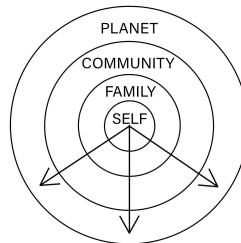


Being Carefully

This six week course will examine what it means to care, both for ourselves and others. Our focus will expand over the course of the class, with the overall objective of exploring actionable ways to make meaningful positive contributions to the world around us (and within us).

Class time will primarily be dedicated to roundtable discussion among students, sharing their thoughts and personal experiences regarding the subject matter. Homework will consist of a series of writing exercises reflecting on how their lived experiences relate to the course material.

LAYERS OF CARE



Class 1: Who Cares?

Discussion topics: What is care? What does it mean to care for something or someone? What are the relationship between sympathy, empathy and compassion, and what do these concepts have to do with care?

Assignment: Write your own definition of care. Discuss an example from your personal life and explain why it applies to your definition.

Class 2: Care for Self

Discussion topics: What is “self care”? What is the relationship between physical and mental health? What are the effects of diet, exercise, sleep, stress, and substance abuse on your personal well being? How do the internet and social media make it easier or harder your care for yourself?

Assignment: Pick one of the topics covered in class and keep track of your habits for the week. Take note of how these habits make you feel. What changes could be made that would make it easier for you to care for yourself?

Class 3: Care for Family

Discussion topics: Who are your family? In what ways do members of your family care for you, and in what ways do you care for them? How does that care define your relationship with each other? How does it affect your relationships with others?

Assignment: Choose one member of your immediate family and examine what form(s) care takes in your relationship. Is this care one-directional? Or is there a mutually beneficial

exchange? Cite one or more specific examples that occur over the course of the week. In what way(s) could you and/or they be more caring?

Class 4: Care for Community

Discussion topics: What makes a community? What communities are you a part of, and how do they overlap or intersect? What is your responsibility to your community or communities? What is their responsibility to you?

Assignment: Choose a community you are a member of and examine the ways members of this community care for each other, both individually and collectively. Cite specific examples you observe over the course of the week. In what ways could this community encourage its members to take better care of each other and themselves?

Class 5: Care for Planet

Discussion topics: What does it mean to be a “global citizen”? Why should we care about people we may never meet, or places we may never see? In what ways does caring for the planet extend beyond environmentalism?

Assignment: Choose an issue beyond your immediate community that you care about. In what ways does that care manifest?

Class 6: Sharing is Caring

Discussion topics: How has your understanding of “care” changed over the past six weeks? Has this had any noticeable effects on your life, either personally or interpersonally? How can we carry these lessons forward beyond the classroom?