

## 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**



# 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](mailto: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 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