

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 10th to June 15th for the following year. Please use the following link to fill out an application <https://forms.gle/9YwvPh83WLffchRk7>

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

10:00 AM - 11:30 AM Capstone 1: Exploring Strengths and
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.

Questions?

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 7th, 8th, 9th) 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



MOLLOY UNIVERSITY

COMMUNITY CLASS

This six-class series explores the science behind human behavior and emotions through fitness, nutrition, movement, and creative expression. Participants will learn to manage negative thoughts, improve physical health, and communicate ideas effectively through body language and storytelling.

Instructors: Dr Kathleen Quinn, Professor Fagan, Professor Cavanaugh, Professor Apostol
Professor Dente, Professor O'Donnell

\$800 for (6) 1.5 hour sessions



JAN 7, 8, 9

10:00-11:30 & 12:30-2:00

TO REGISTER EMAIL CONTED@MOLLOY.EDU



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.