

CREATIVE MAKING WORKSHOPS | FALL 2023

More information about the Creativity Core Curriculum and the Creative Making Workshops can be found at jefferson.edu/creativity.

WORKSHOP CATEGORY KEY

[I]	In-person, on-campus delivery. <i>Several days prior to an in-person workshop, you will receive an email with that workshop's specific room location.</i>
[O]	Off-campus travel required.
[V]	Virtual delivery. <i>Several days prior to a virtual workshop, you will receive an email with that workshop's Zoom meeting link and passcode.</i>
[S]	Special supplies/clothing or other preparation required. <i>Please read the 'Preparation' section of each workshop description for precise requirements.</i>
[D]	Diversity, Equity and Inclusion: <i>About 25% of Creative Making Workshops focus on subject matter that represents interests and views of non-dominant cultures and people and/or directly encourages thinking and behaviors that support the valuation of diversity, equity and inclusion.</i>

[I, D] 1. DO YOU SEE WHAT I SEE?: VISUAL POLITICS, STORYTELLING AND REPRESENTATION

Friday, September 22, 2023, 3pm-6pm

Instructor: Ahmad Qais Munhazim, Assistant Professor, Global Studies, Thomas Jefferson University

Historically, photographs have served to tell stories and connect imagined communities across borders. Today, images of marginalized and racialized individuals including BIPOC, Muslims, LGBTQIA+ individuals, refugees and those from/in the Global South have been used to perpetuate stereotypes and misrepresentations serving political and social divides and conflicts. In this workshop, we will collectively navigate the power of visual representation and storytelling by engaging with a set of photographs from historically marginalized and racialized groups while creating critical narratives, poems and other visuals. This workshop uses creativity as a critical lens in analyzing global issues around mis/representation and storytelling.

Preparation: None.

[I] 2. PLAN YOUR DREAM TRIP TO ITALY!

Friday, September 22, 2023, 3pm-6pm

Instructor: Corrado Minimo, MD, a native Italian

Italy has always held a special place for travelers, and few can resist the charms of the country's diverse geography, rich history, unsurpassed art, and hospitable inhabitants. Planning a trip to the *Bel Paese* ('beautiful country') can be a highly creative endeavor, but it can also be intimidating, precisely because there is so much to see and experience. In this workshop, a native Italian will help de-mystify this process and guide you through the steps in charting a successful journey, and you'll learn some of the many secrets of well-traveled experts. You will be given time to create an itinerary customized entirely to your interests: whether comprised of the "must-sees" or the little-know gems, the metropolises or the off-the-beaten-track hill towns, churches or beach destinations. Although geared specifically to Italy, many of the skills and strategies you'll learn are transferable to planning a trip to other destinations.

Preparation: None.

[I, S] 3. INTRODUCTION TO ACTING**Saturday, September 23, 2023, 10am-1pm***Instructor: Dave Ebersole, MFA (daveebersole.com)*

We perform every day of our lives but don't realize it. Through theater games, improv exercises, and body movement techniques, you'll discover some of the innate abilities you use day-to-day. Building on this awareness, you'll create a monologue that you'll present to your fellow workshop participants. While this workshop focuses on the fundamentals of acting, it's also ideal for those who want to gain confidence in public speaking.

Preparation: You'll need to bring a prop of your choosing to use for a character you want to create. This can be anything -- from a set of keys, to a pillow, to a glass. Please wear comfortable clothes and shoes that you can freely move in.

[I, S] 4. EXPLORING CREATIVE PROBLEM SOLVING THROUGH PUZZLES AND DESIGN CHALLENGES**Saturday, September 23, 2023, 10am-1pm***Instructor: Dr. Ron Kander, Dean of Kanbar College of Design, Engineering & Commerce, and Senior Associate Provost for Applied Research, Thomas Jefferson University*

In this workshop we will investigate ways to improve your creative problem-solving ability by exploring the underlying skills and techniques that creative problem solvers use to systematically solve problems. We will do this by solving fun word puzzles and design challenges, individually and in groups, and reflecting on the strategies that work, and don't work, when attacking these problems. We will ground our discussion using cognitive psychology concepts that describe the steps that constitute successful problem-solving strategies. If you enjoy solving puzzles and would like to learn some tools and techniques to sharpen your problem-solving skills, then this fun workshop is for you!

Preparation: Bring paper and pen/pencil to record your reflections during the exercises.

[I, S] 5. REJUVENATE YOUR BODY THROUGH FOREST BATHING!**Saturday, September 23, 2023, 10am-1pm***Instructor: Toril Hinchman, M.Ed., Director of Fitness and Wellness, Thomas Jefferson University*

In Japan, there is a practice known as *shinrin-yoku*, which is the act of bathing in the forest atmosphere. For many years, people have practiced the idea of rejuvenating their body and mind by making a trip to a forest. This workshop will give you an opportunity to experience for yourself how forest bathing in Wissahickon Valley Park can reduce your stress levels and blood pressure, strengthen your immune and cardiovascular systems, and boost your energy, mood, creativity, and concentration. No special skills or level of fitness is required!

Preparation: Please wear comfortable shoes and attire. This workshop will take place regardless of weather (unless it is extreme weather), so please dress accordingly.

[I, S] 6. THE BEST MEDICINE: COMEDY AS A LIFE SKILL**Saturday, September 23, 2023, 2pm-5pm***Instructor: Alyssa Al Dookhi, comedian, writer, and game show host (thedookness.com)*

In this workshop, you'll get a comedian's guide to life for professional and personal success. Together, we'll learn where humor comes from and how to create it. We will then apply what we learned by exploring the basics of communicating in an improv scene, and how to write a one-liner! Finally, we'll identify times when humor has gone awry, how to avoid "bombing," and how to react gracefully to rejection. The objective of this workshop is not just to learn how to write a joke, but how the principles of comedy can help us interact with people every day, becoming better partners, coworkers, and global citizens. My hope is that you will leave with a couple of good jokes, and the ability to "find the funny," wherever life takes you.

Preparation: Bring to the workshop something to write and take notes with, such as paper/pen or laptop/iPad, or similar.

[I, S] 7. INTRODUCTION TO ACTING**Saturday, September 23, 2023, 2pm-5pm***Instructor: Dave Ebersole, MFA (daveebersole.com)*

We perform every day of our lives but don't realize it. Through theater games, improv exercises, and body movement techniques, you'll discover some of the innate abilities you use day-to-day. Building on this awareness, you'll create a monologue that you'll present to your fellow workshop participants. While this workshop focuses on the fundamentals of acting, it's also ideal for those who want to gain confidence in public speaking.

Preparation: You'll need to bring a prop of your choosing to use for a character you want to create. This can be anything -- from a set of keys, to a pillow, to a glass. Please wear comfortable clothes and shoes that you can freely move in.

[I, S, D] 8. BEYOND MALE AND FEMALE**Saturday, September 23, 2023, 2pm-5pm***Instructor: Nathan Long, Professor of Creative Writing, Stockton University*

We will start this workshop with a simple exercise to understand how diverse humans are, and then look at variations of the human body through an interactive lecture, examining how our general understanding of sex (notions of male and female) differs from biological reality. We will explore how medical professionals determine sex of babies with ambiguous

bodies, and how even doctors and scientists are influenced by cultural norms of male and female and what a “normal” body should look like. We will also talk about gender and sexuality and how these ideas become complicated when looking at variations of sex within humans. You will leave with a greater understanding of human variation and how we are enculturated to think about males and females.

Preparation: You will need materials to write with, either pen and paper, or computer.

[I, S] 9. CREATIVE DIGITAL PHOTOGRAPHY

Sunday, September 24, 2023, 10am-1pm

Instructor: Tamsen Wojtanowski, Adjunct Instructor, Thomas Jefferson University

The smartphone you carry in your pocket and with which you likely take dozens, or even hundreds, of pictures a day is more powerful than you may realize. Manufactured as a continued representation of the early camera built around 1852, this modern image-making device works to mimic the shutter speed and aperture manipulations of a mechanical camera. It’s not magic (per say), and you are still the author of the image. The game is learning how to control the camera in order to maximize its potential. In this workshop you’ll receive a general overview of the working parts of the digital camera and the steps that allow you to produce dynamic exposures. You’ll use your camera to test various approaches and receive instant feedback from the instructor. No prior knowledge of photography is required, and you may work with any digital camera at hand, including the one on your smartphone.

Preparation: In order to take this workshop, you will need a digital camera (a smartphone camera is acceptable).

[V] 10. CURIOSITY: THE KEY TO REWRITING YOUR STORY

Sunday, September 24, 2023, 10am-1pm

Instructor: Oleg Loughheed, motivational speaker, podcast host, and Founder and Executive Director at Overcoming Odds; see www.overcomingodds.today/olegs-story

We all have a story — one that drives every decision we make. The story that shapes who you are. The story that reassures you of your plans and future aspirations. The story that helps you transform times of confusion, loss, insecurity, and uncertainty into opportunities to learn and grow from. Most of us spend a lifetime looking for the key to unlock the power of storytelling. The question is, “What if you didn’t have to wait that long? What if the process of understanding your story, the story that drives every decision you make, could begin today?” Join Oleg for this skill-building workshop, encompassing his personal journey with actionable and applicable steps that you can use to rewrite the stories that are holding you back. Learn

how to use the process of curiosity to reflect and examine the stories that have been holding you back.

Preparation: None.

[I, S] 11. WRITE AND GIVE A TALK

Sunday, September 24, 2023, 2pm-5pm

Instructor: Brian Foley, a practicing attorney and adjunct law professor (<https://www.brianfoleylaw.com/>)

If you thought the Internet, with its proliferation of the written word and pictures and images, would render spoken word presentations obsolete, think again! Spoken word presentations are more important than ever — and are thriving, from YouTube “how to” videos, Ted Talks, podcasts, live presentations on Zoom, to “old fashioned” in-person talks and lectures. Anyone wanting to make a connection with other people should consider using spoken word. But the FEAR of public speaking has grown, too. This fear impedes creativity in crafting and delivering a speech. Learn to speak with power and poise, how to write a speech quickly, and ways to make fear work for you not against you as you create and deliver. Join us in a VERY SUPPORTIVE atmosphere to learn this empowering skill that will help you succeed in your coursework and beyond.

Preparation: You are required to have a camera (such as smartphone) or some other device for video-recording your final speech.

[V, S, D] 12. (UN)NATURAL BODIES

Wednesday, September 27, 2023, 6pm-9pm

Instructor: Courtney Doucette, Assistant Professor of History, State University of New York at Oswego

From foot binding and circumcision, to weightlifting and hair care, people throughout history have shaped the physical body. By exploring these topics and others, this workshop questions whether there is or ever has been a “natural” body. We will explore how race, gender, class, and sexuality shape whose bodies are talked about and depicted, when, where, how and by whom. This workshop is an opportunity to think about the body as a subject of history and an agent of historical change. It also provides the chance to think critically about our relationship to our own bodies today and to create a body of creative reflections (in writing and art) on how our own bodies have been shaped through the course of our lives.

Preparation: Please bring something to write with (either pen and paper or computer) and a few materials to draw (scrap paper and colored pencils, crayons, and/or markers).

[I] 13. INTRODUCTION TO ZENTANGLE®

Wednesday, September 27, 2023, 6pm-9pm

Instructor: Mindy Shapiro (mindyshapiro.com)

Zentangle® has been described as a spiritual art practice that enhances mindfulness and self-awareness, decreases stress, and calms the mind. In this relaxing, creative, meditative and quite fun drawing workshop, you will learn at least 6–8 basic Zentangle patterns. Each structured pattern will be broken down into small steps, and what results are beautiful creative and unique images. With no preconceived idea of the final results, creativity just happens. People who don't ordinarily draw discover the artist within while those with art experience find new creativity and focus. During the session, we will also reflect on what arises while we tangle. For instance, do you tend to think your work is better than your neighbors', not as good, or do you find yourself putting down your own art while silently (or not so silently) praising another? You will leave the workshop confident in your unique, creative expression and with new skills to continue tangling on your own. Learn more at zentangle.com.

Preparation: None.

[I, S, D] 14. BRINGING YOUR PERSPECTIVE TO PROTEST
Thursday, September 28, 2023, 6pm-9pm

Instructor: Michele Cooper (coopergraphicdesign.com)

Injustice is a reality in America and each of us has our own experience to bring to the fight. I will share my journey with attendees and provide prompts to help guide you into a space where you can find your perspective. Where have you encountered injustices in your life? Did those injustices impact you directly? Once your perspective is established, you will more easily align with a specific issue or a category of activism. One that will remain important and genuine to you for the long road typically traveled in the fight for justice. We will discuss ways to navigate through your perspective and how that leads to your passion around an issue. Don't be surprised if it's not perfectly aligned. Once you find an alignment, we will discuss how you can use creative problem-solving skills and research to build your voice visually or through an expressive format. Our objective is to help you find your perspective and make that distinctive, deep-rooted and meaningful. There is no need for artistic skills—just an interest in the process and finding your voice to fight injustice.

Preparation: You should come to the workshop with an idea of personal experiences that might feed your activist work. Think about what and who facilitated those experiences along with how you might contribute to the cause.

[V, S, D] 15. (UN)NATURAL BODIES

Thursday, September 28, 2023, 6pm-9pm

Instructor: Courtney Doucette, Assistant Professor of History, State University of New York at Oswego

From foot binding and circumcision, to weightlifting and hair care, people throughout history have shaped the physical body. By exploring these topics and others, this workshop questions whether there is or ever has been a "natural" body. We will explore how race, gender, class, and sexuality shape whose bodies are talked about and depicted, when, where, how and by whom. This workshop is an opportunity to think about the body as a subject of history and an agent of historical change. It also provides the chance to think critically about our relationship to our own bodies today and to create a body of creative reflections (in writing and art) on how our own bodies have been shaped through the course of our lives.

Preparation: Please bring something to write with (either pen and paper or computer) and a few materials to draw (scrap paper and colored pencils, crayons, and/or markers).

[I] 16. BEEKEEPING 101: A WORKSHOP FOR THE BEE-CURIOS!

Friday, September 29, 2023, 3pm-6pm

Instructor: Sarah Plonski is a human performance coach for creatives (<https://sarahplonski.com/>) and is President of the Philadelphia Beekeepers Guild (<https://sarahplusbees.com/>)

Aside from the fact that a healthy honeybee hive can produce several gallons of delicious, honey every year, working with bees is tremendously enjoyable. In this introductory workshop, you will gain an understanding of the fascinating world of the honeybee. After an overview of this amazing social creature, you'll learn a bit about the various products of the honeybee hive, and what it takes to keep a busy, productive hive of bees happy throughout the year. This is a beginner's workshop, so no previous knowledge is required. The workshop will include lots of time for Q&A.

Preparation: None.

[V, S] 17. HOW TO LEAN INTO FAILURE: SEEING FAILURE AS AN OPPORTUNITY FOR GROWTH

Friday, September 29, 2023, 3pm-6pm

Instructor: Shawn Blue, PsyD, Former Clinical Associate Professor and Psychologist, Dept. of Psychiatry and Human Behavior, Thomas Jefferson University

In this workshop, you will be challenged to re-define concepts of success and failure. Learn ways that failure can provide opportunities for growth and understanding. Learn a practice of self-compassion and how it can stretch you in gaining insight that making mistakes can provide. Leave this workshop with a new way to view how failures can be valuable on your path to growth and self-actualization.

Preparation: Ability to participate with an open mindset.

[I] 18. DRUM IT OUT!**Saturday, September 30, 2023, 10am-1pm**

Instructor: Josh Robinson, Humanities & Health Artist-in-Residence, Thomas Jefferson University (joshrobinsondrums.com)

Experience drumming and music as a tool for healthy self-expression, wellness, and connection. Professional percussionist/teaching artist/facilitator Josh Robinson leads you to explore the power of musical expression as you build community, gain tools for coping with stress, and are granted permission to be creative and succeed in a fun and safe space. Improvisation requires the ability to adapt and trust oneself in the unknown from moment to moment. Playing in a group setting requires non-verbal communication, teamwork and being present. Experience the transformative power of music and learn how to "drum it out."

Preparation: None.

[I] 19. BEEKEEPING 101: A WORKSHOP FOR THE BEE-CURIOS!**Saturday, September 30, 2023, 10am-1pm**

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Preparation: None.

[I, S] 20. THE NAME GAME, OR HOW TO IDENTIFY 1000S OF PLANTS IN A FEW HOURS**Saturday, September 30, 2023, 1pm-6pm**

Instructor: Dolores Bartholomew, Adjunct in Biology, Thomas Jefferson University

How many plants can you name? The typical student is hard-pressed to list more than 12 within 5 minutes of being asked that question. Meanwhile, native adolescents living in the Amazon Rainforest can name over 350 plants, including those with specific medicinal properties. In this workshop, we will first gather inside to discuss the phenomenon of plant blindness as experienced by most westerners. Then, the secret to overcoming plant blindness will be revealed by examining plants and learning the traits of 9 major

plant families, making up over 45,000 species found globally. As an aid to remember the different families, we will make "plant keys" as jewelry, then go out on an Urban Plant Walk, where we will practice identifying plants and sharing our knowledge with the public by writing the plant's identity in chalk on sidewalks around campus and along School House Lane. Prepare to feel the joy of knowing the plants around you!

Preparation: Come dressed for the weather, and bring a small notebook and pencil.

[I, S, D] 21. BEYOND MALE AND FEMALE**Saturday, September 30, 2023, 2pm-5pm**

Instructor: Nathan Long, Professor of Creative Writing, Stockton University

We will start this workshop with a simple exercise to understand how diverse humans are, and then look at variations of the human body through an interactive lecture, examining how our general understanding of sex (notions of male and female) differs from biological reality. We will explore how medical professionals determine sex of babies with ambiguous bodies, and how even doctors and scientists are influenced by cultural norms of male and female and what a "normal" body should look like. We will also talk about gender and sexuality and how these ideas become complicated when looking at variations of sex within humans. You will leave with a greater understanding of human variation and how we are enculturated to think about males and females.

Preparation: You will need materials to write with, either pen and paper, or computer.

[I] 22. DRUM IT OUT!**Saturday, September 30, 2023, 2pm-5pm**

Instructor: Josh Robinson, Humanities & Health Artist-in-Residence, Thomas Jefferson University (joshrobinsondrums.com)

Experience drumming and music as a tool for healthy self-expression, wellness, and connection. Professional percussionist/teaching artist/facilitator Josh Robinson leads you to explore the power of musical expression, build community, gain tools for coping with stress and are granted permission to be creative and succeed in a fun and safe space. Improvisation requires the ability to adapt and trust oneself in the unknown from moment to moment. Playing in a group setting requires non-verbal communication, teamwork and being present. Experience the transformative power of music and learn how to "drum it out."

Preparation: None.

[V, S, D] 23. REVOLUTIONARY VOICES**Sunday, October 1, 2023, 10am-1pm***Instructor: Courtney Doucette, Assistant Professor of History, State University of New York at Oswego*

Ever wonder how art becomes a vehicle of political change? In this workshop, we'll take a close look at Russia at the turn of the twentieth century, when art became a language for politics and a force of social transformation. We will look at short stories written on the war front and showers set up in the street by artists who reimagined everyday life. We will search this period of revolution for lessons for life in the US today as well as in Russia, which has entered a particularly dark period in its history since its military invasion of Ukraine in February 2022. We will also cultivate each of our revolutionary voices and will create a work of art that could help work towards social and political change that is important to you.

Preparation: Please bring something to write with (either pen and paper or computer) and a few materials for artistic expression (scrap paper and colored pencils, crayons, markers, and/or watercolors—whatever medium you prefer).

[I, S] 24. CREATIVE DIGITAL PHOTOGRAPHY**Sunday, October 1, 2023, 10am-1pm***Instructor: Tamsen Wojtanowski, Adjunct Instructor, Thomas Jefferson University*

The smartphone you carry in your pocket and with which you likely take dozens, or even hundreds, of pictures a day is more powerful than you may realize. Manufactured as a continued representation of the early camera built around 1852, this modern image-making device works to mimic the shutter speed and aperture manipulations of a mechanical camera. It's not magic (per say) and you are still the author of the image. The game is learning how to control the camera in order to maximize its potential. In this workshop you'll receive a general overview of the working parts of the digital camera and the steps that allow you to produce dynamic exposures. You'll use your camera to test various approaches and receive instant feedback from the instructor. No prior knowledge of photography is required, and you may work with any digital camera at hand, including the one on your smartphone.

Preparation: In order to take this workshop, you will need a digital camera (a smartphone camera is acceptable).

[I] 25. COMEDY AS TRUTH-TELLING**Sunday, October 1, 2023, 10am-1pm***Instructors: Anna Gallagher and Leah Wisniewski, Philadelphia-based comedians who co-host a monthly show together in South Philadelphia called "Good Hang Comedy." Both were semi-finalists in the Punchline, Helium, Philly's Phunniest Competition.*

What is funny? What is laughter? Why do we laugh? What type of "funny" are you? Funny comes in all shapes and forms, but the root of comedy is truth. In this workshop, to explore these questions, you'll be introduced to the basic tenets of sketch and stand-up comedy. Using key comedic terms and principles, we'll analyze jokes, stories, and sketches to explore what makes us laugh, and why. You'll craft your own jokes and sketches using a specific comedic medium, and have the chance to collaborate on, and perform, them. By the end of the workshop, you'll better understand your own sense of humor and comedic strengths, and maybe even have a product suitable for Philadelphia's rich comedy scene. Like comedy itself, this workshop can be as collaborative or independent as you are comfortable with!

Preparation: None.

[V, S] 26. YOGA IS FOR EVERY-BODY**Sunday, October 1, 2023, 2pm-5pm***Instructor: Amy Quigley, certified yoga teacher; yoga instructor at Penn State Abington, Kinesiology Dept. (<https://app.namastream.com/#/yoga-with-amy-q/>)*

Yoga has the power to both calm the mind and strengthen the body, plus it is a wonderful lifelong practice. This workshop is designed to introduce the practice of yoga to new students as well as to anyone who would like a brush-up on the basics. We will begin with a brief overview of the philosophy of yoga and then move on to the foundation of a mind-body connection. You will develop an awareness of the breath by being introduced to a breathing exercise that will be both soothing and calming to the nervous system. In addition, you will learn many of the basic postures (asanas), focusing on alignment for safety and understanding. We will wrap up the workshop with a yoga class using some of the poses you have learned so you can experience some benefits of a yoga practice and gain the confidence needed to attend your first yoga class.

Preparation: A yoga mat is preferred but not required for this workshop. Please wear comfortable, loose-fitting layered clothing that allows full freedom of movement. Much of yoga involves bending forward or going upside down; wear clothes that will keep you comfortably covered. Leggings, sweatpants, or shorts are

recommended. Do not wear jeans, and remove your shoes and socks before coming to your mat. If you have long hair, please pull it away from your face to ensure your safety and comfort.

[I] 27. INTRODUCTION TO CROCHET

Sunday, October 1, 2023, 2pm-5pm

Instructor: Yolanda Booker, Instructor at Wild Hand, Philadelphia (wild-hand.com)

In this workshop, you'll explore the basics of crochet, the six foundation stitches to make a sampler wash cloth, and the importance of selecting crochet hooks and yarn. You do not need any crocheting experience – just the desire to learn! You are encouraged to approach this creative expression in your own way: there is no one-size-fits-all. As we progress, the skills learned will offer you the opportunity to create other simple projects and build an impressive crochet repertoire and creative awareness.

Preparation: None.

[V, S] 28. THE ART OF MAGIC: UNCOVERING THE WORLD OF SURPRISE, ASTONISHMENT, AND WONDER

Wednesday, October 4, 2023, 6pm-9pm

Instructor: Paul Draper, magician, mentalist, anthropologist; former house magician at the Venetian resort in Las Vegas and official magician at Disneyland; Adjunct Instructor and Distinguished Lecturer at Soka University of America.

The art of magic is both ancient and universal. It appears that every human culture throughout time has had magicians of one sort or another. During this workshop we will discover some of the secrets that magicians use to delight and to deceive. We will discuss magic as it plays out interculturally, religiously, and eventually on Broadway and Las Vegas stages. Magicians have used magic to change society, to teach lessons, and even to sell products and ideas. Some, of course, use magic just to trick others for a moment of fun. But we'll dive deeply into using magic in telling stories, sharing experiences, and catching the attention of your desired audience. As an anthropologist, your instructor has studied magic in religious contexts from spiritualists to shamans; and as a magician he has performed for celebrities, fortune 100 companies, world leaders, on TV, and on stages around the world. In this exceptional workshop experience, you'll gain actionable insight into the world of making things magical.

Preparation: You are required to have the following items that you've obtained on your own: a deck of playing cards, a pencil or pen, 5 pieces of regular copy (blank) paper, some paper napkins or tissue, a coin.

[I, S] 29. COMICS BOOTCAMP

Wednesday, October 4, 2023, 6pm-9pm

Instructor: Terry LaBan, professional cartoonist and writer (breakthroughvisuals.com)

Want to make your own comics but have no idea where to start? Whether you want to create 3-panel comic strips or multipage graphic novels, this workshop will show you basic principles of sequential storytelling that are accessible to anyone, regardless of artistic background. We'll talk about creating and designing characters, narrative techniques, layouts, penciling, lettering, and inking. You can use pencil, marker, and paper, work entirely digitally, or do a little of both. Meet your inner cartoonist and learn the tools to create comics in your own unique voice in a safe and encouraging environment. No drawing skills necessary! In fact, you're better off without them.

Preparation: Please bring pencil, markers, and paper, or you can use a digital medium of your choice — or you can combine these two methods.

[I, O, S] 30. IMMERSSED IN LIGHT — JAMES TURRELL'S "SKYSPACE"

Wednesday, October 4, 2023, 6pm-9pm

Instructor: Lyn Godley, Professor of Industrial Design, Thomas Jefferson University, and Director, The Jefferson Center of Immersive Arts for Health (http://lyngodley.com/)

Light reflecting off water, dappling through trees, creating reflections and shadows that move across your wall – this is the Dynamic Light that brings the world to LIFE. Recent research tells us the importance of daylight for our circadian rhythms, but what about the symphony of dynamic daylighting that our bodies naturally lean into? Artists, like James Turrell, have been working with light as a medium for decades, immersing viewers in time-based visual experiences that mesmerize, and inspire. This workshop begins with an evocative sunset showing of Turrell's "Skyspace" in Chestnut Hill (<http://chestnuthillskyspace.org/>), then continues, on the East Falls campus, with a presentation on the research behind dynamic lighting and artists using dynamic lighting in their work. The workshop will include time for Q&A.

Preparation: Please note that Jefferson will NOT be supplying transportation, so you must arrange your own travel to the "Skyspace" site and, following the art showing, from there to campus, for your instructor's presentation. The "Skyspace" showing is at Chestnut Hill Friends Meeting, 20 East Mermaid Lane, Philadelphia, PA, 19118 (<https://www.quakercloud.org/cloud/chestnut-hill-friends-meeting>), which is about 4.3 miles from campus.

[V, D] 31. BOTH/AND THINKING: A KEY TO SOLVING TODAY'S SOCIAL DILEMMAS

Thursday, October 5, 2023, 6pm-9pm

Instructor: Michael Seitchik, EdD, Consultant, Executive Coach, and Adjunct Professor, Thomas Jefferson University

A major stumbling block to creatively solving many current social dilemmas is either/or thinking. For example, either/or thinking when applied to climate change often shows up as either doing what is best for the US economy or what is best for all of humanity. This either/or thinking creates win-lose mindsets that inhibit people's ability to find a creative solution that can achieve both – economic stability and save the planet. You will apply both/and thinking to one or more issues that suffer from either/or thinking including poverty, climate change, immigration, healthcare, the future of work, and racism. You do not need any special knowledge or skills; just the willingness to explore the benefits of each side of an issue.

Preparation: None.

[I, S, D] 32. LOCAL HOLOCAUST SURVIVORS AND THEIR ARTIFACTS

Thursday, October 5, 2023, 6pm-9pm

Instructor: Lise Marlowe, Program and Outreach Director of the Holocaust Awareness Museum and Education Center (HAMEC) in Elkins Park, PA (www.hamec.org)

This workshop introduces the stories of local Holocaust survivors who work with the Holocaust Awareness Museum and Education Center (HAMEC), and helps you appreciate the background infused in those stories. Through short online videos, you'll learn about survivors' pre- and post-war lives, and how they endured this tragic event. You'll be able to connect actual holocaust artifacts from the Museum's collection to their owners, and by utilizing various digital and online resources, you'll create a way to uniquely present this relationship of historically-charged object to survivor. Your creation may take the form of a video, pamphlet or booklet, artwork, piece of writing or poetry, or something else of your choice, and if suitable, the finished product may be made available to HAMEC visitors.

Preparation: A laptop with the software suitable for the type of product you'd like to create (e.g. PowerPoint, Adobe Premiere, etc.).

[V, D] 33. WHEN WITNESSING MICROAGGRESSIONS, HOW TO NOT BE A BYSTANDER, BUT BE AN ALLY

Friday, October 6, 2023, 3pm-6pm

Instructor: Shawn Blue, PsyD, Former Clinical Associate Professor and Psychologist, Dept. of Psychiatry and Human Behavior, Thomas Jefferson University

In this workshop, you will learn skills to avoid being a bystander when witnessing microaggressions. A brief

overview of the different types of microaggressions that occur will be provided. Become, or continue to be, an ally by learning skills to: (1) better educate yourself in recognizing when a microaggression has occurred; (2) how to better understand your areas of privilege; and (3) how to support others when microaggressions occur and be part of the change to create a socially just world.

Preparation: Ability to participate with an open mindset and in a respectful manner.

[I, S] 34. SUCCESS AND FAILURE IN CIRCUS

Friday, October 6, 2023, 3:30pm-6pm

Instructor: Coaches from the Philadelphia School of Circus Arts (phillycircus.com)

When people think of the circus, they only picture flawlessly executed moves of a "death defying" nature. People do not picture the hours of work and failing to do a trick that lead up to the success. The sciences are often thought of in a similar way. We do not focus on the hours of research that didn't yield the results we wanted, but on the success. Through juggling, simple acrobatics, and balance challenges, this workshop will teach students to embrace the necessary failure that can lead to success.

Preparation: Please wear clothes you can move freely in and socks (no shoes); jeans are not ideal for this kind of experience. Please note: In order to participate in this workshop, you are required to sign the Philadelphia School of Circus Arts' Liability Waiver.

[V, S, D] 35. SIGNS OF HUMANITY: LESSONS FROM THREE DECADES OF BUYING HOMELESS SIGNS

Saturday, October 7, 2023, 10am-1pm

Instructor: Willie Baronet, MFA, artist, and the Stan Richards Professor in Creative Advertising, Southern Methodist University, Dallas, TX

Artist's statement: "I bought my first homeless sign in 1993. Before then, the awkwardness I felt often led me to avoid eye contact with those on the streets asking for help. Buying signs, however, quickly changed everything, and my relationship with people experiencing homelessness has been powerfully altered ever since. My collection of signs has turned into a 30-year-long art project called WE ARE ALL HOMELESS (<http://www.weareallhomeless.org/>), which is the subject of the documentary SIGNS OF HUMANITY. I've been honored to share art exhibits and presentations about this project all over the country and beyond." In this workshop you will use our own creativity to dive into the meaning of home and what it means to be "homeless." We will explore our projections, judgments and biases, and hopefully re-examine the way we want to show up in the world with our fellow humans.

Preparation: Please bring these materials: (1) a scrap piece of cardboard about the size of a standard (8.5" x 11") piece of paper, or larger; and (2) any supplies to make art on that cardboard (for example: markers, pens, chalk, glitter, stickers, tissue paper, etc.).

[I] 36. CLAYMOBILE: THE CLAY STUDIO'S POPUP CERAMICS STUDIO

Saturday, October 7, 2023, 10am-1pm

Instructor: Teaching artists from The Clay Studio, Philadelphia (<https://www.theclaystudio.org/>)

The Clay Studio inspires curiosity, discovery, and creativity around the art and craft of clay. The Claymobile is a "popup" ceramics studio staffed with professional artists who lead students through hands-on clay projects. Projects may include a variety of handbuilding techniques such as coil building, slab building, and pinching and surface decoration with underglaze painting and sgraffito. The projects incorporate the teaching artists' knowledge, expertise, and personal practices, and include historical and cultural connections. The ceramic object you create in the workshop will be glazed and fired at The Clay Studio and returned to you in about two weeks.

Preparation: None.

[V, S] 37. SING, SING, SING!

Saturday, October 7, 2023, 10am-1pm

Instructor: Natalie Perez, MME, music education specialist and singer

Whether you want to be the next American Idol or you simply enjoy singing, this vocal workshop will explore aspects of singing such as posture, breathing, a toolbox of vocal warm-ups, phrasing, matching pitch, and diction. You will select either a Musical Theater or Popular tune to sing for the group. You will engage in song preparation, provide feedback to others, and have the opportunity to ask lots of questions regarding vocal performance.

Preparation: You must come to the workshop with a karaoke accompaniment track of the song you've chosen to sing with. Your song selection must be emailed to the instructor at least one week prior to the workshop. Important: two devices are required for this workshop: one for the Zoom audio/visual, and one for playing your accompaniment track.

[V, D] 38. THE STORY OF THE BLUES

Saturday, October 7, 2023, 2pm-5pm

Instructor: Seth Holzman, Blues harmonica specialist and educator

"The Story of the Blues" is a journey back to Blues music's roots in West Africa and Europe and its emergence in the American South, where African Americans created a unique musical form that has influenced all forms of American music, including Jazz,

Rhythm & Blues, Rock 'n' Roll, Country, Boogie Woogie and even Classical Music. We will listen to and discuss recordings of artists that illustrate the earliest forms of the Blues as well as the more recent forms, including the likes of Charlie Patton, Blind Lemon Jefferson, Robert Johnson, Blind Blake, Blind Boy Fuller, T-Bone Walker, Slim Harpo, B.B. King and John Coltrane. We'll touch on Delta Blues, Piedmont Blues, Chicago Blues, and Jazz Blues. You will have the opportunity to write a few verses of Blues lyrics/poetry that touch on personal feelings or experiences. (And the instructor will briefly engage his special interest in Blues harmonica by playing some himself!)

Preparation: None.

[V, S] 39. PODCASTING: PRESSING PLAY ON YOUR STORY

Saturday, October 7, 2023, 2pm-5pm

Instructor: Dave Ebersole, MFA (daveebersole.com)

Podcasts are one of the fastest growing mediums there are. From interview shows, to discussion topics, to audio dramas, the podcast field is an ever-expanding medium that anyone can be a part of: you just have to know how. This workshop discusses the fundamentals of creating a new show, how to assemble it, and how to release it for anyone to hear.

Preparation: You should have something to write with (computer, iPad, pen/paper, or other).

[V, S, D] 40. SIGNS OF HUMANITY: LESSONS FROM THREE DECADES OF BUYING HOMELESS SIGNS

Saturday, October 7, 2023, 2pm-5pm

Instructor: Willie Baronet, MFA, artist, and the Stan Richards Professor in Creative Advertising, Southern Methodist University, Dallas, TX

Artist's statement: "I bought my first homeless sign in 1993. Before then, the awkwardness I felt often led me to avoid eye contact with those on the streets asking for help. Buying signs, however, quickly changed everything, and my relationship with people experiencing homelessness has been powerfully altered ever since. My collection of signs has turned into a 29-year-long art project called WE ARE ALL HOMELESS (<http://www.weareallhomeless.org/>), which is the subject of the documentary SIGNS OF HUMANITY. I've been honored to share art exhibits and presentations about this project all over the country and beyond." In this workshop you will use our own creativity to dive into the meaning of home and what it means to be "homeless." We will explore our projections, judgments and biases, and hopefully re-examine the way we want to show up in the world with our fellow humans.

Preparation: Please bring these materials: (1) a scrap piece of cardboard about the size of a standard (8.5" x 11") piece of paper, or larger; and (2) any supplies to make art

on that cardboard (for example: markers, pens, chalk, glitter, stickers, tissue paper, etc.).

[V, S] 41. SCREENWRITING: FIRST TO FINAL DRAFT

Sunday, October 8, 2023, 10am-1pm

Instructor: Dave Ebersole, MFA (daveebersole.com)

Everyone has a movie they want to make somewhere inside them, but what's yours? This workshop will show the fundamentals of developing a script from a kernel of an idea, to a logline, to a screenplay. This workshop will breakout the story you want to tell, show you how to put it on the page, and will get you on your way to writing the screenplay you have locked inside of you.

Preparation: You should have something to write with (computer, iPad, pen/paper, or other).

[I] 42. COMEDY AS TRUTH-TELLING

Sunday, October 8, 2023, 10am-1pm

Instructors: Anna Gallagher and Leah Wisniewski, Philadelphia-based comedians who co-host a monthly show together in South Philadelphia called "Good Hang Comedy." Both were semi-finalists in the Punchline, Helium, Philly's Phunniest Competition.

What is funny? What is laughter? Why do we laugh? What type of "funny" are you? Funny comes in all shapes and forms, but the root of comedy is truth. In this workshop, to explore these questions, you'll be introduced to the basic tenets of sketch and stand-up comedy. Using key comedic terms and principles, we'll analyze jokes, stories, and sketches to explore what makes us laugh, and why. You'll craft your own jokes and sketches using a specific comedic medium, and have the chance to collaborate on, and perform, them. By the end of the workshop, you'll better understand your own sense of humor and comedic strengths, and maybe even have a product suitable for Philadelphia's rich comedy scene. Like comedy itself, this workshop can be as collaborative or independent as you are comfortable with!

Preparation: None.

[I, S] 43. THE BEST MEDICINE: COMEDY AS A LIFE SKILL

Sunday, October 8, 2023, 2pm-5pm

Instructor: Alyssa Al Dookhi, comedian, writer, and game show host (thedookness.com)

In this workshop, you'll get a comedian's guide to life for professional and personal success. Together, we'll learn where humor comes from and how to create it. We will then apply what we learned by exploring the basics of communicating in an improv scene, and how to write a one-liner! Finally, we'll identify times when humor has gone awry, how to avoid "bombing," and how to react gracefully to rejection. The objective of

this workshop is not just to learn how to write a joke, but how the principles of comedy can help us interact with people every day, becoming better partners, coworkers, and global citizens. My hope is that you will leave with a couple of good jokes, and the ability to "find the funny," wherever life takes you.

Preparation: Bring to the workshop something to write and take notes with, such as paper/pen or laptop/iPad, or similar.

[I] 44. HOW DO I IMPROVE MY NEGOTIATION SKILLS?

Saturday, October 14, 2023, 10am-1pm

Instructor: Edward E. Scott, PhD, MBA, Faculty in the Dept. of Accounting, Economics and Finance, Slippery Rock University, and Adjunct, Thomas Jefferson University

We negotiate almost every day. Perhaps with roommates (if you can pay a little more rent, I'll clean). Maybe with employers (the pay is a bit lower than I was expecting, so can I work from home two days a week?). What about significant personal financial transactions (e.g., will you sell the house to us if we pay 5% more than any competing offer? I love the car, but can we get a lower price?) This workshop will expose you to different negotiating tactics with an emphasis on interests-based negotiations. You'll learn about your negotiating style preference and the advantages and disadvantages of your style when negotiating with others.

Preparation: None.

[I, S] 45. EXPLORING LYRICS

Saturday, October 14, 2023, 10am-1pm

Instructor: Jeff Klemens, PhD, Assistant Professor of Biology, Thomas Jefferson University

A great lyric can elevate a song from pleasant to profound. For the first half of this workshop we will listen to examples from a wide range of genres and explore how songwriters use rhythm, rhyme, humor, and arresting imagery to create memorable lyrics. We will compare these classic examples with some lyrics that have not weathered the test of time as successfully, and discuss the complex role of cliché in songwriting. In the second half of the session, you will write and share your own lyrics. You can go completely free form or, if you desire, you will be provided with a starter topic and a base musical track.

Preparation: It is suggested that you bring headphones and a personal listening device such as a phone, tablet, or laptop.

[I, S, D] 46. INTRODUCTION TO FENG SHUI: HISTORY, PRINCIPLES AND PRACTICE

Saturday, October 14, 2023, 10am-1pm

Instructor: Pauline Jones, Feng Shui Consultant and certified Black Sect and Classical (compass) practitioner

Come and see how to move your chi! In this introductory workshop, you will learn about the ancient Chinese practice of feng shui and how it can be applied for maximum results. We will discuss what feng shui is (and is not), its history, the different schools of feng shui, and the basic application principles. We will also cover feng shui theory to include the definition of chi, five elements, yin and yang, the bagua and how to cure difficult spaces. What is closest to you has the most effect, so we will look at where you spend the most time and how the chi may be affecting you. To assist you in applying your feng shui eyes to your home or workspace, you will receive a questionnaire post workshop along with tips you can apply immediately to begin your feng shui journey! (see next page for 'Preparation' section →)

Preparation: You will need a camera (the one on a smartphone will suffice) to take several photographs of your surroundings. Also, please come with photos of the room in which you spend the most time, including a photo from that room's entrance which allows you to see the entire space.

[I, O] 47. FROM INDUSTRIAL TO BUCOLIC: EXPLORING THE HISTORY OF HISTORIC RITTENHOUSTOWN AND PAPER MAKING

Saturday, October 14, 2023, 2pm-5pm

Instructor: Amy Ricci, Executive Director, Historic RittenhouseTown, Philadelphia (rittenhousetown.org)

Historic RittenhouseTown, just several minutes from campus, represents one of the oldest intact historic sites in Philadelphia. When Wilhelm Rittenhouse and his wife Gertrude emigrated to the Germantown area in the late 17th century, they had no way of knowing they were creating a legacy that would endure for more than 300 years. In the first portion of this workshop you will take a tour of the village with references to the many structures that are no longer extant. You'll reflect on what and how the early industrial village would have operated. You'll explore the early German vernacular architecture of the 1707 Homestead and the 1735 addition and creation of the Bakehouse. Finally, you'll learn how paper was made by the Rittenhouse family and then create your own paper!

Preparation: None. Please note that Jefferson will NOT be supplying transportation, so you must arrange your own travel to this site. The workshop will begin at the RittenhouseTown Visitor Center, 208 Lincoln Drive (but

note that the main driving entrance to the site is from Wissahickon Ave), Philadelphia, PA, 19144, which is about 1.5 miles from campus.

[I, S] 48. WHAT'S OLD IS NEW AGAIN: INSPIRING TEXTILES

Saturday, October 14, 2023, 2pm-5pm

Instructor: Jade Papa, MFA, Curator of the Textile and Costume Collection, Thomas Jefferson University

The Textile and Costume Collection housed at the Design Center on Jefferson's East Falls campus is bursting with historical objects that relate to the history of the University and the history of textile manufacturing in the United States. First, you'll get a virtual glimpse into some of the 100k+ objects held there, and hear how current students and faculty (from a variety of majors) use them as inspiration. After choosing a genre of design to work in (furnishings, fashion, industrial design to name a few), you will use the collections' digitized selection of swatches to "populate" your designs. To foster your ability to clearly communicate your design choices, we'll have a little show and tell at the end. No drawing or design experience is necessary; all you'll need is your creative spirit!

Preparation: Please bring a laptop or tablet with you to the workshop that provides access to PowerPoint, Adobe Photoshop, or Microsoft Paint. Templates will be provided to you for the design work we'll undertake over the course of our time together.

[I, S] 49. WRITING INSPIRED BY A SONG

Saturday, October 14, 2023, 2pm-5pm

Instructor: Nicola Gentili, Associate Director of Cinema & Media Studies, University of Pennsylvania

This workshop is built around the personal feelings and ideas produced by listening to a song. We know that many visual and auditory experiences are highly personal and subjective, and since our world is filtered through the lens of our own life story, our memories, and our past experiences, there is no singular link between a song itself and how one hears it, or how one might be inspired by it. Therefore, a piece of creative writing based on the experience of listening to a song is more a reflection of your life inspired by the song, than a reflection of the song itself. Your instructor will read poems inspired by songs of his choice, explain the circumstances of his inspiration – how he saw the song in his mind, and felt it in his heart -- and discuss how his writings reflect his externalization. You will then have the opportunity to write a short piece of prose, or a poem, inspired by a song that you've pre-selected. You'll then be encouraged to share and discuss your writing with your fellow workshop participants.

Preparation: You are required to bring your own laptop and headphones (or earplugs, earpods, earbuds) to this workshop; they'll be used for listening to music and writing. Prior to attending the workshop, you should choose, and have access to, one or two songs that will be the basis for your writing.

[V, S, D] 50. THE MANE TALK: A WALKTHROUGH ON BLACK/AFRICAN AMERICAN HAIR

Sunday, October 15, 2023, 10am-1pm

Instructor: Devin La'Shelle, graphic designer

Black/African American hair has a long history of being both praised and ridiculed. Let's use our experience together to spark conversations and make a positive difference in the Black hair community! First, we'll discuss the history of Black/African American hair and hairstyles while highlighting the symbolic significance; then, we'll participate in interactive activities that focus on all aspects of hair. After our activities, we'll have open discussions about the experiences we've had regarding our hair and reflect in depth on the causes/effects of those experiences. We'll also discuss opportunities to help support Black culture in regard to hair.

Preparation: In addition to positivity, smiles, and an open mind, please have the following required items: 5 pieces of white paper (preferably without lines); pencils/pens; a minimum of 5 colors, in any media or mixture of media (for example, crayons, markers, pens, highlighters, etc.); empty cup; and a bottle water.

[I] 51. BLENDING WITH INTENTION & HOW TO DRINK FLOWERS

Sunday, October 15, 2023, 2pm-5pm

Instructor: Becky Goldschmidt, Random Tea Room, Philadelphia (therandomtearoom.com)

Nature awakens our senses with bright pops of color, let's embrace the blossoms and put them in our teapot! Our experience will start by sampling a few Random Tea Room custom blends, combinations that have been inspired by local parks, poets and ... pandemics. Each student will sip sustainably and choose a cup from our vintage teacup collection to re-use throughout the class. We will take a walk (weather permitting) through the neighborhood and talk about the plants growing around us and ways to incorporate them into our life. Upon return from the walk, we'll explore an herbal apothecary and tea library, list our inspirational ingredients and create personal blends to sample and take home.

Preparation: None.

[M] 52. HOW DO I IMPROVE MY NEGOTIATION SKILLS?

Sunday, October 15, 2023, 2pm-5pm

Instructor: Edward E. Scott, PhD, MBA, Faculty in the Dept. of Accounting, Economics and Finance, Slippery Rock University, and Adjunct, Thomas Jefferson University

We negotiate almost every day. Perhaps with roommates (if you can pay a little more rent, I'll clean). Maybe with employers (the pay is a bit lower than I was expecting, so can I work from home two days a week?). What about significant personal financial transactions (e.g., will you sell the house to us if we pay 5% more than any competing offer? I love the car, but can we get a lower price?) This workshop will expose you to different negotiating tactics with an emphasis on interests-based negotiations. You'll learn about your negotiating style preference and the advantages and disadvantages of your style when negotiating with others.

Preparation: None.

[I, S] 53. "WHAT ARE YOU WORKING ON?": STORYTELLING BEYOND YOUR COMFORT ZONE

Wednesday, October 18, 2022, 6pm-9pm

Instructor: Neil Bardhan, PhD, Director of Applied Storytelling, First Person Arts (firstpersonarts.org) and Executive Director, Broad Street Review

As humans, we love hearing stories and sharing them. Stories have power for connection, especially between disciplines of training. In this introductory workshop, you will learn how to identify, create, and deploy your personal narratives. Specific applications that will be discussed include telling a tale of problem solving, networking, presentations, and leadership settings. Participants should expect to interact with each other and by the end of the session will have new skills and material. No prior formal storytelling training is required!

Preparation: You will need a writing implement, such as a pen or pencil.

[I, S] 54. CREATE WITH LIGHT – AN EXPLORATION OF COMMUNICATION THROUGH ART AND PHYSICAL OPTICS

Thursday, October 19, 2023, 6pm-9pm

Instructor: Catalin Florea, Research Scientist, Lockheed Martin Space

This workshop introduces some basic concepts of optics and technology, and contextualizes them in an (photo)art-making activity. The resulting images can be viewed as reflections on various communication elements such as perspective, second meaning, duality, and plurality. You'll utilize a variety of readily available materials as props, and the images of your (photo)art pieces will be used for an impromptu exhibition that allows you to reflect on other students'

perspectives. No prior knowledge of optics is required for this workshop.

Preparation: The instructor will supply all materials. (You are welcome, however, to supplement these by bringing to the workshop any of the following: a standalone light source [LED, flashlight, laser pointer or similar], colored pieces of transparent/translucent plastic, glass; and/or any items that can be used to interact with light in a meaningful way, such as pieces of fabric, marbles, eyeglasses, wires, small tubes, etc.).

[I, S] 55. RECONNECTING WITH THE EARTH THROUGH ART

Thursday, October 19, 2023, 6pm-9pm

Instructor: Rebecca Schultz, MFA, ecological artist (www.rebeccaschultzprojects.com)

“It is not until we have fully had tactile, physical knowledge of a landscape that our spirits and our souls can begin to reach out to it through the tendrils of our hearts.” – Enrique Salmon, indigenous ethnobotanist. The climate and biodiversity crises stem from the disconnect between us humans and the rest of the living world. When we rekindle our relationship with the beautiful, complex ecosystems that surround us, we’re more motivated to protect them. In this workshop, you’ll learn more about the artists, scientists, and thinkers advocating for awakening our sense of kinship to nature, and you’ll create a mixed media artwork based on your personal connection to the natural world, using soil and plants. No art experience is necessary!

Preparation: Please bring some type of lined paper (or a notebook) and a writing utensil, a small piece of a plant from your neighborhood (a leaf, a flower, or a little branch is fine) and a small amount (about ¼ cup) of dry soil in a sealable bag or container.

[V, S, D] 56. THE MANE TALK: A WALKTHROUGH ON BLACK/AFRICAN AMERICAN HAIR

Friday, October 20, 2023, 3pm-6pm

Instructor: Devin La’Shelle, graphic designer

Black/African American hair has a long history of being both praised and ridiculed. Let’s use our experience together to spark conversations and make a positive difference in the Black hair community! First, we’ll discuss the history of Black/African American hair and hairstyles while highlighting the symbolic significance; then, we’ll participate in interactive activities that focus on all aspects of hair. After our activities, we’ll have open discussions about the experiences we’ve had regarding our hair and reflect in depth on the causes/effects of those experiences. We’ll also discuss opportunities to help support Black culture in regards to hair.

Preparation: In addition to positivity, smiles, and an open mind, please have the following required items: 5 pieces of white paper (preferably without lines); pencils/pens; a minimum of 5 colors, in any media or mixture of media (for example, crayons, markers, pens, highlighters, etc.); empty cup; and a bottle water.

[I, S] 57. SUCCESS AND FAILURE IN CIRCUS

Friday, October 20, 2023, 3:30pm-6pm

Instructor: Coaches from the Philadelphia School of Circus Arts (phillycircus.com)

When people think of the circus, they only picture flawlessly executed moves of a “death defying” nature. People do not picture the hours of work and failing to do a trick that lead up to the success. The sciences are often thought of in a similar way. We do not focus on the hours of research that didn’t yield the results we wanted, but on the success. Through juggling, simple acrobatics, and balance challenges, this workshop will teach students to embrace the necessary failure that can lead to success.

Preparation: Please wear clothes you can move freely in and socks (no shoes); jeans are not ideal for this kind of experience. Please note: In order to participate in this workshop, you are required to sign the Philadelphia School of Circus Arts’ Liability Waiver.

[I] 58. CLAYMOBILE: THE CLAY STUDIO’S POPUP CERAMICS STUDIO

Saturday, October 21, 2023, 10am-1pm

Instructor: Teaching artists from The Clay Studio, Philadelphia (<https://www.theclaystudio.org/>)

The Clay Studio inspires curiosity, discovery, and creativity around the art and craft of clay. The Claymobile is a “popup” ceramics studio staffed with professional artists who lead students through hands-on clay projects. Projects may include a variety of handbuilding techniques such as coil building, slab building, and pinching and surface decoration with underglaze painting and sgraffito. The projects incorporate the teaching artists’ knowledge, expertise, and personal practices, and include historical and cultural connections. The ceramic object you create in the workshop will be glazed and fired at The Clay Studio and returned to you in about two weeks.

Preparation: None.

[V, S] 59. USING NATURE TO BOOST YOUR CREATIVITY**Saturday, October 21, 2023, 10am-1pm***Instructor: Dr. Eugene Hughes, award-winning psychologist and wilderness guide (<https://www.eugenehughes.com/>)*

We are taught that humans are purely social creatures, but what if our relationship with nature was an essential part of being human? More specifically, what if our relationship with nature enriched our creative self? This is precisely what your instructor researched for over a decade. He spoke with land artists, wilderness rites of passage guides, and shamans worldwide and discovered how spending time alone with nature can be a powerful source of creativity. In this workshop, Dr. Hughes will help you explore your relationship with nature, how to listen to nature with your whole body, and how to use the human-nature relationship as a source of self-development and creative growth.

Preparation: Bring something to write and draw with to the workshop, such as paper/pencils or an iPad. In advance, think of times you were alone with nature, either as a child or adult, such as playing in your back yard as a kid or walking through a park as an adult.

[I] 60. UNLOCKING ACRYLIC PAINT**Saturday, October 21, 2023, 2pm-5pm***Instructor: Alyssa DeVille, BFA (illustration) and MFA (painting), professional artist (IG: @alysabdeville)*

Though it became commercially available in the 1950s, acrylic paint is still a living medium, with advances continually being made to increase its versatility.

However, working with acrylic paint has been a source of frustration for both beginning and veteran painters alike. In this workshop we will learn to embrace the uniqueness of this medium and how to make it work for us. Following a brief introduction, you will be guided through the various uses of acrylic and how to modify it, through hands-on demonstrations. You will leave the workshop with increased confidence in handling acrylic paint, and knowledge of the various practical and creative applications of the medium. No prior painting experience necessary.

Preparation: None.

[I, D] 61. STREET ACTIVISM: KNOW YOUR RIGHTS AND AVOID ARREST**Saturday, October 21, 2023, 2pm-5pm***Instructor: Marianne Bessey, Animal ACTivists of Philly; a licensed attorney with over 20 years of experience in animal advocacy*

A major part of street activism is knowing your rights under the U.S. Constitution and civil rights laws, and having the confidence to exercise them. We will discuss what your rights are, how to exercise them, and what to do when your rights are violated. We will

review several videos where citizens were challenged for expressing their First Amendment rights, and discuss how the citizens responded and other ways to deal with conflict. After our review, we will practice what we learned in role-play exercises involving common situations where rights may be challenged, such as videotaping in public, leafleting, and protesting in public access areas. The objectives of this workshop are to develop basic understanding of our constitutional rights, to gain the confidence to express them as desired, and to learn ways to de-escalate conflict.

Preparation: None.

[I, S] 62. RECONNECTING WITH THE EARTH THROUGH ART**Saturday, October 21, 2023, 2pm-5pm***Instructor: Rebecca Schultz, MFA, ecological artist (www.rebeccaschultzprojects.com)*

“It is not until we have fully had tactile, physical knowledge of a landscape that our spirits and our souls can begin to reach out to it through the tendrils of our hearts.” – Enrique Salmon, indigenous ethnobotanist. The climate and biodiversity crises stem from the disconnect between us humans and the rest of the living world. When we rekindle our relationship with the beautiful, complex ecosystems that surround us, we’re more motivated to protect them. In this workshop, you’ll learn more about the artists, scientists, and thinkers advocating for awakening our sense of kinship to nature, and you’ll create a mixed media artwork based on your personal connection to the natural world, using soil and plants. No art experience is necessary!

Preparation: Please bring some type of lined paper (or a notebook) and a writing utensil, a small piece of a plant from your neighborhood (a leaf, a flower, or a little branch is fine) and a small amount (about ¼ cup) of dry soil in a sealable bag or container.

[I, S] 63. PRINT MASH-UP WITH THE FABRIC WORKSHOP & MUSEUM**Sunday, October 22, 2023, 10am-1pm***Instructors: Katie Parry, Museum Tour Manager, and Ash Limes Castellana, Museum Education Coordinator, both of the Fabric Workshop & Museum (fabricworkshopandmuseum.org)*

Ever wanted to experiment with screenprinting and woodblock printing to create your own unique, printed patterns? The Fabric Workshop and Museum (FWM) has been teaching artists the screenprinting process for over 40 years. Considering elements of composition, color, and scale, you will draw inspiration from FWM’s fabric archive to create your own print

designs. With guidance from FWM educators, you'll explore monoprinting and blockprinting techniques to create a series of original prints!

Preparation: Most supplies will be provided. Please bring sources of inspiration for your print design and wear clothes that can get dirty. You are welcome to bring one additional item to print on, such as a T-shirt or tote bag.

[I, S] 64. CREATIVE COLLAGE WITH DRAWING (YES, YOU CAN!)

Sunday, October 22, 2023, 10am-1pm

Instructor: Megan Lawlor, professional artist (meganlawlor.com)

You will have the opportunity to experiment with expressive mark-making and the improvisational use of materials, such as types of paper, pencil, pastels or charcoal, using provided reference imagery and/or still life of various objects. Imagery, shapes, color or words can be used to bring meaning to a message about the work. Or, create an image using color relationships and harmony, building up a composed design to manipulate the image visually, with no preconceived plan of the outcome. The workshop is a chance to improve observational and decision-making skills, and inspiration to create in the language of visual art, in a unique and stimulating way.

Preparation: Please bring ONE OR MORE dry or wet media (you can mix and match from these): colored pencils, graphite pencils, crayons, pastels; an art/white eraser; watercolor, ink, gouache, brushes; an apron (optional). In addition, you will need to bring an assortment of miscellaneous materials or objects for your collage (the more variety the better): for example, decorative paper, wallpaper, magazines, newspaper, wrapping paper, greeting cards, postcards, fabric, art or other catalogues, stickers, alphabetic stickers, craft or decorative tape, leaves, buttons, ribbons, etc.

[V, S] 65. THE TOMBSTONE PROJECT... OR THE ART OF THE EPITAPH

Sunday, October 22, 2023, 2pm-5pm

Instructor: Anna Dhody, Acting Co-Director and Curator, Mutter Museum, Philadelphia (muttermuseum.org)

Mark Twain is often credited with the famous line "I didn't have time to write a short letter, so I wrote a long one instead." While there is no evidence Twain said this, a 17th-century mathematician by the name of Blaise Pascal is quoted as saying "I have made this letter longer than usual, only because I have not had time to make it shorter." Most museum curators will attest that it is often harder to write 100 words than 1000. Why? Because there is no room to wander. Every word needs to work to convey your message. Perhaps the most concise and meaningful thing that

will ever be written about you is your epitaph. This workshop will explore the origin, history, and styles of epitaphs. You will not only learn about epitaphs, but will write your own as a final project that encourages creativity and introspection.

Preparation: In advance of the workshop, you are encouraged to take a walk through a local cemetery that is open to the public (such as Laurel Hill Cemetery) for inspiration. Alternatively (or in addition), you can look online at images of cemeteries and individual tombstones for inspiration.

[I, S] 66. PRINT MASH-UP WITH THE FABRIC WORKSHOP & MUSEUM

Sunday, October 22, 2023, 2pm-5pm

Instructors: Katie Parry, Museum Tour Manager, and Ash Limes Castellana, Museum Education Coordinator, both of the Fabric Workshop & Museum (fabricworkshopandmuseum.org)

Ever wanted to experiment with screenprinting and woodblock printing to create your own unique, printed patterns? The Fabric Workshop and Museum (FWM) has been teaching artists the screenprinting process for over 40 years. Considering elements of composition, color, and scale, you will draw inspiration from FWM's fabric archive to create your own print designs. With guidance from FWM educators, you'll explore monoprinting and blockprinting techniques to create a series of original prints!

Preparation: Most supplies will be provided. Please bring sources of inspiration for your print design and wear clothes that can get dirty. You are welcome to bring one additional item to print on, such as a T-shirt or tote bag.

[I, S] 67. SCREENPRINT AND MONOTYPE

Saturday, November 4, 2023, 1pm-5pm

Instructor: EJ Herczyk, Associate Professor, School of Design and Engineering, Thomas Jefferson University

This workshop explores the process of creating stencils for one-off (monotype) and multiples prints using screenprint techniques. This process gives the student a unique opportunity to concentrate on a variety of image possibilities. Students will work with non-traditional and traditional cutting methods, materials, and printing methods.

Preparation: You will need to bring a T-shirt (white or light color) onto which your images will be made/transferred; the instructor will supply all other materials required for this workshop.

[I, S] 68. SING, SING, SING!**Sunday, November 12, 2023, 2pm-5pm***Instructor: Natalie Perez, MME, music education specialist and singer*

Whether you want to be the next American Idol or you simply enjoy singing, this vocal workshop will explore aspects of singing such as posture, breathing, a toolbox of vocal warm-ups, phrasing, matching pitch, and diction. You will select either a Musical Theater or Popular tune to sing for the group. You will engage in song preparation, provide feedback to others, and have the opportunity to ask lots of questions regarding vocal performance.

Preparation: You must come to the workshop with a karaoke accompaniment track of the song you've chosen to sing with. Your song selection must be emailed to the instructor at least one week prior to the workshop.

[I] 69. BLENDING WITH INTENTION & HOW TO DRINK FLOWERS**Sunday, November 12, 2023, 2pm-5pm***Instructor: Becky Goldschmidt, Random Tea Room, Philadelphia (therandomtearoom.com)*

Nature awakens our senses with bright pops of color, let's embrace the blossoms and put them in our teapot! Our experience will start by sampling a few Random Tea Room custom blends, combinations that have been inspired by local parks, poets and ... pandemics. Each student will sip sustainably and choose a cup from our vintage teacup collection to re-use throughout the class. We will take a walk (weather permitting) through the neighborhood and talk about the plants growing around us and ways to incorporate them into our life. Upon return from the walk, we'll explore an herbal apothecary and tea library, list our inspirational ingredients and create personal blends to sample and take home.

Preparation: None.

[I, D] 70. STREET ACTIVISM: KNOW YOUR RIGHTS AND AVOID ARREST**Sunday, November 12, 2023, 2pm-5pm***Instructor: Marianne Bessey, Animal ACTivists of Philly; a licensed attorney with over 20 years of experience in animal advocacy*

A major part of street activism is knowing your rights under the U.S. Constitution and civil rights laws, and having the confidence to exercise them. We will discuss what your rights are, how to exercise them, and what to do when your rights are violated. We will review several videos where citizens were challenged for expressing their First Amendment rights, and discuss how the citizens responded and other ways to deal with conflict. After our review, we will practice

what we learned in role-play exercises involving common situations where rights may be challenged, such as videotaping in public, leafleting, and protesting in public access areas. The objectives of this workshop are to develop basic understanding of our constitutional rights, to gain the confidence to express them as desired, and to learn ways to de-escalate conflict.

Preparation: None.

[V, S] 71. THE TOMBSTONE PROJECT... OR THE ART OF THE EPITAPH**Sunday, November 12, 2023, 2pm-5pm***Instructor: Anna Dhody, Acting Co-Director and Curator, Mutter Museum, Philadelphia (muttermuseum.org)*

Mark Twain is often credited with the famous line "I didn't have time to write a short letter, so I wrote a long one instead." While there is no evidence Twain said this, a 17th-century mathematician by the name of Blaise Pascal is quoted as saying "I have made this letter longer than usual, only because I have not had time to make it shorter." Most museum curators will attest that it is often harder to write 100 words than 1000. Why? Because there is no room to wander. Every word needs to work to convey your message. Perhaps the most concise and meaningful thing that will ever be written about you is your epitaph. This workshop will explore the origin, history, and styles of epitaphs. You will not only learn about epitaphs, but will write your own as a final project that encourages creativity and introspection.

Preparation: In advance of the workshop, you are encouraged to take a walk through a local cemetery that is open to the public (such as Laurel Hill Cemetery) for inspiration. Alternatively (or in addition), you can look online at images of cemeteries and individual tombstones for inspiration.

[V, D] 72. BOTH/AND THINKING: A KEY TO SOLVING TODAY'S SOCIAL DILEMMAS**Wednesday, November 15, 2023, 6pm-9pm***Instructor: Michael Seitchik, EdD, Consultant, Executive Coach, and Adjunct Professor, Thomas Jefferson University*

A major stumbling block to creatively solving many current social dilemmas is either/or thinking. For example, either/or thinking when applied to climate change often shows up as either doing what is best for the US economy or what is best for all of humanity. This either/or thinking creates win-lose mindsets that inhibit people's ability to find a creative solution that can achieve both – economic stability and save the planet. You will apply both/and thinking to one or more issues that suffer from either/or thinking including poverty, climate change, immigration,

healthcare, the future of work, and racism. You do not need any special knowledge or skills; just the willingness to explore the benefits of each side of an issue.

Preparation: None.

[I, D] 73. REDISCOVERING THE ALMOST LOST FOLK ART OF PAPERCUTTING

Wednesday, November 15, 2023, 6pm-9pm

Instructor: Mindy Shapiro (mindyshapiro.com)

Papercutting is an ancient art form dating back to 6th century China. Since that time, artisans have used paper, scissors, and knives to create objects both ornamental and functional. Examples include the “Hand of God”, a motif in Jewish and Christian art, and the hamsa (or hamsa hand), a talisman from the ancient Middle East. In its most common form, an amulet is shaped like a hand with three extended in the middle and a curved thumb or pinky finger on either side, and it is thought to protect against the “evil eye.” In this workshop, we’ll discuss this motif, explore our thoughts about, and beliefs in, amulets, and make a hamsa papercutting. A template will be offered although you will be invited to design your own.

Preparation: None.

[I, S] 74. CREATE WITH LIGHT – AN EXPLORATION OF COMMUNICATION THROUGH ART AND PHYSICAL OPTICS
Thursday, November 16, 2023, 6pm-9pm

Instructor: Catalin Florea, Research Scientist, Lockheed Martin Space

This workshop introduces some basic concepts of optics and technology, and contextualizes them in an (photo)art-making activity. The resulting images can be viewed as reflections on various communication elements such as perspective, second meaning, duality, and plurality. You’ll utilize a variety of readily available materials as props, and the images of your (photo)art pieces will be used for an impromptu exhibition that allows you to reflect on other students’ perspectives. No prior knowledge of optics is required for this workshop.

Preparation: The instructor will supply all materials. (You are welcome, however, to supplement these by bringing to the workshop any of the following: a standalone light source [LED, flashlight, laser pointer or similar], colored pieces of transparent/translucent plastic, glass; and/or any items that can be used to interact with light in a meaningful way, such as pieces of fabric, marbles, eyeglasses, wires, small tubes, etc.).

[I] 75. COLLABORATING EFFECTIVELY
Thursday, November 16, 2023, 6pm-9pm

Instructor: Dana Scott, Associate Professor, Program Director, and Director of Assessment of Student Learning Outcomes, Kanbar College of Design, Engineering & Commerce, Thomas Jefferson University

By definition, collaboration is the action of working with someone to produce something or to achieve a desired goal. Yet, it is often confused with cooperation, or a “divide and conquer” type approach. This workshop will introduce strategies to effectively collaborate, using the strengths of “partners”, to further an idea or to work towards a desired goal. Participants will consider the differences between collaboration and cooperation, and be introduced to a series of tools and methods to help work toward “collaborating” effectively with others.

Preparation: None.

[O, V, S, D] 76. EASTERN STATE PENITENTIARY AND PRISONS TODAY

Part 1 (in-person): prior to Friday, November 17, 2023: a self-guided audio tour of the site, during its open hours, at a date and time of your choosing;

Part 2 (virtual): Friday, November 17, 2023, 3pm-4:30pm: via Zoom

Instructor: Member of the education staff, Eastern State Penitentiary Historic Site (easternstate.org)

The history of Eastern State prison -- established in 1829 as the world’s first true “penitentiary” -- matters today more than ever. As a way of setting the stage for conversations about criminal justice reform today, this workshop explores the site’s history, and the experiences of men, women and children who lived and worked behind its walls. The workshop consists of two parts: an in-person, on-site visit to the site in which you’ll take a prepared audio tour (this must occur prior to the virtual, or second, part). In the virtual presentation, the site educator will share slides, photos, and videos about Eastern State, and you’ll have the opportunity to reflect on the prison’s original grand objectives, its changes over time, and the racial, economic, and geographic impacts of mass incarceration.

Preparation: You are responsible for arranging your own transportation to and from the Eastern State Penitentiary, which is located in the Fairmount section of Philadelphia, approximately 5.5 miles from campus. You may arrange your visit when the site is open to visitors, at a day and time convenient for you, as long as it is prior to the virtual portion of the workshop (November 17). Admission to the prison is free to workshop registrants, who are welcome to bring one guest who will also receive complimentary admission. Please note: credit for this workshop is contingent upon attending both the in-person and virtual portions of the workshop.

[I, S] 77. CLIMATE CHANGE NARRATIVES**Friday, November 17, 2023, 3pm-6pm***Instructor: Oki Sogumi, MFA, poet and fiction writer; Administrative Assistant, Creativity Core Curriculum, Thomas Jefferson University*

Environmental disasters as well as the ongoing climate change crisis are topics we often see in the news. But how have they been depicted in creative mediums such as fiction, poetry, and film? What could we learn about these approaches to narrativizing our lived environment and an imagined future? In this workshop, we will look at short excerpts or pieces and discuss the writer's choices and critical themes. Examples may include zombie pandemic fiction, disaster films, memoirs of place, ecopoetry, and more. You will then write a rough short story or poem utilizing some of the creative devices and reflecting on the ideas gleaned from these examples and drawing from your own experiences and knowledge. We will all share some portion of our writing experiment.

Preparation: Please bring the writing implement(s) that you are most comfortable with (e.g. pencil, computer, phone/tablet, etc.)

[V, S] 78. USING NATURE TO BOOST YOUR CREATIVITY**Saturday, November 18, 2023, 10am-1pm***Instructor: Dr. Eugene Hughes, award-winning psychologist and wilderness guide (<https://www.eugenehughes.com/>)*

We are taught that humans are purely social creatures, but what if our relationship with nature was an essential part of being human? More specifically, what if our relationship with nature enriched our creative self? This is precisely what your instructor researched for over a decade. He spoke with land artists, wilderness rites of passage guides, and shamans worldwide and discovered how spending time alone with nature can be a powerful source of creativity. In this workshop, Dr. Hughes will help you explore your relationship with nature, how to listen to nature with your whole body, and how to use the human-nature relationship as a source of self-development and creative growth.

Preparation: Bring something to write and draw with to the workshop, such as paper/pencils or an iPad. In advance, think of times you were alone with nature, either as a child or adult, such as playing in your back yard as a kid or walking through a park as an adult.

[I, S] 79. WHAT'S OLD IS NEW AGAIN: INSPIRING TEXTILES**Saturday, November 18, 2023, 2pm-5pm***Instructor: Jade Papa, MFA, Curator of the Textile and Costume Collection, Thomas Jefferson University*

The Textile and Costume Collection housed at the Design Center on Jefferson's East Falls campus is

bursting with historical objects that relate to the history of the University and the history of textile manufacturing in the United States. First, you'll get a virtual glimpse into some of the 100k+ objects held there, and hear how current students and faculty (from a variety of majors) use them as inspiration. After choosing a genre of design to work in (furnishings, fashion, industrial design to name a few), you will use the collections' digitized selection of swatches to "populate" your designs. To foster your ability to clearly communicate your design choices, we'll have a little show and tell at the end. No drawing or design experience is necessary; all you'll need is your creative spirit!

Preparation: Please bring a laptop or tablet with you to the workshop that provides access to PowerPoint, Adobe Photoshop, or Microsoft Paint. Templates will be provided to you for the design work we'll undertake over the course of our time together.

[I] 80. GRASSROOTS ANIMAL ACTIVISM: HOW TO ORGANIZE A SUCCESSFUL CAMPAIGN**Saturday, November 18, 2023, 2pm-5pm***Instructor: Marianne Bessey, Animal ACTivists of Philly; a licensed attorney with over 20 years of experience in animal advocacy*

Non-human animals often add joy to our lives. However, they remain among the most abused and exploited beings on the planet and need our help. First, we will discuss different approaches to animal activism and how they combine for the most impact. Next, we will learn about the various aspects of a successful campaign, including different forms of action and ways to measure progress. Based on their individual passions, each student will then choose an area to target and a concrete action to take (e.g. drafting a letter to the editor, creating a poster, organizing a demonstration). The objectives of this workshop are to develop an effective campaign strategy, to learn how to prioritize tactics, and to discover ways to apply your unique skills and talents to greatest effect. You don't need any activism experience to participate – you just need the desire to help make the world a better place.

Preparation: None.

[I] 81. DRAWING WITH A BEGINNER'S MIND**Saturday, November 18, 2023, 2pm-5pm***Instructor: Robin Tedesco, MFA, professional artist with over 25 years teaching to all levels (robintedesco.com)*

In this workshop we will be observers — a skill that helps in all aspects of life. Working with a variety of black and white media (charcoal, soft pencils, erasers) on a variety of papers, we will explore the basic steps

of visual imagery and expressing your own voice. We will begin with line, continue with tone/value and end with a combination of both. We'll also look at artists throughout art history who have used drawing in their work. So, sit back and relax while you experience "seeing" — maybe for the first time!

Preparation: None.

[O, V, S, D] 82. EASTERN STATE PENITENTIARY AND PRISONS TODAY

Part 1 (in-person): prior to Saturday, November 18, 2023: a self-guided audio tour of the site, during its open hours, at a date and time of your choosing;

Part 2 (virtual): Saturday, November 18, 2023, 2pm-3:30pm: via Zoom

Instructor: Member of the education staff, Eastern State Penitentiary Historic Site (easternstate.org)

The history of Eastern State prison established in 1829 as the world's first true "penitentiary" -- matters today more than ever. As a way of setting the stage for conversations about criminal justice reform today, this workshop explores the site's history, and the experiences of men, women and children who lived and worked behind its walls. The workshop consists of two parts: an in-person, on-site visit to the site in which you'll take a prepared audio tour (this must occur prior to the virtual, or second, part). In the virtual presentation, the site educator will share slides, photos, and videos about Eastern State, and you'll have the opportunity to reflect on the prison's original grand objectives, its changes over time, and the racial, economic, and geographic impacts of mass incarceration.

Preparation: You are responsible for arranging your own transportation to and from the Eastern State Penitentiary, which is located in the Fairmount section of Philadelphia, approximately 5.5 miles from campus. You may arrange your visit when the site is open to visitors, at a day and time convenient for you, as long as it is prior to the virtual portion of the workshop (November 18). Admission to the prison is free to workshop registrants, who are welcome to bring one guest who will also receive complimentary admission. Please note: credit for this workshop is contingent upon attending both the in-person and virtual portions of the workshop.

[I, D] 83. THE SPIRIT WORLD OF MATCHA

Sunday, November 19, 2023, 9am-12:30pm

Instructors: Mike Lewis, Program Manager, Japan America Society of Greater Philadelphia (japanphilly.org/shofuso/), with guests, including representatives of the Urasenke Tea School (phillytea.org)

Over a thousand years ago the Chan sect of Buddhism became intertwined with a fine powder of specially

grown and immaculately processed green tea known as matcha. Used for its caffeine, the Chan monks combined matcha with meditation, creating a primordial form of what we now know as tea ceremony. Chanoyu, or hot water for tea, is today a secular practice, but in this workshop, we will explore the roots of tea ceremony and attempt to understand its affiliation with spirituality. Learn to make and enjoy a bowl of traditional matcha tea with members of the Urasenke tea school along with talks by Buddhist specialists and Japanese aestheticians to help explain this ethereal link.

Preparation: None.

[V, S] 84. YOGA IS FOR EVERY-BODY

Sunday, November 19, 2023, 10am-1pm

Instructor: Amy Quigley, certified yoga teacher; yoga instructor at Penn State Abington, Kinesiology Dept. (<https://app.namastream.com/#/yoga-with-amy-q/>)

Yoga has the power to both calm the mind and strengthen the body, plus it is a wonderful lifelong practice. This workshop is designed to introduce the practice of yoga to new students as well as to anyone who would like a brush-up on the basics. We will begin with a brief overview of the philosophy of yoga and then move on to the foundation of a mind-body connection. You will develop an awareness of the breath by being introduced to a breathing exercise that will be both soothing and calming to the nervous system. In addition, you will learn many of the basic postures (asanas), focusing on alignment for safety and understanding. We will wrap up the workshop with a yoga class using some of the poses you have learned so you can experience some benefits of a yoga practice and gain the confidence needed to attend your first yoga class.

Preparation: A yoga mat is preferred but not required for this workshop. Please wear comfortable, loose-fitting layered clothing that allows full freedom of movement. Much of yoga involves bending forward or going upside down; wear clothes that will keep you comfortably covered. Leggings, sweatpants, or shorts are recommended. Do not wear jeans, and remove your shoes and socks before coming to your mat. If you have long hair, please pull it away from your face to ensure your safety and comfort.

[I] 85. DIY SENSORY FIDGETS & WELL-BEING

Sunday, November 19, 2023, 2pm-5pm

Instructor: Vikita S. Patel, OTD

The overarching goal of occupational therapy is to enhance one's independence and well-being by engaging in meaningful and purposeful daily tasks. Participating in soothing, enjoyable activities is an

effective way to manage stress, and one technique in your stress-reduction toolbox can be sensory fidgets. In this workshop, you'll create your own fidgets, consider their uses, and explore other strategies and resources you can utilize to manage and maintain your health effectively. Be prepared to be creative and engage in some fun activities!

Preparation: None.

[V, S] 86. THE ART OF MAGIC: UNCOVERING THE WORLD OF SURPRISE, ASTONISHMENT, AND WONDER

Sunday, November 19, 2023, 2pm-5pm

Instructor: Paul Draper, magician, mentalist, anthropologist; former house magician at the Venetian resort in Las Vegas and official magician at Disneyland; Adjunct Instructor and Distinguished Lecturer at Soka University of America.

The art of magic is both ancient and universal. It appears that every human culture throughout time has had magicians of one sort or another. During this workshop we will discover some of the secrets that magicians use to delight and to deceive. We will discuss magic as it plays out interculturally, religiously, and eventually on Broadway and Las Vegas stages. Magicians have used magic to change society, to teach lessons, and even to sell products and ideas. Some, of course, use magic just to trick others for a moment of fun. But we'll dive deeply into using magic in telling stories, sharing experiences, and catching the attention of your desired audience. As an anthropologist, your instructor has studied magic in religious contexts from spiritualists to shamans; and as a magician he has performed for celebrities, fortune 100 companies, world leaders, on TV, and on stages around the world. In this exceptional workshop experience, you'll gain actionable insight into the world of making things magical.

Preparation: You are required to have the following items that you've obtained on your own: a deck of playing cards, a pencil or pen, 5 pieces of regular copy (blank) paper, some paper napkins or tissue, a coin.

[I, D] 87. THE SPIRIT WORLD OF MATCHA

Sunday, November 19, 2023, 2pm-5:30pm

Instructors: Mike Lewis, Program Manager, Japan America Society of Greater Philadelphia (japanphilly.org/shofuso/), with guests, including representatives of the Urasenke Tea School (phillytea.org)

Over a thousand years ago the Chan sect of Buddhism became intertwined with a fine powder of specially grown and immaculately processed green tea known as matcha. Used for its caffeine, the Chan monks combined matcha with meditation, creating a primordial form of what we now know as tea ceremony. Chanoyu, or hot water for tea, is today a secular practice, but in this workshop, we will explore

the roots of tea ceremony and attempt to understand its affiliation with spirituality. Learn to make and enjoy a bowl of traditional matcha tea with members of the Urasenke tea school along with talks by Buddhist specialists and Japanese aestheticians to help explain this ethereal link.

Preparation: None.

[I] 88. PLAN YOUR DREAM TRIP TO ITALY!

Wednesday, November 29, 2023, 6pm-9pm

Instructor: Corrado Minimo, MD, a native Italian

Italy has always held a special place for travelers, and few can resist the charms of the country's diverse geography, rich history, unsurpassed art, and hospitable inhabitants. Planning a trip to the *Bel Paese* ('beautiful country') can be a highly creative endeavor, but it can also be intimidating, precisely because there is so much to see and experience. In this workshop, a native Italian will help de-mystify this process and guide you through the steps in charting a successful journey, and you'll learn some of the many secrets of well-traveled experts. You will be given time to create an itinerary customized entirely to your interests: whether comprised of the "must-sees" or the little-know gems, the metropolises or the off-the-beaten-track hill towns, churches or beach destinations. Although geared specifically to Italy, many of the skills and strategies you'll learn are transferable to planning a trip to other destinations.

Preparation: None.

[I] 89. THE MASTERPIECE AND CREATIVITY

Wednesday, November 29, 2023, 6pm-9pm

Instructor: Michael Brody, PhD, Senior Advisor for Creativity and Art, Thomas Jefferson University

Did you ever wonder 'What is a Masterpiece?' This workshop delves into its essence and explores the connections between creativity and the making of artistic masterpieces. Using several works of art from different time periods that are universally hailed as masterpieces, we'll investigate how such works developed, looked, and were experienced, and how and why they became part of a consensual canon of extraordinary works. We'll discuss the importance of the concepts of novelty and innovation, to discover how creative impulses can spark entire art movements and have long-lasting effects. With this new-found knowledge, you'll be given the opportunity to analyze and critique a masterpiece of your choice.

Preparation: None.