#### **Capstone: Connect to Community**

## Molloy University, School of Continuing Education and Professional Studies in collaboration with The Mary Quinn's Mark Foundation

#### **Capstone: Connect to Community Classes**

Capstone: Connect to Community offers inclusive classes for individuals seeking to connect to their community for meaningful opportunities for personal growth, connection, and long-term relationships. The inclusive classes are designed to expose the individuals to the community through lecture, field trips, guest speakers and curriculum.

#### **Requirements:**

• Must complete the Capstone Application and provide all necessary documentation.

Applications are accepted January 10<sup>th</sup> to June 15<sup>th</sup> for the following year. Please use the following link to fill out an application <a href="https://forms.gle/9YwvPh83WLffchRk7">https://forms.gle/9YwvPh83WLffchRk7</a>

#### **CAPSTONE Community Classes meet 2X a week: Tues + Thurs**

Capstone 1: Exploring Strengths and

10:00 AM - 11:30 AM

Overcoming Bias: Building a Resilient

Identity.

12:30 PM - 2:00 PM Capstone 2: Dale Carnegie

Classes are held at Molloy's RVC Campus, following the Molloy undergraduate calendar.

#### **Ouestions?**

If you have questions regarding the program or the admissions process, please email: conted@molloy.edu

#### Capstone: Connect to Community Schedule of Classes and Class Descriptions

#### **FALL Community Classes**

#### Tuesday/Thursday 10:00-11:30am

**Exploring Strengths and Overcoming Bias: Building a Resilient Identity.** 

Prof. Mae Meoli Prof. Meg Dooley

(14 week: September- December)

Price: \$1,600

#### Tuesday/Thursday 12:30-2:00pm

Dale Carnegie: Leader, Motivator, Inspirational Speaker

Prof. Jen Apostol Prof. Therese Gibbons

(14 week: September- December)

Price: \$1,600

#### **WINTER Community Classes**

### Tuesday Wednesday Thursday 10:00-2:00pm

Theory of Mind, Body, & Self

Dr. Quinn

Michelle Cavanagh

Professor Apostol

Professor Dente

Professor O'Donnell

(January 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>) 10:00am-2:00pm

Price: \$800

#### **SPRING Community Classes**

#### Tuesday/Thursday 10:00-11:30am

Literary Lessons: Exploring Responsibility Through

Characters

Prof. Mae Meoli Prof. Meg Dooley

(14 week: January- May)

Price: \$1,600

#### Tuesday/Thursday 12:30-2:00pm

**Dale Carnegie: Philosophy to Practice** 

Prof. Jen Apostol Prof. Therese Gibbons

(14 week: January-May)

Price: \$1,600

#### **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.

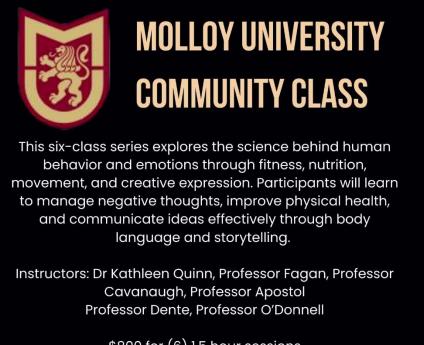
#### Capstone 2: Community Class

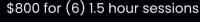
#### Dale Carnegie: Leader, Motivator, Inspirational Speaker.

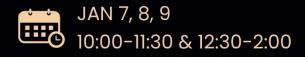
#### **Narrative Background:**

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 Theory of Mind, Body, and Self







#### TO REGISTER EMAIL CONTED@MOLLOY.EDU





1000 Hempstead Ave, Rockville Centre

#### **Capstone 4: Community Class**

#### Literary Lessons: Exploring Responsibility Through Characters **Narrative Background:**

In this class, learners will explore the theme of responsibility as it appears in various works of literature. Through close reading, analysis, and discussion, learners will examine how characters make decisions, face challenges, and navigate their roles within their stories. By analyzing characters' responsibilities and choices, learners will reflect on how these literary lessons can provide insights into their own lives.

Through writing assignments, projects, and classroom dialogue, learners will develop critical thinking skills, improve their ability to connect literary themes to real-life experiences, and strengthen their understanding of character development. This class encourages learners to think deeply about

responsibility, decision-making, and personal growth—all while engaging with meaningful and thought-provoking texts.

#### **Capstone 5: Community Class**

# Dale Carnegie: Philosophy to Practice Narrative Background:

This class focuses on studying Dale Carnegie's principles of persuasion, leadership, and personal achievement, with an emphasis on understanding and applying these concepts for personal success.