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.

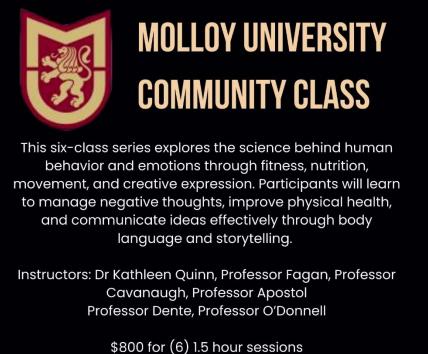
Capstone 2: Community Class

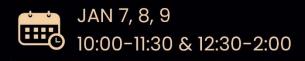
Dale Carnegie: Leader, Motivator, Inspirational Speaker.

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





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 is aimed at enhancing professional growth, personal influence, and career advancement by leveraging Dale Carnegie's principles of persuasion, leadership, and individual achievement, with a primary focus on personal success