# Volume 01 — Foundations: Full Semester

This file concatenates every day in chronological order from courses/core/vol-01-foundations/schedule.

## Week 01

# Day 01 — What is a Liberal Education?

Course: LBS 101 – The Mental Gym

## Learning Session (≈3 hrs)

Explore These Materials: 1. Read (45 min) — John Henry Newman, The Idea of a University (Chapter V: “Knowledge Its Own End”). (Project Gutenberg)  
2. Watch (60 min) — Harry Lewis, Excellence Without a Soul (Harvard talk, 20 min); Michael Sandel, The Examined Life (lecture, 40 min)  
3. Listen (30 min) — The Examined Life Today – Philosophy Bites podcast (25–30 min)  
4. Reflect While Engaging (45 min) — Jot margin notes, underline phrases, or sketch thoughts that stand out.

## Key Quote Box

Write one quote from today’s materials that you want to keep:  
“\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”

## Practice (≈6 hrs)

1. Define Education (1 hr) — Write your personal definition of “education.”
2. Compare Perspectives (2 hrs) — 2 pages comparing your definition to Newman’s and Lewis’s.
3. Visual Mind Map (2 hrs) — Map your worldview and where education fits.
4. Reflection (1 hr) — Why do I want an education? Who do I hope to become?

## Hard Problem (Optional)

List 10 required courses for your “ideal university.” What does this reveal about your aims?

# Day 02 — The Power of Story

Course: LBS 105 – Writing & Communication I: Rhetoric and Storytelling

## Learning Session (≈3 hrs)

Explore These Materials: 1. Read (45 min) — Aristotle, Rhetoric (Book I, excerpt: “On persuasion”); Chimamanda Ngozi Adichie, The Danger of a Single Story (essay)  
2. Watch (45 min) — Adichie TED Talk (18 min); Pixar in a Box: Introduction to Storytelling (25 min)  
3. Listen (30 min) — The Moth storytelling podcast (one 20–30 min episode)  
4. Reflect While Engaging (60 min) — Note what makes a story persuasive vs memorable.

## Key Quote Box

Write one quote from today’s materials that you want to keep:  
“\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”

## Practice (≈6 hrs)

1. Analyze a Story (1 hr) — List 3 techniques that made it compelling.
2. Write Your Own Story (2 hrs) — 2-page story using at least one rhetorical technique.
3. Peer Reflection (optional, 1 hr) — Read aloud; mark strong/weak moments.
4. Creative Rewrite (2 hrs) — Rewrite in a different style/voice; note changes.
5. Reflection (30 min) — What does storytelling mean to me? How might it shape my future?

## Hard Problem (Optional)

Rewrite the same story twice: as a political speech and as a children’s bedtime story. What changes and why?

# Day 03 — Mathematics as a Language

Course: LBS 110 – Mathematics for Modern Thinkers

## Learning Session (≈3 hrs)

Explore These Materials: 1. Read (45 min) — Paul Lockhart, A Mathematician’s Lament; Galileo, The Assayer (excerpt)  
2. Watch (60 min) — Numberphile: Why Do We Need Numbers? (20 min); Vi Hart: Mathematical Doodling (40 min)  
3. Listen (30 min) — Radiolab: The Math of Everyday Life (segment)  
4. Reflect While Engaging (45 min) — Note when math appears as pattern, story, or meaning.

## Key Quote Box

“\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”

## Practice (≈6 hrs)

1. Translate Your Day into Numbers (1 hr) — Record hidden numbers in a daily activity.
2. Create a Pattern (2 hrs) — Design a visual pattern; annotate with numbers.
3. Compare Perspectives (2 hrs) — 2 pages: Is nature written in the language of math? Give an example from your life.
4. Reflection (1 hr) — How does seeing mathematically change experience?

### Optional Hard Problem

Fibonacci spiral or natural ratios collection; does math explain beauty or describe it?

# Day 04 — Observing the Natural World

Course: LBS 120 – Physics with Lab

## Learning Session (≈3 hrs)

Explore These Materials: 1. Read (30 min) — Richard Feynman, The Pleasure of Finding Things Out; Galileo’s Two New Sciences (falling bodies)  
2. Watch (60 min) — Veritasium: Observation vs Assumption (20 min); MinutePhysics: Why Do Things Fall? (10 min); PBS SpaceTime: History of Motion (30 min)  
3. Listen (30 min) — Physics Central: Everyday Physics (motion)  
4. Observe (60 min) — Watch motion; describe without explaining.

## Key Quote Box

“\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”

## Practice (≈6 hrs)

1. Simple Motion Experiment (2 hrs) — Drop two objects; record and sketch results; note surprises.
2. Shadow Tracking (2 hrs) — Track a shadow every 15 minutes for 2 hours; what does it suggest about Earth’s motion?
3. Reflection (2 hrs) — Seeing vs assuming; what changed when I slowed down?

# Day 05 — Mapping the Mind

Course: LAB 101 – Creative Intelligence Lab I

## Learning Session (≈3 hrs)

Explore These Materials: 1. Read (30 min) — Csikszentmihalyi, Creativity (excerpt); Austin Kleon, Steal Like an Artist (chs. 1–2)  
2. Watch (60 min) — Sir Ken Robinson TED (20 min); RSA Outrospection (20 min); Kurzgesagt: Intelligence of the Brain (20 min)  
3. Listen (30 min) — On Being: Elizabeth Gilbert — Choosing Curiosity Over Fear  
4. Observe (60 min) — Note ideas as they arise; watch patterns of thought.

## Key Quote Box

“\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”

## Practice (≈6 hrs)

1. Mind Map (2 hrs) — Visual map of your mind (interests, questions, sparks).
2. Creative Artifact (2 hrs) — Turn one idea into a small artifact (poem, sketch, melody, design).
3. Reflection (2 hrs) — Where do my ideas come from? What did mapping reveal?

## Week 02

# Day 01 — Logic & Reasoning

Course: LBS 101 – The Mental Gym

Placeholder content. Add Learning Session and Practice.

# Day 02 — Voice & Style

Course: LBS 105 – Writing & Communication I

Placeholder content. Add Learning Session and Practice.

# Day 03 — Patterns & Sequences

Course: LBS 110 – Mathematics for Modern Thinkers

Placeholder content. Add Learning Session and Practice.

# Day 04 — Motion & Measurement

Course: LBS 120 – Physics with Lab

Placeholder content. Add Learning Session and Practice.

# Day 05 — Creative Constraints

Course: LAB 101 – Creative Intelligence Lab I

Placeholder content. Add Learning Session and Practice.

## Week 03

# Day 01 — The Examined Life

Course: LBS 101 – The Mental Gym

Placeholder content. Add Learning Session and Practice.

# Day 02 — Argument & Persuasion

Course: LBS 105 – Writing & Communication I

Placeholder content. Add Learning Session and Practice.

# Day 03 — Ratios & Proportions

Course: LBS 110 – Mathematics for Modern Thinkers

Placeholder content. Add Learning Session and Practice.

# Day 04 — Forces & Balance

Course: LBS 120 – Physics with Lab

Placeholder content. Add Learning Session and Practice.

# Day 05 — Play as Learning

Course: LAB 101 – Creative Intelligence Lab I

Placeholder content. Add Learning Session and Practice.

## Week 04

# Day 01 — Truth & Perspectives

Course: LBS 101 – The Mental Gym

Placeholder content. Add Learning Session and Practice.

# Day 02 — Structure & Flow

Course: LBS 105 – Writing & Communication I

Placeholder content. Add Learning Session and Practice.

# Day 03 — Infinity & Limits

Course: LBS 110 – Mathematics for Modern Thinkers

Placeholder content. Add Learning Session and Practice.

# Day 04 — Energy & Work

Course: LBS 120 – Physics with Lab

Placeholder content. Add Learning Session and Practice.

# Day 05 — Storytelling Through Images

Course: LAB 101 – Creative Intelligence Lab I

Placeholder content. Add Learning Session and Practice.

## Week 05

# Day 01 — Rhetoric & Persuasion

Course: LBS 101 – The Mental Gym

Placeholder content. Add Learning Session and Practice.

# Day 02 — Audience Awareness

Course: LBS 105 – Writing & Communication I

Placeholder content. Add Learning Session and Practice.

# Day 03 — Probability & Uncertainty

Course: LBS 110 – Mathematics for Modern Thinkers

Placeholder content. Add Learning Session and Practice.

# Day 04 — Sound & Vibration

Course: LBS 120 – Physics with Lab

Placeholder content. Add Learning Session and Practice.

# Day 05 — Improvisation & Surprise

Course: LAB 101 – Creative Intelligence Lab I

Placeholder content. Add Learning Session and Practice.

## Week 06

# Day 01 — Writing as Clear Thinking

Course: LBS 101 – The Mental Gym

Placeholder content. Add Learning Session and Practice.

# Day 02 — Writing as Clear Thinking

Course: LBS 105 – Writing & Communication I

Placeholder content. Add Learning Session and Practice.

# Day 03 — Statistics as Storytelling

Course: LBS 110 – Mathematics for Modern Thinkers

Placeholder content. Add Learning Session and Practice.

# Day 04 — Light & Perception

Course: LBS 120 – Physics with Lab

Placeholder content. Add Learning Session and Practice.

# Day 05 — Sound & Rhythm

Course: LAB 101 – Creative Intelligence Lab I

Placeholder content. Add Learning Session and Practice.

## Week 07

# Day 01 — Mathematics as Language

Course: LBS 101 – The Mental Gym

Placeholder content. Add Learning Session and Practice.

# Day 02 — Writing from Sources

Course: LBS 105 – Writing & Communication I

Placeholder content. Add Learning Session and Practice.

# Day 03 — Geometry in Nature

Course: LBS 110 – Mathematics for Modern Thinkers

Placeholder content. Add Learning Session and Practice.

# Day 04 — Gravity & Orbits

Course: LBS 120 – Physics with Lab

Placeholder content. Add Learning Session and Practice.

# Day 05 — Design with Found Objects

Course: LAB 101 – Creative Intelligence Lab I

Placeholder content. Add Learning Session and Practice.

## Week 08

# Day 01 — Ethics & Moral Reasoning

Course: LBS 101 – The Mental Gym

Placeholder content. Add Learning Session and Practice.

# Day 02 — Revision as Discovery

Course: LBS 105 – Writing & Communication I

Placeholder content. Add Learning Session and Practice.

# Day 03 — Symmetry & Beauty

Course: LBS 110 – Mathematics for Modern Thinkers

Placeholder content. Add Learning Session and Practice.

# Day 04 — Electricity & Circuits

Course: LBS 120 – Physics with Lab

Placeholder content. Add Learning Session and Practice.

# Day 05 — Collaboration & Exchange

Course: LAB 101 – Creative Intelligence Lab I

Placeholder content. Add Learning Session and Practice.

## Week 09

# Day 01 — Science & Inquiry

Course: LBS 101 – The Mental Gym

Placeholder content. Add Learning Session and Practice.

# Day 02 — Storytelling in Oral Traditions

Course: LBS 105 – Writing & Communication I

Placeholder content. Add Learning Session and Practice.

# Day 03 — Numbers in Music

Course: LBS 110 – Mathematics for Modern Thinkers

Placeholder content. Add Learning Session and Practice.

# Day 04 — Waves in Nature

Course: LBS 120 – Physics with Lab

Placeholder content. Add Learning Session and Practice.

# Day 05 — Creative Spaces

Course: LAB 101 – Creative Intelligence Lab I

Placeholder content. Add Learning Session and Practice.

## Week 10

# Day 01 — Imagination & Creativity

Course: LBS 101 – The Mental Gym

Placeholder content. Add Learning Session and Practice.

# Day 02 — Writing for Media

Course: LBS 105 – Writing & Communication I

Placeholder content. Add Learning Session and Practice.

# Day 03 — Chaos & Complexity

Course: LBS 110 – Mathematics for Modern Thinkers

Placeholder content. Add Learning Session and Practice.

# Day 04 — Heat & Thermodynamics

Course: LBS 120 – Physics with Lab

Placeholder content. Add Learning Session and Practice.

# Day 05 — Patterns in Chaos

Course: LAB 101 – Creative Intelligence Lab I

Placeholder content. Add Learning Session and Practice.

## Week 11

# Day 01 — Memory & Learning

Course: LBS 101 – The Mental Gym

Placeholder content. Add Learning Session and Practice.

# Day 02 — Writing & Identity

Course: LBS 105 – Writing & Communication I

Placeholder content. Add Learning Session and Practice.

# Day 03 — Math in Technology

Course: LBS 110 – Mathematics for Modern Thinkers

Placeholder content. Add Learning Session and Practice.

# Day 04 — Momentum & Collisions

Course: LBS 120 – Physics with Lab

Placeholder content. Add Learning Session and Practice.

# Day 05 — Art & Technology

Course: LAB 101 – Creative Intelligence Lab I

Placeholder content. Add Learning Session and Practice.

## Week 12

# Day 01 — Culture & Worldviews

Course: LBS 101 – The Mental Gym

Placeholder content. Add Learning Session and Practice.

# Day 02 — Writing in Community

Course: LBS 105 – Writing & Communication I

Placeholder content. Add Learning Session and Practice.

# Day 03 — Visualizing Data

Course: LBS 110 – Mathematics for Modern Thinkers

Placeholder content. Add Learning Session and Practice.

# Day 04 — Scale of the Universe

Course: LBS 120 – Physics with Lab

Placeholder content. Add Learning Session and Practice.

# Day 05 — Creativity Across Cultures

Course: LAB 101 – Creative Intelligence Lab I

Placeholder content. Add Learning Session and Practice.

## Week 13

# Day 01 — Technology & Tools of Thought

Course: LBS 101 – The Mental Gym

Placeholder content. Add Learning Session and Practice.

# Day 02 — Writing & Technology

Course: LBS 105 – Writing & Communication I

Placeholder content. Add Learning Session and Practice.

# Day 03 — The Philosophy of Numbers

Course: LBS 110 – Mathematics for Modern Thinkers

Placeholder content. Add Learning Session and Practice.

# Day 04 — Chaos & Randomness

Course: LBS 120 – Physics with Lab

Placeholder content. Add Learning Session and Practice.

# Day 05 — Creative Risks

Course: LAB 101 – Creative Intelligence Lab I

Placeholder content. Add Learning Session and Practice.

## Week 14

# Day 01 — Philosophy of Knowledge

Course: LBS 101 – The Mental Gym

Placeholder content. Add Learning Session and Practice.

# Day 02 — Writing as Reflection

Course: LBS 105 – Writing & Communication I

Placeholder content. Add Learning Session and Practice.

# Day 03 — Math as Creativity

Course: LBS 110 – Mathematics for Modern Thinkers

Placeholder content. Add Learning Session and Practice.

# Day 04 — Science & Society

Course: LBS 120 – Physics with Lab

Placeholder content. Add Learning Session and Practice.

# Day 05 — Creative Flow

Course: LAB 101 – Creative Intelligence Lab I

Placeholder content. Add Learning Session and Practice.

## Week 15

# Day 01 — My Philosophy of Learning

Course: LBS 101 – The Mental Gym

Placeholder content. Add Learning Session and Practice.

# Day 02 — My Manifesto of Voice

Course: LBS 105 – Writing & Communication I

Placeholder content. Add Learning Session and Practice.

# Day 03 — My Math Philosophy

Course: LBS 110 – Mathematics for Modern Thinkers

Placeholder content. Add Learning Session and Practice.

# Day 04 — My Philosophy of Science

Course: LBS 120 – Physics with Lab

Placeholder content. Add Learning Session and Practice.

# Day 05 — Creative Manifesto

Course: LAB 101 – Creative Intelligence Lab I

Placeholder content. Add Learning Session and Practice.