

Spring 2023 IDEAS Courses

IDEAS: The Subculture That Made Us – 40847 – APL 090 – A

Learn about the many different subcultures through history and the values, music, art, and styles that speak to you as we explore the diverse groups that form our identities and define who we are.

IDEAS: Gender and Justice – 40848 – APL 090 – B

This course will investigate the role of gender in both criminal behavior and the societal response to crime. Students will learn about how gender affects criminal behavior, our responses to crime, and poses challenges for the criminal justice system. The course will examine the role of gender in these ways for both men and women. Weekly class work will include discussion boards regarding a research article or documentary. The class will focus heavily on group-based discussions and projects. The final result will be a group project about either a policy or an idea that would affect gender and justice in some way, the topic of which is the student's choice.

IDEAS: Exploring Student Leadership – 40849 – APO 090 – C

In this course, students will explore the idea of student leadership through literature, group discussion, and various activities. They will gain insight on what it truly means to be a leader and will work extensively on developing their own leadership skills. Key ideas that will be addressed throughout the course include the five pillars of student leadership, how different personality types and personal values can impact leadership styles, what types of leaders compliment each other best, how to recognize personal strengths and weaknesses in leadership, and how to actively work towards becoming a better leader.

During the course, students will be expected to reflect on their own experiences with student leadership and will be strongly encouraged to implement the lessons learned in class wherever they see fit.

IDEAS: Complex Mind of Heroes – 40850 – APL 090 – D

This course is designed to understand the scope of being a superhero and the strain it puts on the body and mind. The course is intended to promote a greater understanding of physical and mental health through the lense of reading. Our aim is to engage in discussion on these subjects.

IDEAS: Healing as a Community – 40851 – APL 090 – E

At the center of the community is "U". In order to heal as a community, we need to heal ourselves first and then work towards healing those around us. Therefore, what does prioritizing mental health and self-care look and feel like? How does stigma around mental health manifest in different facets of your life and various communities? How do you bring awareness to these topics? In this course, we will explore these questions through reflections, article readings, dialogue, weekly activities, and collaborative projects. Throughout the semester, we will learn about different ways to better your mental health by incorporating different self-care activities into your daily routine. Not only will we focus on mental health among BIPOC communities, but we will also focus on our own mental health and work towards healing as a community. We will also focus on how the stigmatization of mental health manifests in BIPOC communities by discussing topics like hussle culture, broken communities, and their effects on BIPOC individuals' mental health and how this affects access to mental health resources. By the end of the semester, we will work towards moving beyond dialogue and turn what we discuss into action. This will be accomplished by creating self-care campaigns to help spread awareness of self-care as a tool to better one's mental health.

IDEAS: Fragmented Systems & Solutions – 40852 – APL 090 – F

Pop culture is an art form that can influence our thinking and behavior. It can also be a useful tool for public health. In 2013, after Angelina Jolie talked about her double mastectomy, there was a sharp increase in rates of genetic testing for breast cancer. Popular TV shows such as Transplant, Sesame Street, Pose, and New Amsterdam have further brought attention to devastating health disparities, flawed delivery systems, and social justice issues hidden deep in the healthcare system. This course will examine the power and limitations of pop culture on public health topics and decisions through tv shows, media platforms, and celebrity influence. We will explore topics such as intersectionality of socioeconomic identities, women's health and planned parenthood, access to healthcare, and more. By the end of the semester, students will be able to identify key public health issues and propose actions to make quality equitable healthcare more accessible.

IDEAS: A New Necessity in Education – Mental Health – 40853 – APL 090 – G

This course focuses on mental illnesses including anxiety, depression, eating disorders, burnout, and mood disorders and the impact these have on students ranging from middle school through graduate school. In this discussion-based course we will provide a safe space for students to share their own experiences, examine statistics and national trends regarding the growing mental health crisis, review papers, learn about the resources available to students, and discuss how to identify warning signs in others.

IDEAS: The Underground Closet: An Exploration in Queer and Alternative Histories – 40854 – APL 090 – H

The Underground Closet: An Exploration of Queer and Alternative Histories is a course that aims to explore the untold histories of queer and trans folk, women, and people of color in American history. Most history courses, from elementary school to college, seem to leave these key members of society out of history as if their existence is only recent. Students will learn about people like Magnus Hirschfeld, a progressive sexologist in 1919, and Joan Jett Blakk, the drag queen that ran for president in 1992. Learning these underground histories will provide students with a more accurate picture of our past, and hopefully, they will find themselves represented in it. This course intends to fill these large gaps in our traditional history curriculum, reminding us that these people have always been here and are key to shaping our past, impacting our present, and forging our future.

IDEAS: The Catalyst – 40855 – APL 090 – I

In this course students will analyze the publicized and secret nuances of social movements. Each week students will concentrate on a social movement such as the BLM or Stop Asian Hate movements and discover what made them so infectious. Subsequently students will learn the basics of community organizing and how figures not foregrounded mold and shape the directions of a movement.

IDEAS: Unwind Your Mind – 40856 – APL 090 – J

Self-care is an essential concept today, and mental health is gradually becoming more of a priority in our world. However, finding the time or even knowing where to begin in your self-care journey can be difficult. The "Unwind Your Mind" classroom will genuinely be an environment to unwind and explore several ways to care for your mental and physical wellbeing. This course will dissect the "self-care journey" that has become so popular since the pandemic outbreak in 2020. Students will learn and share ways to practice self-care amid stressful times. Topics such as yoga, skincare, nutrition, journals and time management will be studied. In addition, students will learn about personal health practices in the United States and other countries as well as share some of their own. This course will address mental health, forms of therapy, and the importance of body-mind connection. Students will engage in the class by sharing, reflecting, and participating in group wellness activities. The goal is to develop consistent self-care practices that will benefit the students in their day-to-day lives at Stonehill and beyond.

IDEAS: Politics of the MCU – 40857 – APL 090 – K

“Marvel always has been and always will be a reflection of the world right outside your window.”- Stan Lee

This statement made by the foremost creator of Marvel Comics, the basis for the Marvel Cinematic Universe, has been the inspiration for the contents of this course. Every story has a lesson to be learned, and the lessons in pop culture are heavily influenced by the philosophies and events of our reality. The MCU is a perfect example of this phenomenon. In this course, we will examine various real-world political concepts and relationships that guide the stories of some of our favorite fictional heroes. While these stories may exist solely on the screen, they are based in real conflicts and political philosophies that shape our society. Considering these ideas through such sources of entertainment can help to establish a foundation for understanding complex global issues that we will face in our lives. We will focus on the different political philosophies that influence domestic government and politics, international relations, and social politics through the lenses of diverse cultures and backgrounds. Students can expect to learn through thought provoking conversations and debates with peers pertaining to the political aspects of the movies and film clips we will watch and discuss. Students should also expect to complete creative, open-ended project(s) that will focus on drawing connections as to how their unique backgrounds and culture may influence their relationship to the stories of the MCU. Assignments in this course will be flexible in terms of allowing students to make their own decisions about what they would most like to explore and learn from this course. Together, we will work to uncover the ways in which the MCU does reflect the world outside our windows and use this knowledge to strive for change in our lives and beyond. In the same way that Stan Lee was able to learn from the events of the real world to write these stories, we can learn from these stories to write our futures the way we want them to be.