ENVISION CHARGE

2019/2020 CALENDAR
ARTS, SCIENCE & HUMANITIES

Keep your mind active p.5
Instructors with vision p.6
Learning 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 U.

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Scan code with phone for more
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

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

“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.”
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 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 relived grandmothers, learners right out of high school, and professionals in tandem. “Together, 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 that being in the classroom provides. “I think the richness of diversity at SCS bodes well for learning through the Japanese language courses ever since. Teaching runs strong in teaching is an important role to play in helping learners towards useful and reliable online information. But at the end of the day, no computer program or Google app can replace the connections and 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 replace 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. “It’s very core of us. Being aware, attentive, and compassionate is who we are as human beings.” Akiko’s commitment to spreading the power of mindfulness has broken down barriers and crossed into multiple communities. In 2013, after being in Canada for four years, Moustafa returned to his native country Egypt. “Spit during the Arab Spring, a series of anti-government protests, 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” she says.

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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.” she says. “I hope to offer safe spaces for people to explore and become more aware, to connect and explore their true identities, and provide healing opportunities that open the door to growth.”

“People from all walks of life, from all parts of the world, can have access to mindfulness. Everyone is welcome.”
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.

**ZALIKA REID-BENTA**
*FRYING PLANTAIN*  
House of Anansi Press

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.

**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 continued 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 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.

**Awards**

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

**MARILYN BOOTH AWARD OF EXCELLENCE**

Value of up to six awards of $1,000 annually

**THE JANICE COBBIER POETRY AWARD**

Value of $1,000, plus two finalist awards of $500 each annually

**THE MARINA NEMAT AWARD FOR CREATIVE WRITING STUDENTS**

Value of $1,000 up to two awards annually

**PENGUIN RANDOM HOUSE CANADA STUDENT AWARD FOR FICTION**

Value of $2,500, plus two finalist awards of $1,000 each annually

**THE ELAINE STIRLING CORPORATE STORYTELLER AWARD FOR BUSINESS WRITING**

Value of $2,500 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.

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.

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.

Established in honour of former Dean Janice Cobber, 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.

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.

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.

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**Registration form**

**Name and contact information**

**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**

**Phone**

**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.

**Signature of Alumnus/Alumna?**

- Yes
- No

**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**

**Total Due**

- HST (if applicable. Check course description)

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**Course Information**

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Name of SCS Certificate you are working towards, if applicable.

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**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.

**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 reasons such 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.

**Grading**
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

**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 Thu 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)

**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.
course listings
HEALTH, ENVIRONMENT, AND SCIENCE

A NATUROPATHIC APPROACH TO WOMEN’S HEALTH: 2020
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 $345 + applicable tax
SECTION
006 22 Apr 2020 – 27 May 2020
6 Sessions, In-class
Wed, 11:00 am to 1:00 pm
Instructor Meghan Bauer

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 such as 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 18 Mar 2020 – 06 Apr 2020
4 Sessions, In-class
Mon, 6:30 pm to 8:30 pm
Instructor Michael Corbett

DRUGS & THE BRAIN: 2059
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 collaboratively 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
003 03 Sep 2019 – 23 Oct 2019
8 Sessions, In-class
Wed, 7:00 pm to 9:00 pm
Instructor Sheldon M. Joseph

THE PSYCHOLOGY OF LOVE AND LOSS: 3691
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 $345 + applicable tax
SECTION
002 19 Feb 2020 – 25 Mar 2020
6 Sessions, In-class
Mon, 6:30 pm to 8:30 pm
Instructor Manasa Bhushana

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 $345 + applicable tax
SECTION
001 09 Oct 2019 – 17 Dec 2019
8 Sessions, In-class
Wed, 7:00 pm to 9:00 pm
Instructor Ketip Dilai

CONTEMPORARY ACUPUNCTURE: PRINCIPLES & APPLICATIONS: 3109
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 $315 + applicable tax
SECTION
003 25 May 2020 – 23 Jun 2020
6 Sessions, In-class
Wed, 7:00 pm to 9:00 pm
Instructor Deny C. Li

FIGHTING THE DEMENTIAS: 3659
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).
COST $395 + applicable tax
SECTION
012 29 Oct 2019 – 17 Dec 2019
8 Sessions, In-class
Wed, 10:00 am to 12:00 pm
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.
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Instructor Ketip Dilai

THE PSYCHOLOGY OF LOVE AND LOSS: 3691
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 $345 + applicable tax
SECTION
002 19 Feb 2020 – 25 Mar 2020
6 Sessions, In-class
Mon, 6:30 pm to 8:30 pm
Instructor Manasa Bhushana

ethics, science & humanities
**HEALTH, ENVIRONMENT AND SCIENCE**

It provides an overview and intelligent choices about pants make more informed decisions about 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 regulating memory and creativity. We’ll gain a better understanding of the role of chemicals, anxiety and other conditions on our overall health when integrated with mainstream medicine. We’ll explore 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 enhance or disrupt these learning systems.

**TRADITIONAL CHINESE MEDICINE: AN ONLINE INTRODUCTION 2022**

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 when 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.

**YOUR BRAIN & THE SCIENCE OF SLEEP 2020**

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 improve memory and dementia, including the supplements and drugs that claim to boost memory.

**ESPINAGIO & SECRET INTELLIGENCE 2024**

In the 20th century, the intelligence agencies of the world developed from small groups of amateurs and dilettantes into globe-stroiling giants whose influence steered Wars and nations, roused lives, and forged industries. We'll look at their power, influence and cost, these giants have remained almost invisible. From their rise and rise during the First World War as 'Terror' they exist in the shadows for most of us. Intelligence trades in the currency of lies and secrets, and to seek out the depths of a little-known wilderness of moors. Join this course to track open this secret world using first-hand accounts, declassified documents, and the latest research from academics and intelligence experts around the world.

**HISTORY**

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 conjunction with U of T's Faculty of Information.

**RESEARCH AND COLLABORATION IN OCCUPIED EUROPE, 1938–1945 3604**

The Nazi occupation in Europe forced the captive populations to confront their individual, political, and moral 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 the Nazis in each of the subject countries? How have the countries that suffered occupation come to terms with a memory both heroic and painful?

**LIVING IN INTERESTING TIMES: THE HISTORY OF CONFLICT AND SURVIVAL IN THE MODERN WORLD 3508**

As the old course goes, we live in 'interesting times': liberal democracy in retreat, subversion reaching to the highest levels of government, liberal democracy in retreat, subversion reaching to the highest levels of government, war and international nuclear threats. We’ll look to our dangerous future by learning about the dangers of our past. We’ll study the history of conflict in our modern, nucleated 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 2545 to Today.

**THE SCIENCE OF DREAMS 3601**

What is a dream? Do dreams have meaning? What do we dream about? Do daydreams boost creativity? What is ‘déjà vu’ and ‘jamais vu’? Delve deeply into the fascinating realm of dreams and learn about the roles they play in our memory and creativity. 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 regulating memory and creativity. We’ll gain a better understanding of the role of chemicals, anxiety and other conditions on our overall health when integrated with mainstream medicine. We’ll explore 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 enhance or disrupt these learning systems.

**THE BUILDING OF ST. PETERSBURG 2020**

Peter the Great was one of the true great heroes. Yet for all their power, the elite and common people in Britain under Roman occupation were not impressed. We’ll learn about daily life in our dangerous future by learning about the dangers of our past. We’ll study the history of conflict in our modern, nucleated 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 2545 to Today.

**EUROPE, 1938–1945**

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The Viking Age (th century) was a period of great social and economic change in Europe. The Norse people, who were the ancestors of the Scandinavians, developed a strong seafaring tradition and expanded their settlements across the North Sea, including Iceland and Greenland. They were known for their trading and exploration, and their influence extended to other parts of Europe.

Later, during the Middle Ages (to century), the political landscape of Europe changed significantly. Castles were built and fortified, and the system of manorialism developed. The Magna Carta, signed in by King John of England, is a significant historical document that established the principle of the rule of law and limited the power of the monarchy. It guaranteed certain rights to individuals, including the freedom to trade and the right to a fair trial.

In the modern era, the Nordic nations continued to develop and innovate. The Weimar Republic in Germany was a period of cultural and political upheaval, with significant developments in the arts, particularly in literature and architecture. The era saw the rise of the Nazis, who sought to establish a powerful state and control intellectual and cultural life.

Today, the Nordic nations are known for their strong welfare states, high living standards, and a strong emphasis on education and innovation. They continue to be major players in global affairs, with a strong influence in international organizations and a reputation for sustainability and environmental responsibility.
LITERATURE

Discontents

Harley Price

Wed, 6:00pm to 8:00pm

Rilke, the Artist as a Young Man and Uncle Vanya can be taken on its own. Part II

THE GREAT BOOKS:

THE GREAT BOOKS: PART I - 1669

THE GREAT BOOKS: PART II - 1700

THE GREAT BOOKS: PART III - 1760

THE MIND IS ITS OWN PLACE: PARADISE LOST

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 personal questions about the nature of the Divine. God's justice, the origin of evil, and the salvation of the soul. We'll examine this masterwork on broad intellectual and religious contexts.

THE GODIC EPIC: HOMER'S ILIAD AND ODYSSEY

Among the foundation stories of Western literature and considered to be Homer's Iliad and 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 Western ideas of Men, Women, Family, Friendship, Good and Evil, Freedom, Civilization and its Contents; Joyce. A Portrait of the Artist as a Young Man and Rilke, Letters to a Young Poet.

THE ITALIAN RENAISSANCE: LITERATURE, PHILOSOPHY AND ART 3502

The Renaissance in Italy gave brighter life to the greatest flowering of the human spirit ever seen. These include James Joyce, Ulysses; Derek Walcott, The Odyssey; Toni Morrison, Jazz, and B.B. King's The Weight. We'll read and discuss a selection of some of the most seminal texts in Western civilization. You don't need to have taken Part I or II, which cover different readings.

OPERA AND THE SUPERNATURAL

Join opera expert Iain Scott as he explores the supernatural and magical themes that give power—some to the most beloved 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.

MUSIC

GET MORE OUT OF BALLET 2455

Enrich your experience of ballet with an understanding of its history and immersion in the choreography, design and music of current productions of the National Ballet of Canada and of the Bolshoi and Royal Ballets. Depending on the repertoire, we might examine ballet's performance history and historical context, the choreographer's life and works, and on which the ballet is based, or compare different versions.

OPERA AND MYTHOLOGY 2526

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 world, from Greek mythology to mythology and will feature a series of operatic excerpts on video.

OPERA AND POWER 3650

Opera can be one of the greatest gripping forms of theatre. It engages with the very essence of power, coercion, power and liberty. Join us as we explore these themes using excerpts of operatic excerpts on video.

SYLLABUS

Great Integration of the course: 2019-2020

Socrates, Galileo, Dreyfus, Nuremberg, Roe, Waco: all of these were legal trials that changed the course of history. From Socrates asking whether any established a woman's right to control her own body, these trials—forced societies to look at themselves through a legal lens and re-examine the powerful role the law plays in reorganizing the world. In this course, we'll try to answer that question.

THE GREAT BOOKS: LITERATURE, PHILOSOPHY AND ART 3502

PART II - 1700

The course continues to explore similar themes but through a new set of texts that focuses on the 18th century. These include James Baldwin, Go Down, Moses, and A.S. Byatt, Sugar and Other Stories.

SECTION 003

Mon, 10 Oct 2019 – 20 Nov 2019

Instructor Jonathan Iuliy

In-Class

Syllabus: John Greenwood

SECTION 004

Tues, 10 Oct 2019 – 20 Nov 2019

Syllabus: John Greenwood

Syllabus: John Greenwood

SUMMER-TERM 3299

ART HISTORY, CONSERVATION, LAW, AND DIPLOMACY

Wade: all of these were legal trials that changed the course of Western society. Join us to explore how opera presents and re-interprets the powerful myths that underlie Western literature. Each of the five classes will deal with a different mythical world, from Greek mythology to mythology and will feature a series of operatic excerpts on video.

SECTION 001

Mon, 10 Oct 2019 – 20 Nov 2019

Instructor Iain Scott

MUSIC

SECTION 002

Wed, 6:00pm to 9:00pm

Syllabus: John Greenwood

SECTION 003

Mon, 10 Oct 2019 – 20 Nov 2019

Syllabus: John Greenwood

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

The University Lecture Series

ARCHITECTURE OF THE MIDDLE AGES

ARCHITECTURE OF THE 18TH CENTURY: LUXURY OR LEISURE?

ARCHITECTURE OF THE 17TH CENTURY TO THE 19TH CENTURY: THE AGE OF REVOLUTIONS

Downtown/St. George

PHILOSOPHY AND LAW

T ues, 6:30pm to 8:30pm

SECTION

nalistic interpretations of human nature within the 19th 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. A spiritual book, can the Bible be interpreted in any way you choose? Is faith a personal matter, or can there be right and wrong ways of interpreting this book of faith, both in public 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 and the challenges to modern cultures. We will look at the complex and varied traditions of religious development from within each faith and examine how their paths lead us. We will look at what each religion says about fundamental matters such as inspiration, authority, art, science, sexuality, hope and eternity.

Who am I? How am I related to the Divine? What is the ideal way to live? In such existential questions, the religions of the East offer very different answers from those of the West. In this course we see how the religions of the East address an ecclesiastic range of topics in an accessible one-hour format. Come hear their thoughtful insights, critical analyses and provocative ideas.

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The University Lecture Series features leading scholars, intellectuals and experts who address an ecclesiastic range of topics in an accessible one-hour format. Come hear their insightful interpretations of human nature and the challenges to modern cultures. We will look at the complex and varied traditions of religious development from within each faith and examine how their paths lead us. We will look at what each religion says about fundamental matters such as inspiration, authority, art, science, sexuality, hope and eternity.

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

THE HISTORY OF WESTERN PHILOSOPHY: THE 20TH CENTURY

RELIGION

RELIGIONS OF THE EAST: MYSTERIES & PHILOSOPHY

RELIGIONS OF THE EAST: MYSTERIES & PHILOSOPHY

RELIGIONS OF THE WEST: REASON & MYTH

RELIGIONS OF THE WEST: REASON & MYTH

THE HISTORY OF WESTERN PHILOSOPHY: ANCIENT AND MEDIEVAL THOUGHT

GOSPEL PORTRAITS OF JESUS

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ART THROUGH THE AGES: PART I 2050
We'll look at the first two thousand years in the history of art in this exciting exploration of art from cave paintings to the 18th century. Your future visits to galleries and museums will be more enjoyable. Discover the distinguishing characteristics of art produced in different epochs and cultures.

COST $325 + applicable tax
SECTION 001 24 Mar 2020 – 18 Apr 2020 5 Sessions, In-class Tues, Wed, Thurs, 10:00am to 1:00pm Instructor Barbara Sherwood

BAUHAUS: HOW THE MOVEMENT TRANSFORMED MODERN ART AND DESIGN 3633
The Bauhaus was the 20th century's most influential school of art, architecture and design. Go beyond the façade of the typical Bauhaus building to examine how it founded, German architect Walter Gropius, patterned an extraordinary curriculum of arts and crafts and created a radical new design movement. Experiencing the artwork in company with the artist will broaden a new dimension to your popular class. Limited enrolment will allow for a less formal and more conversational experience. The classes will be led by a private salon within a gallery environment. We 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 $325 + applicable tax
SECTION 002 26 Sep 2019 – 30 Oct 2019 5 Sessions, In-class Tues, 10:00am to 12:00pm Instructor Natalia Rikoff

ART NOUVEAU: DECADENCE & THE LIMITS OF FORM 2444
Travel through the decadent world of Art Nouveau with Natalie Rikoff. We’ll make a virtual tour through Brussels, Barcelona, Paris, Vienna, Prague and Buenos Aires, viewing the creations of the master craftspersons, architects and artists associated with the new style that swept through Europe and the Americas in the 1890s. We’ll follow the flowing lines, ornament features and sculptural details employed by artists dedicated to achieving the unity of art and life in their creations. Examine architectural masterpieces in each city, including: Antonio Gaudi’s Casa Mila in Barcelona and Victor Horta’s Van Eetvelde House in Brussels. We’ll also admire some of the precious jewels, decorative objects and furniture designed to complement these unique interiors.

COST $325 + applicable tax
SECTION 001 16 Oct 2019 – 20 Nov 2019 5 Sessions, In-class Tues, Wed, Thurs, 10:30am to 12:30pm Instructor Natalia Rikoff

ART THROUGH THE AGES: PART II 2058
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-Imagism present the individual artist’s view. Cubism signals the emancipation from representational, 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 installations. (A sequel to Part I; this course can be taken independently.)

COST $325 + applicable tax
SECTION 001 08 Oct 2019 – 26 Nov 2019 8 Sessions, In-class Tues, 10:00am to 1:00pm Instructor TBA

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COST $325 + applicable tax
SECTION 001 16 Oct 2019 – 20 Nov 2019 5 Sessions, In-class Tues, Wed, Thurs, 10:30am to 12:30pm Instructor Natalia Rikoff

DRAWING FOR ABSOLUTE BEGINNERS 2051
Ever wanted to learn to draw but been too afraid to try? Learn to focus on your subject, and sharpen your eye through clear observation and practice. A popular favourite, this course is a winning class. Each session builds on an informal discussion about a specific artist whose work forms the basis of the exercises in pencil and pastel techniques. Opportunity permitting, we’ll use oil paints and other materials to exhibit at a United For the Arts exhibition.

COST $345 + applicable tax
SECTION 001 20 Mar 2020 – 16 Apr 2020 5 Sessions, In-class Tues, Wed, Thurs, 11:00am to 1:00pm Instructor TBA

EIGHT NIGHTS IN THE ART WORLD: MORE CONVERSATIONS FROM THE TORONTO ART WORLD 2050
Discover Toronto’s ever-evolving 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 dealers in attendance. We will examine the artwork in company with the artist, and experience a behind-the-scenes glimpse of this dynamic city. The Bauhaus explored the merging of art and industry through education. We’ll trace the steps of the Bauhaus emigrants and the institutions of higher learning they founded—many of which have gained access and she’ll share her future visits to galleries and museums. Study the tumultuous periods of stately grandeur, mansions of stately grandeur, and, with them, sophisticated gardens. Study the tumultuous periods. Achieve the unity of art and life in your creations. Examine architectural masterpieces in each city, including: Antonio Gaudi’s Casa Mila in Barcelona and Victor Horta’s Van Eetvelde House in Brussels. We’ll also admire some of the precious jewels, decorative objects and furniture designed to complement these unique interiors.

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COST $325 + applicable tax
SECTION 001 08 Oct 2019 – 26 Nov 2019 8 Sessions, In-class Tues, 10:00am to 12:00pm Instructor Natalia Rikoff

INTERNATIONAL FILMS & THE HISTORY OF PHOTOGRAPHY 2256
Discover the influential approaches of great photographers from the past 150 years, including developments in portraiture, landscape, street photography, colour photog- raphy, experimental processes, the commercial art world and the influence of the Chinese maritime explorer of the 18th centuries. Europeans were fascinated with “exotic” Eastern objects d’art. We’ll be looking mostly at European art, architecture and design. Go beyond the façade of the typical Bauhaus building to examine how it founded, German architect Walter Gropius, patterned an extraordinary curriculum of arts and crafts and created a radical new design movement.

COST $325 + applicable tax
SECTION 001 08 Oct 2019 – 30 Nov 2019 8 Sessions, In-class Tues, 10:00am to 12:00pm Instructor Natalia Rikoff

TORONTO ART WORLD CONVERSATIONS FROM THE TORONTO ART WORLD 2050
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COST $325 + applicable tax
SECTION 001 08 Oct 2019 – 30 Nov 2019 8 Sessions, In-class Tues, 10:00am to 12:00pm Instructor Marta O’Brien
Downtown/St. George

VISUAL ART AND ARCHITECTURE

Frick to the Neue, the Whitney from the MET to the MoMa, the her many images, you’ll “walk” New York and a long-standing of Art and Literature tours to New York City is home to some MODERNITY: ART AND IDEAS 3545

The radically new ideas and inventions that dramatically changed life in the nineteenth and early twentieth centu-
ries 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 secular-
ization. We’ll see how these affected movements like Romanticism, Realism, Impres-
sionism, Post-Impressionism and Cubism. Works by Turner, Courbet, Klimt, Monet, Gauguin, Kandinsky, Picasso, O’Keefe and others reflect the revolutionary changes that ushered in modernity.

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.

New York Art in the CITY – Spring/Summer 2020

SECTION 001

Wed, 11:00am to 1:00pm

Instructor: Barbara Isherwood

MODERNITY: ART AND IDEAS 3545

SECTION 001

Wed, 2020 – 26 Feb 2020 8 Sessions, In-class Tues, 7:00pm to 9:00pm Instructor: Shilome Schwarzzenegger

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 exhibi-
tion in the autumn of 2020 will help us understand it in the context of his other early works.

The course empha-
sizes works from the time that The Massacre was painted to produce a larger context in which to view it.

ART OF COMPOSITION 3466

The course will 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 about the influence and imagery 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 great masters on later artists including Blake, Delacroix, Manet and Borne Jones, among others.

THE IMPRESSIONIST REVOLUTION 3175

In 1874, an exhibition opened in Paris that changed the face of Western art. A disparate critical cop-
ing 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.

ART OF COMPOSITION 3466

In this course we will 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.

THE IMPRESSIONIST REVOLUTION 3175

019

19 Feb 2020 – 17 Oct 2019 5 Sessions, In-class Thurs, 10:00am to 1:00pm Instructor: Michelle Fish

SIGHT & SOUND: WHAT MAKES A MOVIE GREAT? 3242

Critique the classics. Once a decade, since 1952, Sight & Sound, the prestigious British film magazine, has commis-
sioned 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 critical skills.

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The other half is devoted to a workshop where you'll 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**

$599

**APPLICABLE CERTIFICATES**

Creative Writing

**SECTION**

**CREATIVE WRITING THROUGH INTRODUCTION (164)**

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.

**CREATIVE WRITING THROUGH READING (199)**

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 read 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**

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**CREATIVE WRITING THROUGH READING (199)**

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 read 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
CREATIVE WRITING IN SPANISH / ESCRITURA CREATIVA EN ESPAÑOL 2285
If you are a Spanish-speaking aspiring creative writer, this workshop 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 wide 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. This course will be taught in English. You will learn how to work with student manuscripts, which will be evaluated by the instructor prior to enrollment.

A LITERARY AGENT’S GUIDE TO GETTING PUBLISHED 203
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.

CREATIVE WRITING IN SPANISH / ESCRITURA CREATIVA EN ESPAÑOL 2286
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 creative work 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 the instructor prior to enrollment. This course will be taught in Spanish. You will learn about contracts, royalties, handling criticism and reviews. You’ll also get valuable feedback on your work in a supportive, encouraging atmosphere.

FOOD, BREATH AND MEDITATION 1327
We will discuss ways in which we can consider food, our lives, and our words as “naivedya”—an offering in mindfulness action.

INTRODUCTION TO PODCASTING 336
Students will learn everything they need to know in order to make their own podcasts. This 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 and sound music. Production aspects include microphone techniques, planning board fundamentals, basic audio editing, and how to post your podcast online.
MAPPING YOUR STORY 3419
The fundamental strength of any good story... is a good story. This course, led by experienced novelist and screenwriter Barbara Radke, will focus on outlining an effective structure for your fiction, memoir, or screenplay. Part of each session will be devoted to 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.

MEDITATION AND WRITING: MASTER CLASS 3430
Accomplish your creative and writing goals through this 12-week journey of intensive writing and meditative practices. Unlok 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 meditations. Each workshop 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 practices, and the arts.

PILGRIMAGE TO THE SACRED FEMININE 2828
Drawing from works of fiction, memoir, and poetry, we will read of darkies or sky-dancers: Padma Lhumo and Kali Athena, lous and crafty: the blue-skinned Virgin and the Black Madonna: Guaan Yin, Green Tara and White Tara. In this class, we will 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.

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 wisdom of excellent teachers and creative writers, and practice writing and mindfulness exercises. Engage in a writing workshop and practice ways of structuring your story or book.

GENEVAR THE TIGRESS 3433
Sex sells. From E.L. James’ smash hit 50 Shades of Grey to Alissa Quart’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 focusing on in how we talk about sex effectively. Part of our workshop class will be an exploration of the political” implications of this.Ultimately, as you write, you must make yourself cry and laugh. You must invent yourself. Our stories will be the greatest achievement of all.

WATERFALL 3434
A three-day intensive 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 whatever you think, about what scares you, what scares you, you’ll find that your voice will connect very deeply with your readers. Ultimately, as you write, you must make yourself cry and laugh. You must invent yourself. Our stories will be the greatest achievement of all.

GENERATING STORIES II 2347
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 to locate and amplify passages in your writing that resonate with readers.

ONLINE MENTOR 3080
Available for all genres, this email-based course pairs you with an instructor who will give you feedback online, over the phone, by Skype or face to face. Each week you’ll receive assignments and in-class workshops. This online workshop will inspire you to write poetry, memoir, fiction, and creative nonfiction. Each course will be a draft of the stories that require work to make your writing ready for you to read. The instructor will provide substantial editing advice on a work of up to 75 standard pages. You can register at any time.

CHILDREN’S WRITING
WRITING FOR CHILDREN: PICTURE BOOKS 7813
Creating a good picture book requires 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. We'll also tell a story in a few words and collaborate with an illustrator to bring your story to life.

Cost: $649

APPLICABLE CERTIFICATES
Creative Writing

WRITING THE 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

WRITING THE NOVEL II 1701
If you are in the novel stream of the Certificate in Creative Writing, this workshop is a deeper understanding of the novel form and have the opportunity to be 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

INTRODUCTION TO WRITING THE NOVEL 1670
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 ten and edited the opening of your novel.

Cost: $649

APPLICABLE CERTIFICATES
Creative Writing

WRITING SHORT FICTION II 1513
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. It’s where you’ll hone your short story skills with the goal of eventual publication. Class time will be divided between analysis of tests, workshops, 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

WRITING SHORT FICTION: MASTER CLASS 1663
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. It’s where you’ll hone your short story skills with the goal of eventual publication. Class time will be divided between analysis of tests, workshops, students’ work, and discussions of publishing venues. You will also have one-on-one meetings with the instructor to discuss your writing.

APPLICABLE CERTIFICATES
Creative Writing

WRITING THE NOVEL: INTRODUCTION 1670
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 ten and edited the opening of your novel.

APPLICABLE CERTIFICATES
Creative Writing

WRITING SHORT FICTION: INTRODUCTION 1680
If you want to write short stories, meet other writers and learn basic literary techniques, 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 community of writers working in your genre. No previous creative writing experience is necessary.

Cost: $649

APPLICABLE CERTIFICATES
Creative Writing

WRITING SHORT FICTION: INTRODUCTION 3660
If you want to write short stories, meet other writers and learn basic literary techniques, 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 community of writers working in your genre. No previous creative writing experience is necessary.

Cost: $649

APPLICABLE CERTIFICATES
Creative Writing

WRITING THE NOVEL: INTRODUCTION 1670
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 ten and edited the opening of your novel.

WRITING THE NON-FICTION NOVEL II 1815
Designed for those who have completed 1664 Creative Writing: Introduction, this course is a more intensive fiction writing 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

WRITING THE NOVEL III 1805
Designed for those who have completed 1664 Creative Writing: Introduction, this course is a more intensive fiction writing 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

WRITING THE NOVEL III: MASTER CLASS 1703
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

WRITING THE NOVEL IV 1704
If you are in the novel stream of the Certificate in Creative Writing, this workshop is a deeper understanding of the novel form and have the opportunity to be 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

INTRODUCTION TO WRITING THE NOVEL 1670
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 ten and edited the opening of your novel.

Cost: $649

APPLICABLE CERTIFICATES
Creative Writing

WRITING SHORT FICTION: INTRODUCTION 1680
If you want to write short stories, meet other writers and learn basic literary techniques, 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 community of writers working in your genre. No previous creative writing experience is necessary.

Cost: $649

APPLICABLE CERTIFICATES
Creative Writing

WRITING SHORT FICTION: INTRODUCTION 3660
If you want to write short stories, meet other writers and learn basic literary techniques, 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 community of writers working in your genre. No previous creative writing experience is necessary.

Cost: $649

APPLICABLE CERTIFICATES
Creative Writing

WRITING THE NOVEL: INTRODUCTION 1670
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 ten and edited the opening of your novel.

WRITING SHORT FICTION: INTRODUCTION 1680
If you want to write short stories, meet other writers and learn basic literary techniques, 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 community of writers working in your genre. No previous creative writing experience is necessary.

Cost: $649

APPLICABLE CERTIFICATES
Creative Writing

WRITING SHORT FICTION: INTRODUCTION 3660
If you want to write short stories, meet other writers and learn basic literary techniques, 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 community of writers working in your genre. No previous creative writing experience is necessary.
Introduction or instructor approval based on submission of five pages of creative writing. Please submit writing to scs.writing@utoronto.ca.

POETRY II 3544
This is the second step in the Certificate in Creative Writing poetry stream. Weekly workshops and a focus on craft, technique, and poetic forms will be explored. Grow your portfolio of polished work and gain a deeper understanding of poetic processes as you develop and strengthen your writing practices.

COST $649
APPLICABLE CERTIFICATES Creative Writing
RECOMMENDATION 1687 Poetry: Introduction
PREQUISITE 1688 Poetry
SECTIONS 02 17 Sep 2019 – 03 Dec 2019
In-class
Tues, 6:30pm to 9:00pm
Instructor Barrie Bisson
SECTIONS 04 11 Feb 2020 – 26 Apr 2020
In-class
Tues, 6:30pm to 9:00pm
Instructor George Murray
SECTIONS 05 07 Oct 2019 – 01 Dec 2019
Online
Wed, 12:30pm to 3:00pm
Instructor Barrie Bisson
SECTIONS 06 24 Feb 2020 – 13 Apr 2020
In-class
Mon, 12:30pm to 3:00pm
Instructor Catharine Graham

POETRY III 3545
This is the third step in the Certificate in Creative Writing poetry stream. Weekly workshops and a focus on craft, technique, and poetic forms will be explored. Grow your portfolio of polished work and gain a deeper understanding of poetic processes as you develop and strengthen your writing practices.

COST $649
APPLICABLE CERTIFICATES Creative Writing
RECOMMENDATION 1687 Poetry: Introduction
PREQUISITE 1688 Poetry
SECTIONS 02 Date and Time TBA
In-class
SECTIONS 04 07 Oct 2019 – 01 Dec 2019
Online
Wed, 12:30pm to 3:00pm
Instructor Barrie Bisson

CRISIS, CONCEPT, OBJECT & SHADOW: READING, MAKING & REMAKING CONTEMPORARY POETRY 5077
Work with Griffin Prize winners Ken Babstock and Karen Snel in this advanced poetry course that aims to enrich and invigorate your writing. You and your peers will be seasoned poets who are well into a work of substance. You’ll combine discussions, readings, assignments and submission critiques to disrupt assumptions about your own work and help you become more critically engaged with your work. Visiting poets of note will offer readings and short talks on process, craft and poetics.

COST $649
APPLICABLE CERTIFICATES Creative Writing
SECTIONS 02 Feb 2020 – 21 Apr 2020
In-class
Tues, 6:30pm to 9:00pm
Instructor Ken Babstock, Karen Snel

CREATIVE WRITING 1651
This intensive workshop gives you a chance to develop your understanding of creative non-fiction so you can refine a work-in-progress and develop your craft. Whether you’re writing a memoir, paper and magazine writing skills and feature articles. Practice tools and techniques required to approach and handle complex subject matter. Weekly workshops with visiting writers will be an integral part of the course. Weekly workshopping of polished work will be the main component of the course.

COST $649
APPLICABLE CERTIFICATES Creative Writing
PREQUISITE 001 Creative Non-Fiction
SECTIONS 02 20 Jan 2020 – 09 Feb 2020
In-class
Course readings, exercises, and class assignments will be used to explore the genre and develop your understanding of it. This course is open to all writers interested in creative non-fiction. Introduction or instructor approval based on submission of five pages of polished creative non-fiction is required.

COST $649
APPLICABLE CERTIFICATES Creative Writing
PREQUISITE 1688 Poetry
SECTIONS 07 22 Sep 2019 – 08 Dec 2019
In-class
Tues, 6:30pm to 9:00pm
Instructor Ayesha Tzuki

CREATIVE WRITING 1705
This course will help you get the results you want when it comes to shaping or improving your journalism or freelance journalism writing. Polish your newspaper, magazine and magazine writing skills by exploring the essential writing tools and techniques required to help you craft true stories that are vivid and engaging. Learn how to write compelling narratives, structure your stories, and self-edit. Classes will be writing workshops focused on aspects of writing and group discussions and workshops that provide constructive feedback.

COST $649
APPLICABLE CERTIFICATES Creative Writing
SECTIONS 07 27 Jan 2020 – 23 Mar 2020
In-class
Tues, 6:30pm to 9:00pm
Instructor Andrew Mitrovica

CREATIVE WRITING 2282
This online course explores the nature of memoir and many related genres. Whether you’re writing for personal reflection, healing and invigoration of your writing. You and your peers will be seasoned poets who are well into a work of substance. You’ll combine discussions, readings, assignments and submission critiques to disrupt assumptions about your own work and help you become more critically engaged with your work. Visiting poets of note will offer readings and short talks on process, craft and poetics.

COST $649
APPLICABLE CERTIFICATES Creative Writing
SECTIONS 02 20 Jan 2020 – 09 Feb 2020
In-class
Tues, 6:30pm to 9:00pm
Instructor Ayesha Tzuki

CREATIVE WRITING 3544
This is the third step in the Certificate in Creative Writing poetry stream. Weekly workshops and a focus on craft, technique, and poetic forms will be explored. Grow your portfolio of polished work and gain a deeper understanding of poetic processes as you develop and strengthen your writing practices.

COST $649
APPLICABLE CERTIFICATES Creative Writing
RECOMMENDATION 1687 Poetry: Introduction
PREQUISITE 1688 Poetry
SECTIONS 07 05 Oct 2019 – 27 Nov 2019
In-class
Wed, 6:30pm to 9:00pm
Instructor Carissa Lubrin

CREATIVE WRITING 4971
This course will help you get the results you want when it comes to shaping or improving your journalism or freelance journalism writing. Polish your newspaper, magazine and magazine writing skills by exploring the essential writing tools and techniques required to help you craft true stories that are vivid and engaging. Learn how to write compelling narratives, structure your stories, and self-edit. Classes will be writing workshops focused on aspects of writing and group discussions and workshops that provide constructive feedback.

COST $649
APPLICABLE CERTIFICATES Creative Writing
SECTIONS 02 10 Sep 2019 – 01 Dec 2019
In-class
Wed, 12:30pm to 3:00pm
Instructor George Murray

CREATIVE WRITING 4972
This course will help you get the results you want when it comes to shaping or improving your journalism or freelance journalism writing. Polish your newspaper, magazine and magazine writing skills by exploring the essential writing tools and techniques required to help you craft true stories that are vivid and engaging. Learn how to write compelling narratives, structure your stories, and self-edit. Classes will be writing workshops focused on aspects of writing and group discussions and workshops that provide constructive feedback.

COST $649
APPLICABLE CERTIFICATES Creative Writing
SECTIONS 02 27 Jan 2020 – 23 Mar 2020
In-class
Tues, 6:30pm to 9:00pm
Instructor Andrew Mitrovica

CREATIVE WRITING 5077
Work with Griffin Prize winners Ken Babstock and Karen Snel in this advanced poetry course that aims to enrich and invigorate your writing. You and your peers will be seasoned poets who are well into a work of substance. You’ll combine discussions, readings, assignments and submission critiques to disrupt assumptions about your own work and help you become more critically engaged with your work. Visiting poets of note will offer readings and short talks on process, craft and poetics.

COST $649
APPLICABLE CERTIFICATES Creative Writing
SECTIONS 02 20 Jan 2020 – 09 Feb 2020
In-class
Tues, 6:30pm to 9:00pm
Instructor Ken Babstock, Karen Snel
Downtown/St. George

INTRODUCTION TO SPOKEN WORD 220

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 around the world. Workshop, 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
024
10 Oct 2019 – 03 Dec 2019
8 Sessions, In-class
Tues. 6:30pm to 9:00pm
Instructor Andrea Thompson

POETRY AND SONGWRITING

023
SECTION
on that instrument.

don’ts, and much more! Suitable for your melody, modulation, how to will include borrowed chords, 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 around the world. Workshop, 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
013
05 Oct 2019 – 28 Nov 2019
8 Sessions, In-class
Thurs. 6:30pm to 9:00pm
Instructor Andrew Davidson

WRITING POPULAR FICTION 2490

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
010
18 Oct 2019 – 30 Nov 2019
8 Sessions, In-class
Tues. 7:00pm to 9:30pm
Instructor Wilkie Davidson

MYSTERY & SUSPENSE WRITING 2554

Whether you’re working on something traditional or hard-boiled, a thriller or police procedural, detective or a mystery, you’ll learn how to write a compelling opening to your book. You’ll deepen your knowledge of the genre and accelerate your writing. Weekly discussions and assignments will focus on the plot, 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
012
8 Sessions, In-class
Tues. 6:30pm to 9:00pm
Instructor Rosemary Aubert

CREATING COMICS & GRAPHIC NOVELS 2489

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

COST $649
APPLICABLE CERTIFICATES Creative Writing

SECTION
022
08 Oct 2019 – 08 Nov 2019
8 Sessions, In-class
Tues. 6:30pm to 9:00pm
Instructor J. Kent Musson

MYSTERY WRITING WORKSHOP 2089

The course will explore how you can best use the tools of our craft to begin or complete your crime novel or story. Each week we will examine a strategy or an element of fiction discussed all length in our text: Sleuth Gallo Brown on Writing Mysteries. The topics will include: Prewriting; Point of View; Narrative Perspective; The Great Escape; Writing the Plot, Structure and Dialogue, as well as how to craft your critique. You’ll also find out more about the business side of writing fantasy and science fiction.

COST $649
APPLICABLE CERTIFICATES Creative Writing

SECTION
030
29 Sep 2019 – 08 Dec 2019
Online
Instructor Gail Brown
Online
Instructor Gail Brown

FANTASY & SCIENCE FICTION: MASTER CLASS 2053

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 we will workshop your unpolished manuscript. Class sessions will help you develop a deeper understanding of world-building, plot development, believability character and genre (un)conventions. Get constructive feedback from the instructor and your peers, and learn to provide it to others.

COST $790
APPLICABLE CERTIFICATES Creative Writing

SECTION
028
01 Mar 2020 – 22 Apr 2020
8 Sessions, In-class
Wed. 6:30pm to 9:00pm
Instructor J. Kent Musson

WRITING HISTORICAL FICTION 2557

Want to make a 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 sympatico 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 stage into the page? In this course, you will find out more about the techniques suited to the printed page: slapstick, satire, absurdity, verbal humour, surprise, transgression and non sequiturs.

COST $649
APPLICABLE CERTIFICATES Creative Writing

SECTION
022
22 Jan 2020 – 12 Mar 2020
8 Sessions, In-class
Wed. 6:30pm to 9:00pm
Instructor Terry Fallis

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
037
27 Mar 2020 – 08 May 2020
8 Sessions, In-class
Wed. 6:30pm to 9:00pm
Instructor Thom Vernon

DRAMATIC WRITING: OFF THE PAGE 2306

Go through the complete process of creating a 30-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
013
19 Feb 2020 – 08 Apr 2020
8 Sessions, In-class
Wed. 6:30pm to 9:00pm
Instructor Genda Macarone

SCREENWRITING: INTRODUCTION 2391

This is the first step in the screenwriting stream of the Certificate in Creative Writing. We will study 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
30 Sep 2019 – 08 Dec 2019
8 Sessions, In-class
Tues. 6:30pm to 9:00pm
Instructor Terri Fox

101
23 Jan 2020 – 12 Mar 2020
8 Sessions, In-class
Wed. 6:30pm to 9:00pm
Instructor Thom Vernon

103
27 Feb 2020 – 17 Apr 2020
8 Sessions, In-class
Sat. 10:30am to 1:00pm
Instructor Larisa Gutmanis.
SCREENWRITING II 270
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

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 $710
APPLICABLE CERTIFICATES Creative Writing

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 pilot 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

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

WRITING TELEVISION COMEDY 3311
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.
contemporary mindfulness-based interventions (MBIs) are employed by practitioners and researchers as research-based methodological approaches to counteract mental illness.

The MBI is largely considered to be an intervention that can help reduce symptoms of depression, anxiety, and stress.

MBIs have been shown to be effective in the treatment of a variety of mental health conditions, including depression, anxiety, stress, personality disorders, chronic pain, and substance use disorders.

MBIs also have been shown to improve quality of life and well-being, and to promote emotional intelligence, social skills, and resilience.

In conclusion, mindfulness-based interventions are a promising approach for promoting mental health and well-being, and should be considered for use in a variety of clinical and non-clinical settings.

In this course, you will be introduced to the foundations of mindfulness meditation, including the history, theories, and practices associated with MBIs. You will learn how to apply mindfulness meditation in your own life and work, and how to integrate mindfulness practices into your daily routine.

This course is designed for anyone interested in mindfulness meditation, including mental health professionals, educators, students, and anyone seeking to improve their emotional intelligence and well-being.

In this course, you will:

- Learn the history and philosophy of mindfulness meditation
- Explore the scientific research on mindfulness meditation
- Develop mindfulness meditation skills through guided practice
- Apply mindfulness meditation to your personal and professional life

This course is suitable for beginners and intermediate practitioners.

This course will be held in the evenings and on weekends, and will include both online and in-person components.

Upon completion of this course, you will receive a certificate of completion from the School of Continuing Studies at the University of Toronto, which can be added to your resume or portfolio.
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.

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.

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.