very wide lens, including historical, popular, literary and experimental manifestations. We will pay close attention to the first person point-of-view, socio-cultural context and plot, as well as erotica's notoriously innovative use of language. Join experienced author of erotic novels, Tamara Faith Berger, to develop your writing in a safe and supportive class environment. You will be encouraged to dig deep into the art and politics of erotica as you receive teacher and peer feedback on your work. This course will enable students to develop erotic writing with an open-minded, embodied and feminist approach.

COST \$649
SECTION
001 10 Oct 2019 – 28 Nov 2019
8 Sessions, In-class
Thurs, 6:30pm to 9:00pm
Instructor Tamara Faith Berger
D **A** **Q**

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
007 09 Oct 2019 – 27 Nov 2019
8 Sessions, In-class
Wed, 12:30pm to 3:00pm
Instructor Mary Paterson
D **A** **Q**

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
031 09 Oct 2019 – 27 Nov 2019
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Ken Murray
D **A** **Q**

032 03 Mar 2020 – 21 Apr 2020
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Ken Murray
D **A** **S**

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
020 09 Oct 2019 – 27 Nov 2019
8 Sessions, In-class
Wed, 12:30pm to 3:00pm
Instructor Ken Murray
D **A** **Q**

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

COST \$699 + applicable tax
SECTION
042 01 Sep 2019 – 31 Dec 2019
Session TBA, Distance
Instructor TBA
Q **Q**
043 01 Jan 2020 – 30 Apr 2020
1 Session, Distance
Instructor TBA
Q **S**
044 01 May 2020 – 31 Aug 2020
1 Session, Distance
Instructor TBA
Q **S**

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
056 08 Oct 2019 – 26 Nov 2019
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Mahak Jain
D **A** **Q**
057 30 Sep 2019 – 08 Dec 2019
Online
Instructor Trilby Kent
Q **Q**
058 04 Feb 2020 – 24 Mar 2020
8 Sessions, In-class
Tues, 12:30pm to 3:00pm
Instructor Kathy Kacer
D **A** **S**
059 03 Feb 2020 – 12 Apr 2020
Online
Instructor Trilby Kent
Q **S**

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
021 21 Oct 2019 – 09 Dec 2019
8 Sessions, In-class
Mon, 6:30pm to 9:00pm
Instructor Cary Fagan
D A Q

WRITING THE MIDDLE-GRADE NOVEL 3628

Middle-graders (ages 8 to 12) are the most passionate readers of all. Now fluent in reading, they delve into books with a hunger for touching pathos, wild humour, and eye-widening surprise. In this course we will explore how the great range of possibilities in middle grade novels (short or long, realistic, fantastic, historical, solemn or side-splitting) all require the same elements to capture an audience—relatable characters and engrossing narratives.

COST \$649
SECTION
002 03 Feb 2020 – 30 Mar 2020
9 Sessions, In-class
Mon, 6:30pm to 9:00pm
Instructor Cary Fagan
D 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
021 10 Oct 2019 – 28 Nov 2019
8 Sessions, In-class
Thurs, 6:30pm to 9:00pm
Instructor Diane Terrana
D A Q
022 03 Feb 2020 – 12 Apr 2020
Online
Instructor Diane Terrana
A *

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
145 02 Oct 2019 – 04 Dec 2019
10 Sessions, In-class
Wed, 6:30pm to 8:30pm
Instructor Pasha Malla
D A Q
146 07 Oct 2019 – 02 Dec 2019
8 Sessions, In-class
Mon, 12:30pm to 3:00pm
Instructor Alexandra Leggat
D A Q
147 30 Sep 2019 – 08 Dec 2019
Online
Instructor Pasha Malla
A Q

148 22 Jan 2020 – 25 Mar 2020
10 Sessions, In-class
Wed, 7:00pm to 9:00pm
Instructor Michel Basilières
D A *
149 25 Feb 2020 – 14 Apr 2020
8 Sessions, In-class
Tues, 12:30pm to 3:00pm
Instructor Ibi Kaslik
D A *
150 03 Mar 2020 – 21 Apr 2020
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Amy Jones
D A *
151 10 Feb 2020 – 19 Apr 2020
Online
Instructor Pasha Malla
A *

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
PREREQUISITE
1680 Writing Short Fiction: Introduction or instructor approval. Please submit a short story to scs.writing@utoronto.ca.
SECTION
041 07 Oct 2019 – 01 Dec 2019
Online
Instructor Kerry Lee Powell
A Q
042 10 Feb 2020 – 05 Apr 2020
Online
Instructor Kerry Lee Powell
A *

043 03 Mar 2020 – 21 Apr 2020
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Elyse Friedman
D A *

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, workshoping 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
022 02 Oct 2019 – 04 Dec 2019
10 Sessions, In-class
Wed, 6:00pm to 9:00pm
Instructor Dennis Bock
D A Q
023 13 Feb 2020 – 16 Apr 2020
10 Sessions, In-class
Thurs, 6:00pm to 9:00pm
Instructor Dennis Bock
D A *

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 techniques 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
172 17 Sep 2019 – 19 Nov 2019
10 Sessions, In-class
Tues, 7:00pm to 9:00pm
Instructor Don Gillmor
D A Q
173 23 Sep 2019 – 02 Dec 2019
10 Sessions, In-class
Mon, 1:00pm to 3:00pm
Instructor Ibi Kaslik
D A Q
174 02 Oct 2019 – 04 Dec 2019
10 Sessions, In-class
Wed, 7:00pm to 9:00pm
Instructor Shyam Selvadurai
D A Q
175 09 Sep 2019 – 17 Nov 2019
Online
Instructor Elyse Friedman
A Q
176 30 Sep 2019 – 08 Dec 2019
Online
Instructor Katherena Vermette
A Q
177 14 Jan 2020 – 03 Mar 2020
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Don Gillmor
D A *
178 01 Feb 2020 – 18 Apr 2020
12 Sessions, In-class
Sat, 11:00am to 1:00pm
Instructor Ibi Kaslik
D A *
179 26 Feb 2020 – 15 Apr 2020
8 Sessions, In-class
Wed, 12:30pm to 3:00pm
Instructor Ibi Kaslik
D A *
180 04 Mar 2020 – 22 Apr 2020
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Blair Hurley
D A *
181 20 Jan 2020 – 29 Mar 2020
Online
Instructor Elyse Friedman
A *
182 17 Feb 2020 – 26 Apr 2020
Online
Instructor Katherena Vermette
A *

183 03 Mar 2020 – 21 Apr 2020
8 Sessions, In-class
Tues, 7:00pm to 9:30pm
Instructor Arif Anwar
M A *
184 04 Mar 2020 – 22 Apr 2020
8 Sessions, In-class
Wed, 7:00pm to 9:30pm
Instructor Alexandra Leggat
S A *

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
RECOMMENDATION
1679 Writing the Novel: Introduction
SECTION
057 08 Oct 2019 – 26 Nov 2019
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Ibi Kaslik
D A Q
058 13 Feb 2020 – 02 Apr 2020
8 Sessions, In-class
Thurs, 6:30pm to 9:00pm
Instructor Ray Robertson
D A *
059 24 Feb 2020 – 19 Apr 2020
Online
Instructor Elyse Friedman
A *

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 immersed in the genre. Each class will focus on critical analysis of student material, usually two submissions per session. The objective is to help you get the first 50 pages of your novel ready for publication. Expect extensive rewriting.

COST \$799
APPLICABLE CERTIFICATES
Creative Writing
PREREQUISITE
1701 Writing the Novel II, or instructor approval based on the submission of the first chapter of your novel.
SECTION
023 01 Oct 2019 – 03 Dec 2019
10 Sessions, In-class
Tues, 6:00pm to 9:00pm
Instructor Dennis Bock
D A Q

CREATIVE WRITING II 1684

Designed for those who have completed 1664 Creative Writing: Introduction, this course is a more intensive fiction workshop to help you further develop your voice, often with the same instructor and students as in 1664 Creative Writing: Introduction. You'll complete longer and broader exercises and assignments, either short stories or novel excerpts, and use the feedback to polish your writing. The group will analyze published fiction to understand how their writers constructed them. Learn how to establish and maintain a regular writing practice.

COST \$649
APPLICABLE CERTIFICATES
Creative Writing

RECOMMENDATION
1664 Creative Writing: Introduction
SECTION
051 30 Sep 2019 – 24 Nov 2019
Online
Instructor Elyse Friedman
A Q
052 19 Sep 2019 – 07 Nov 2019
8 Sessions, In-class
Thurs, 6:30pm to 9:00pm
Instructor Michel Basilières
D A Q
053 18 Feb 2020 – 07 Apr 2020
8 Sessions, In-class
Tues, 12:30pm to 3:00pm
Instructor Elizabeth Ruth
D A *

NON-FICTION

CREATIVE NON-FICTION: INTRODUCTION 1691

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

COST \$649
APPLICABLE CERTIFICATES
Creative Writing
SECTION
102 18 Sep 2019 – 06 Nov 2019
9 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Alexandra Shimo
D A Q
103 02 Oct 2019 – 20 Nov 2019
8 Sessions, In-class
Wed, 12:30pm to 3:00pm
Instructor TBA
D A Q

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. Workshopping, writing exercises, assignments, readings and discussions will help you write with passion, find your authentic voice, and perform your work with greater confidence.

COST \$649
APPLICABLE CERTIFICATES Creative Writing

SECTION 004 15 Oct 2019 – 03 Dec 2019
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Andrea Thompson
  

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 023 Date and Time TBA
8 Sessions, In-class
Instructor TBA
  

024 Date and Time TBA
8 Sessions, In-class
Instructor TBA
  

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 U.S. and international markets.




COST \$649
APPLICABLE CERTIFICATES Creative Writing
SECTION 018 10 Oct 2019 – 28 Nov 2019
8 Sessions, In-class
Thurs, 6:30pm to 9:00pm
Instructor J. Kent Messum
  

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 market-place, 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 018 11 Feb 2020 – 31 Mar 2020
8 Sessions, In-class
Tues, 7:00pm to 9:30pm
Instructor Willow Dawson
  

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 and your peers.

COST \$649
APPLICABLE CERTIFICATES Creative Writing
SECTION 022 10 Oct 2019 – 28 Nov 2019
8 Sessions, In-class
Thurs, 6:30pm to 9:00pm
Instructor Rosemary Aubert
  

MYSTERY WRITING WORKSHOP 2698



The course will explore how you can best use the tools of our craft to begin and/or complete your crime novel or story. Each week we will examine a strategy or an element of fiction discussed at length in our text: *Sleuth Gail Bowen on Writing Mysteries*. The topics will include: Prewriting; Point of View/Narrative Perspective;

Setting; Characterization; Plot and Structure; Style; Creating a Robust Series; Editing, and Getting Published. The instructor will post their experiences and pose questions for you to consider as you work on your manuscript.

COST \$649
APPLICABLE CERTIFICATES Creative Writing
SECTION 012 30 Sep 2019 – 08 Dec 2019
Online
Instructor Gail Bowen
 
013 03 Feb 2020 – 12 Apr 2020
Online
Instructor Gail Bowen
 

TALES FROM THE DARK SIDE 3631






Psychological thrillers, gritty crime/mystery, and unsettling horror get preferential treatment as we delve into the darker side of fiction to explore our fascination with the evil of this world and beyond. In this course we will dissect popular works; analyzing stories and writing styles in order to determine what effectively produces fear, dread, and unease on the page.

COST \$649
SECTION 001 04 Mar 2020 – 22 Apr 2020
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor J. Kent Messum
  

THE GREAT ESCAPE: WRITING FANTASY 2710

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 as you craft the first draft of a new short story. You'll explore the foundations of




world-building, plot, scene-setting, character development, and dialogue, as well as honing your critiquing skills. You'll also find out more about the business side of writing fantasy and science fiction.

COST \$649
APPLICABLE CERTIFICATES Creative Writing
SECTION 018 08 Oct 2019 – 26 Nov 2019
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Caitlin Sweet
  
012 04 May 2020 – 12 Jul 2020
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
PREREQUISITE 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 012 14 Jan 2020 – 17 Mar 2020
10 Sessions, In-class
Tues, 6:00pm to 9:00pm
Instructor Caitlin Sweet
  


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 like 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 013 04 Mar 2020 – 22 Apr 2020
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor TBA
  

WRITING HUMOUR 2287

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 021 22 Jan 2020 – 11 Mar 2020
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Terry Fallis
  

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 013 15 Oct 2019 – 03 Dec 2019
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 10 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 011 19 Feb 2020 – 08 Apr 2020
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Glenda MacFarlane
  




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 100 01 Oct 2019 – 19 Nov 2019
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Tricia Fish
  

101 21 Oct 2019 – 09 Dec 2019
8 Sessions, In-class
Mon, 12:30pm to 3:00pm
Instructor Thom Vernon
  

102 30 Sep 2019 – 08 Dec 2019
Online
Instructor Thom Vernon
 

103 29 Jan 2020 – 18 Mar 2020
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Thom Vernon
  

104 22 Feb 2020 – 18 Apr 2020
9 Sessions, In-class
Sat, 10:30am to 1:00pm
Instructor Larisa Gutmanis.
  

- 105

02 Mar 2020 – 20 Apr 2020
8 Sessions, In-class
Mon, 12:30pm to 3:00pm
Instructor Thom Vernon
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- 106

10 Feb 2020 – 19 Apr 2020
Online
Instructor Thom Vernon
- A

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SCREENWRITING II 1710

If you've already taken 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

PREREQUISITE

1709 Screenwriting: Introduction or instructor approval. Please submit a 10-page excerpt from a screenplay to scs.writing@utoronto.ca.

SECTION

- 031

10 Oct 2019 – 28 Nov 2019
8 Sessions, In-class
Thurs, 6:30pm to 9:00pm
Instructor Thom Vernon
- D

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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. Notes: If your project is a short, a doc, or some other script-driven project, please let the instructor know so that the class can be adjusted where necessary to accommodate.

COST \$799

APPLICABLE CERTIFICATES

Creative Writing

PREREQUISITE

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

SECTION

- 006

24 Sep 2019 – 26 Nov 2019
10 Sessions, In-class
Tues, 6:00pm to 9:00pm
Instructor Thom Vernon
- D

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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

- 021

08 Oct 2019 – 26 Nov 2019
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Deb Nathan
- D

A

Q
- 022

04 Feb 2020 – 24 Mar 2020
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Deb Nathan
- D

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WRITING EPISODIC TELEVISION II 1867

In this follow-up to 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

- 016

05 May 2020 – 23 Jun 2020
8 Sessions, In-class
Tues, 6:30pm to 9:00pm
Instructor Deb Nathan
- D

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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

- 008

12 Feb 2020 – 01 Apr 2020
8 Sessions, In-class
Wed, 6:30pm to 9:00pm
Instructor Jennifer Cowan
- D

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applied
mindfulness
meditation



FOUNDATIONS OF APPLIED MEDITATION

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
RECOMMENDATION 3130 Neuroscience, Mindfulness, and Mindfulness Meditation

- SECTION**
022 25 Oct 2019 – 26 Oct 2019
2 Sessions, In-class
Fri, Sat, 9:00am to 4:00pm
Instructors Michele Chaban, TBA
D **A** **Q**
- 023** 23 Nov 2019 – 24 Nov 2019
2 Sessions, In-class
Fri, Sat, 9:00am to 4:00pm
Instructors Moustafa Abdelrahman, Michele Chaban
D **A** **Q**
- 024** 8 Feb 2020 – 9 Feb 2020
2 Sessions, In-class
Sat, Sun, 9:00am to 4:00pm
Instructors Michael Apollo Chabior, Sarah Kinsley
D **A** **S**
- 025** 8 Jan 2020 – 29 Jan 2020
4 Sessions, In-class
Wed, 6:00pm to 9:00pm
Instructors Arunas Antanaitis, Melissa Nigrini
D **A** **S**
- 026** Date and Time TBA
In-class
Instructor TBA
D **A** **S**

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
RECOMMENDATION 3132 Philosophies of Mindfulness

- SECTION**
021 22 Nov 2019 – 23 Nov 2019
2 Sessions, In-class
Fri, Sat, 9:00am to 4:00pm
Instructors Shelley Urlando, Elli Weisbaum
D **A** **Q**
- 022** 14 Dec 2019 – 15 Dec 2019
2 Sessions, In-class
Sat, Sun, 9:00am to 4:00pm
Instructors Craig Mackie, Sarah Serbinski
D **A** **Q**
- 023** 21 Mar 2020 – 22 Mar 2020
2 Sessions, In-class
Sat, Sun, 9:00am to 4:00pm
Instructors Craig Mackie, Sarah Serbinski
D **A** **S**
- 024** 25 Mar 2020 – 15 Apr 2020
4 Sessions, In-class
Wed, 6:00pm to 9:00pm
Instructors Arunas Antanaitis, Shelley Urlando
D **A** **S**
- 025** Date and Time TBA
In-class
Instructor TBA
D **A** **S**

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**
025 20 Sep 2019 – 21 Sep 2019
2 Sessions, In-class
Fri, Sat, 9:00am – 4:00pm
Instructors Michael Apollo Chabior, Melissa Nigrini
D **A** **Q**
- 026** 2 Oct 2019 – 23 Oct 2019
4 Sessions, In-class
Wed, 6:00pm to 9:00pm
Instructors Arunas Antanaitis, Michele Chaban
D **A** **Q**
- 027** 19 Oct 2019 – 20 Oct 2019
2 Sessions, In-class
Sat, Sun, 9:00am to 4:00pm
Instructors Anna Marie Batelaan, Michele Chaban
D **A** **S**
- 028** 11 Jan 2020 – 12 Jan 2020
2 Sessions, In-class
Sat, Sun, 9:00am to 4:00pm
Instructors Michael Apollo Chabior, Michele Chaban
D **A** **S**
- 029** 29 Feb 2020 – 1 Mar 2020
2 Sessions, In-class
Sat, Sun, 9:00am to 4:00pm
Instructors Anna Marie Batelaan, Michele Chaban
D **A** **S**
- 030** Date and Time TBA
In-class
Instructor TBA
D **A** **S**
- 031** Date and Time TBA
In-class
Instructor TBA
D **A** **S**

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 the 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
RECOMMENDATION 3129 Histories of Mindfulness Meditation Practices

- SECTION**
026 4 Oct 2019 – 5 Oct 2019
2 Sessions, In-class
Fri, Sat, 9:00am to 4:00pm
Instructor Robert MacFadden
D **A** **Q**
- 027** 2 Nov 2019 – 3 Nov 2019
2 Sessions, In-class
Sat, Sun, 9:00am to 4:00pm
Instructors Robert MacFadden, Sarah Serbinski
D **A** **Q**
- 028** 13 Nov 2019 – 4 Dec 2019
4 Sessions, In-class
Wed, 6:00pm to 9:00pm
Instructor TBA
D **A** **Q**
- 029** 25 Jan 2020 – 26 Jan 2020
2 Sessions, In-class
Sat, Sun, 9:00am to 4:00pm
Instructor Robert MacFadden
D **A** **S**

- 030** 28 Mar 2020 – 29 Mar 2020
2 Sessions, In-class
Sat, Sun, 9:00am to 4:00pm
Instructor Robert MacFadden
D **A** **S**
- 031** Date and Time TBA
In-class
Instructor TBA
D **A** **S**
- 032** Date and Time TBA
In-class
Instructor TBA
D **A** **S**

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
RECOMMENDATION 3131 Contemporary Applications of Mindfulness, Mindfulness Meditation and Mindfulness-Based Interventions

- SECTION**
020 1 Nov 2019 – 2 Nov 2019
2 Sessions, In-class
Fri, Sat, 9:00am to 4:00pm
Instructors Michele Chaban, Dagmara Urbanowicz
D **A** **Q**
- 021** 30 Nov 2019 – 1 Dec 2019
2 Sessions, In-class
Sat, Sun, 9:00am to 4:00pm
Instructors Anna Marie Batelaan, Michele Chaban
D **A** **Q**
- 022** 22 Feb 2020 – 23 Feb 2020
2 Sessions, In-class
Sat, Sun, 9:00am to 4:00pm
Instructors Moustafa Abdelrahman, Michele Chaban
D **A** **S**
- 023** 12 Feb 2020 – 4 Mar 2020
4 Sessions, In-class
Wed, 6:00pm to 9:00pm
Instructors Arunas Antanaitis, Anna Marie Batelaan
D **A** **S**
- 024** Date and Time TBA
In-class
Instructor TBA
D **A** **S**

APPLIED MINDFULNESS MEDITATION... BEYOND FOUNDATIONS

If you are a professional who is exploring mindfulness for the first time, or integrating mindfulness practices into your professional work with clients, our Applied Mindfulness Meditation program is for you. Presented in partnership with the Factor-Inwentash Faculty of Social Work, this program is comprised of a wide range of innovative courses. We currently offer the following certificate programs and courses.

For more information on course schedules and topics, please visit our website learn.utoronto.ca.

CERTIFICATE IN APPLIED SPECIALIZATION IN MINDFULNESS MEDITATION

Applied Specialization in Mindfulness Meditation courses will lead you to apply knowledge from the Foundations in Applied Mindfulness Meditation certificate towards a more specialized application.

To complete this certificate, you must complete any combination of four courses from the following streams:

- education
- parenting and youth
- contemplative arts
- workplace
- technology and media
- therapy
- embodied mind
- compassion

If you wish to gain more intimate knowledge of a specific subject area, it’s recommended that you complete all courses from that stream. Courses vary from year-to-year as each of these disciplines evolve. The full schedule will be posted in June 2019 for the 2019 – 2020 academic year.

Upon completion of requirements, you will be awarded a SCS Certificate in Applied Specialization in Mindfulness Meditation.

CERTIFICATE IN MINDFULNESS INFORMED END OF LIFE CARE

Our Certificate in Mindfulness Informed End of Life Care (MIEOL) explores the applications of mindfulness and mindfulness meditation as it has been integrated into contemporary thanatology (the study of dying and death). This program focuses on general health care

as well as hospice, palliative, and general end of life care. Founded on evidence-based science, while drawing upon contemplative traditions, our certificate in MIEOL cultivates health, wellness, and resiliency benefits.

The practices learned in this certificate can help people who view themselves, or are viewed by others, as seriously or chronically ill, or dying. It can also benefit family and community participants in care, inter-professional health care teams, as well as organizational leaders who support teams attending to suffering. MIEOL proposes that we cultivate a “practice of dying”, while living, so we can prepare for complexities found in life and particularly in end of life care. This is a core approach to end of life care that can be used by everyone, depending on your own need and intention.

Certificate requirements and our full schedule will be posted online in June 2019 for the 2019 – 2020 academic year.

Upon completion, you will be awarded a SCS Certificate in Mindfulness Informed End of Life Care.

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

People with chronic pain face unique challenges in everyday life, including difficulty in maintaining positive relationships. If you're a health-care professional with a mindfulness practice, this unique certificate program will give you the comprehensive training you need to help people better manage their chronic pain. You'll emerge ready and able to reduce suffering—emotional and physical—among individuals and groups. You'll gain the skills and insights you need to facilitate Mindfulness-Based Chronic Pain Management courses, and supervise others who want to follow in your footsteps.

This program is offered in partnership with the NeuroNova Centre.

Certificate requirements and our full schedule will be posted online in June 2019 for the 2019 – 2020 academic year.

Once all requirements are completed, you will be awarded a SCS Certificate in Applied Mindfulness-Based Chronic Pain Management™ Facilitation, and a Certificate in Applied MBCPM™, awarded by the NeuroNova Centre.

MINDFULNESS-BASED SYMPTOM MANAGEMENT PROFESSIONAL TRAINING PROGRAM (PTP)

This program is designed for professionals who want to incorporate applied mindfulness and values clarification into their clinical treatment of individuals and groups experiencing issues related to psychological distress.

Mindfulness-Based Symptom Management (MBSM) has been developed to meet a growing demand for the practical application of mindfulness in various clinical presentations, and for specialized interventions such as pain management, operational stress injuries (OSI), and burnout. It has also been effective as resilience training for employees in high demand fields including military, policing, health care, education, and first responders.

The PTP hybrid (in-class and online) training includes an introduction to mindfulness and psychotherapy, core concepts of MBSM, inquiry process for effective intervention, mindful self-compassion, and co-creating a safe, ethical space in the clinical relationship. The ethics module offered online by the Canadian Psychological Association is part of the completion of the program.

This program is offered in partnership with the Ottawa Mindfulness Clinic.

Certificate requirements and our full schedule will be posted online in June 2019 for the 2019-2020 academic year.

After completing all requirements, you will be awarded a SCS Certificate in Foundations of Mindfulness-Based Symptom Management Professional Training Program.



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