Principles of Clarity (TMC87)
Fall Quarter, 2018

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Class Meetings: Thursdays, 9:30 – 10:50 am, Women’s Center at UCSD

Purpose: The principles taught in this class are based on Mindfulness, Positive Psychology and Cognitive Therapy (as well as Buddhism and Neuroscience). The focus is on how to live a life where our actions are aligned with our core values, get straight to the heart of a matter, identify the issues, discriminate between real threats vs. the “stories” we tell ourselves, move away from “shoulds”, take responsibility for our choices, not go into “victim mentality”, communicate needs effectively, bring love, mindfulness and compassion to all situations, and live wholeheartedly, without apology. The goal is to give you the tools you need to feel empowered and to live a life you love, with purpose and clarity.

Format: Each week, there is a short lecture on a given topic. Then, in a “workshop” format, the instructor presents questions to the group about how they see a given situation, asking people to share the “stories” they have created - that limit them, and then to think of clear and fresh ways to “debunk/defuse” the limiting story. Before each session, the instructor sends written assignments (for example, writing out a statement of core values), to be brought to the class. Students are asked to refer to the written assignments during the class.

Grading: Grading is Pass/Not Pass, and is based on attendance, class discussion and participation. I keep track of attendance, by asking you to email if you are missing a class. I allow one absence to still pass the class, but please try to make them all!

1) Sept 27: Mindfulness Lecture

YOUR RELATIONSHIP WITH YOURSELF

2) Oct 4: Who Are You?: How do you Talk/Think about Yourself?
3) Oct 11: Accepting All of You: the Good, the Bad and the Ugly
4) Oct 18: Manifesting What you Want: Tackling Worry, Doubt and Fear

YOUR RELATIONSHIP WITH OTHERS

6) Nov 1: Who Are They (i.e., Other People)?
7) Nov 8: Working it Out with Other People (Part 1)
8) Nov 15: Working it Out with Other People (Part 2)
9) Nov 29: Summary, Tips for Practicing Clarity and Meditation

NOTE: This is a 9-week or 10-week course depending on my travel schedule, which often has me gone for a week during the quarter. That is why there is currently no Week 10 on the syllabus. We will add it, if we need a make-up day.

NOTE: This class is, in part, about learning how to be open and truthful. It can get therefore get emotional sometimes, with people sharing heavy stories and/or issues. Please know that you are never required to share anything in this class, but you should be prepared that others will. Also, know that mental health resources (CAPS) are available on the UCSD campus, if you think you might benefit from a visit: 858-534-3755.
This class will be using CourseKey (https://coursekeyeducation.com). CourseKey is a classroom communication and management system that will be used for daily attendance (and in the future, for in-class assessments and polls, activities, and constructive dialogue).

Please make sure you download the CourseKey iOS or Android application on your mobile device (recommended).

Once you register your account, you will be able to login in the app and add the class by using our unique “Join Code” (listed below).

To add this class,
**please search for your professor’s name or by adding the following Join Code:** ck497uq

Should you require assistance or technical support, please contact CourseKey Support Team directly by way of email (support@thecoursekey.com) or by using any of the tools found in the app itself under the “Support” button. Please note there is a live chat Monday through Friday, 9:00 am to 5:00 pm PST where you can talk directly and immediately to our support team. Please remember that the Support Team will likely require specific user information to troubleshoot any issue you have may have.

Please have this set up by the first day of class! Thanks. (But note: You have 2 weeks before you actually have to PAY for it, which means there is time to drop the class is you want to).

Also note that the way it works is that you have to sign in when you get to the classroom, and it checks where you are at that point, but *it does not know your whereabouts in general!*