

Capstone: Connect to Community Schedule of Classes and Class Descriptions

FALL Community Classes

Tuesday/Thursday 10:00-11:30am

Capstone 1: Exploring Strengths and Overcoming Bias: Building a Resilient Identity.

Prof. Mae Meoli and Prof. Meg Dooley

(14 week: September- December)

Tuition: \$1,600

Tuesday/Thursday 12:30-2:00pm

Capstone 2: Dale Carnegie: Leader, Motivator, Inspirational Speaker

Prof. Jen Apostol and Prof. Therese Gibbons

(14 week: September-December)

Tuition: \$1,600

WINTER Community Classes

Tuesday Wednesday Thursday 10:00-2:00pm

Capstone 3: Wellness Seminar

Professor. Quinn

January 7th, 8th, 9th

Tuition: \$800

CAPSTONE CLASS DESCRIPTIONS

Capstone 1: Community Class:

Exploring Strengths and Overcoming Bias: Building a Resilient Identity.

Narrative Background:

This inquiry-based unit supports students to explore and build self-confidence through their unique, strength-based qualities and attributes. Starting with an analysis of individual identified character strengths and affinities, students will then delve into concepts like negativity bias and SMART strengths to explore their impact on personal growth. Students will then come to identify, to spot and to manage their strengths by analyzing songs, movies, books, and real-life examples. The unit also addresses the shadow side of strengths, helping students to recognize and mitigate potential personal challenges. A significant focus is placed on synergy, demonstrating how combining different strengths can lead to greater outcomes. By studying examples such as Hamilton and Burr, Coach Prime, and "Freak the Mighty," students will explore how individual differences can enhance collaboration and problem-solving. The unit culminates with activities that draw on students' strengths and encourages collaboration among them to create public service announcements. This assessment fosters self-awareness, self-advocacy, and an appreciation for the strengths of others.

Capstone 2: Community Class

Dale Carnegie: Leader, Motivator, Inspirational Speaker.

Narrative Background:

Explore how he demonstrated that influence, motivation, and leadership are tangible skills. Learn the skills that can lead you to make successful relationships, motivate others and be a leader.

Capstone 3: Community Class

Wellness Seminar

This class focuses on mindfulness and application of strategies as well as building awareness of emotions and resources for emotional regulation within the community.