

IDEAS Course Descriptions

40847 – APL-090-A - Synthesizing Your POP

This course will aim to teach all about synthesizers in pop music from the development stage through the present. We will discuss topics such as pre-synth history, how synths originated, and the hit synth music that accompanied each decade. We will cover artists such as Soft Cell, Tears for Fears, Stevie Wonder, Michael Jackson, Taylor Swift, and the Weeknd. The class will culminate in creative projects incorporating synths into a song of the student's choice with class interest.

40849 – APL-090-B - I'm Just a Kid

Through emphasis on fostering curiosity "I'm Just a Kid" will serve as a space for people to heal their inner child and embrace their "childlike" traits. Students will explore play-based approaches to learning, engage with and create children's media, take a deep dive into ASD, and expand their understanding of what childhood can look like in different cultures around the world. Additionally, the class will contain many features of elementary school classrooms including a class pet, star of the week presentations, the opportunity for creative projects, lots of collaboration, and fun. Ultimately, the goal of this course is to gain perspective into the underdiscussed hardships that come with growing up in today's age and inspire college students of today to support the next generation of thinkers, creators, and world changers.

40850 – APL-090-C - Physical Health

In this course, you will learn how to maintain balance between self-care and daily activities while in college. The primary focus will be providing valuable information and guidance on managing your nutrition throughout a busy week, ensuring that you have the energy needed to stay active and focused. The class will feature a discussion/lecture format, encouraging students to share their personal experiences and challenges as college students trying to schedule meals and stay physically active. Additionally, we will incorporate documentaries and informational videos to introduce effective strategies. Throughout the course, students will be tasked with completing weekly 1-page reflections or journals to track their progress and summarize their experiences. By the end of each session, you will leave feeling motivated and more informed about when to prioritize eating over going for prolonged periods without food and will discover ways to enhance physical performance to boost overall productivity. This course is open to students of all backgrounds, and no prior knowledge of nutrition or physical science is required. It's designed to be an open-minded and inclusive learning environment. Through our discussion-based approach, we aim to foster connections and gain a deeper understanding of how individuals manage their routines differently. Our goal is to create a judgment-free space where people can freely express their thoughts and listen to others.

40851 – APL-090-D - Advocacy In Action:

This course will focus on the importance of advocacy at all levels: from community organization and political institutions to our very own Stonehill campus. We will discuss the basic types of advocacies, pinpoint the skills needed to effect change, and analyze major activism movements. Students will work to develop their individual passions and take the skills learned in the classroom to create a campaign based on their issue of choice. The class will become a collaborative space to share issues of importance, learn from others, and gain the confidence to be a change-maker.

40852 – APL-090-E - Civilization of Culture

Students can explore many different cultures and civilizations from around the world in this course. The great diversity of human communities, traditions, languages, arts, and histories will be examined by students to help them better understand the world we live in. Students will engage in diverse conversations weekly and explore multiple cultures that may be new to them. We'll embark on a fascinating journey that transcends boundaries and broadens perspectives via a combination of lectures, readings, debates, hands-on activities, and group discussions.

40853 – APL-090-F - Journey to the Real World

In this course, students will learn the basics for career development and jumpstart their pursuit of internships and job searching. Individuals will take a deeper look into their interests, goals, and traits that make them suitable for a unique job or opportunity. Topics and activities will focus on understanding student's temperaments to discover their preferred environment, job type, location, and work/life balance.

400854 – APL-090-G - Master Your Minutes

Are you feeling overwhelmed by the demands of college life? Struggling to balance your coursework, social life, and personal commitments? Join our "Mastering Your Minutes" class to unlock the secrets of effective time management and make the most of your college experience.

In this course, you'll discover proven strategies and techniques to help you prioritize tasks, set achievable goals, and stay organized. From creating personalized schedules to conquering procrastination, our experienced instructors will provide you with the tools and insights you need to succeed academically and enjoy a fulfilling social life.

Through interactive workshops, group discussions, and hands-on activities, you'll develop essential time management skills that will benefit you not only during your college years but also throughout your entire life. Don't let time slip away; enroll in "Mastering Your Minutes" and take control of your future today!

40856 – APL-090-H - Stepping into Dance History

In Stepping into Dance History, students will learn where step dancing originated. They will learn about step's impact on mainstream dance and the influence of BIPOC dance cultures on most of what we see today. Classes will be split so that in addition to learning the history of dance roots, students will get to practice the basics of step, and explore beats and rhythms. Putting both history and fundamentals to use, students will learn and perform step routines together. Finally, participants will test their creativity by making their own routines at the end of the course.

40857 – APL-090-I - I Could've Done That: Exploring Contemporary Art

Description coming soon,,,,,