

ARTS 310-007: UNLEASHING YOUR CREATIVITY

INSTRUCTOR: Bobbie Pell
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MEETING TIMES: Mondays 2:45-5:15pm Ch 131

TEXT: Cameron, Julia. The Artists' Way. 10th ed. NY: Jeremy P. Tarcher/Putnam, 2002.

COURSE GOALS AND OBJECTIVES

310.007 Unleashing Your Creativity (3)

1. Julia Cameron, creativity guru and inspirational teacher, shares her proven techniques of recovering our artist within. This course will follow her teachings, as laid out in The Artist's Way, in the hopes of encouraging students to discover/uncover their artistic natures then activate expression in a myriad of ways. Critical to this technique are **Morning Pages** (2-3 pages written daily, long-hand in a journal) and **Artist's Dates** (solitary ventures into the world for inspiration). The text provides additional **TASKS** to wade through the layers of negative critiques that block our mental / spiritual growth along our artist's journey. This course will provide students with tools to bring artistic endeavors into their everyday lives.

2. **Weekly Readings / Morning Pages / Artist's Dates** are to be completed prior to class for discussion purposes. **Summaries of Morning Pages and Artist's Dates** of these activities will be due weekly as check-ins (see hand-out for specifics). The **TASKS** section will be used for both in-class and homework assignments.

3. Students will utilize class instruction and readings to create original projects.

4. Grades will be earned on a 3-pt scale derived from completion of the project, excellence in presentation, and academic professionalism.

3 = Completion of assignment beyond given parameters, level of excellence

2 = Completion of assignment within given parameters, level of solid work

1 = Lacking in completion of assignment, errors, obvious lack of effort

WRITTEN ASSIGNMENTS

Writing assignments should be single-spaced with font size 12, Times New Roman, 1" margins all around). Use **MLA** style manual and proper pagination.

EX. **HEADINGS** (short papers), upper left -hand corner (cover page not needed)

NAME

COURSE

INSTRUCTOR'S NAME

DATE

(Double space once)

TITLE (centered) followed by another double-space before beginning text

EX. PAGINATION

Page One - Numeral one centered as footer with period.

Page Two and following: Student's Last Name - Numeral in upper right-hand corner (Last Name -2)

ATTENDANCE

Weekly attendance will be required (with an exception to illness or family emergency) in order to successfully complete this course. **EACH STUDENT IS RESPONSIBLE FOR ALL MATERIAL COVERED IN CLASS.** Contact the instructor or a fellow classmate about assignments so that you will be prepared for the next class meeting. Class participation also includes engaging actively in discussions, asking pertinent questions, and regarding all class comments (whether by instructor or fellow students) with respect.

ASSISTANCE

Assistance with any assignments may be arranged with the instructor by appointment.

GRADING SCALE

A	90-100
B	80-89
C	70-79
D	60-69
F	Below 60

GRADING PERCENTAGES

Class Participation	10 %
Journal (MP / AD)	65 %
Assignments (In-class)	25 %

CALENDAR

WEEK OF	Aug. 20	TOPICS: Introduction to <u>The Artist's Way</u> Spiritual Electricity: The Basic Principles Journalling Techniques / Inner Outings READINGS: p. 1-24 (review)
	Aug. 27	WEEK 1: Recovering a Sense of Safety Halls of Fame: Monsters/ Champions Creating Affirmations / Time Travel Session READINGS: p. 25-40 DUE: TASKS #3, 4, 6 (p.38,39) Summaries of Artist Date / MP Issues
	Sept. 3	LABOR DAY HOLIDAY - NO CLASS
	Sept. 10	WEEK 2: Recovering a Sense of Identity

Time Circle / Hobbies
Pencil Dancing

READINGS: p. 41-60

DUE: TASKS #7, 8 (p.56,57)

Summaries of Artist Date / MP Issues

Sept. 17 **WEEK 3:** Recovering a Sense of Power
Dance with Anger / Synchronicity
READINGS: p. 61-78
DUE: TASKS # 8, 9, 10 (p.77)
Summaries of Artist Date / MP Issues

Sept. 24 **WEEK 4:** Recovering a Sense of Integrity
Buried Dreams / Jumping Man (Messer)
Narrative Time Line
READINGS: p. 79-90
DUE: TASKS # 3, 6, 8 (p. 89,90)
Summaries of Artist Date / MP Issues

Oct. 1 **WEEK 5:** Recovering a Sense of Possibility
Limits and Internal Saboteurs
Wishes / Imaginary Lives Projection
READINGS: p. 91-104
DUE: TASKS # 2, 7 (Image File on poster board)
Summaries of Artist Date / MP Issues

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FALL BREAK: Oct. 8th NO CLASS

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Oct. 15 **WEEK 6:** Recovering a Sense of Abundance
Money Matters / Creating Balance
READINGS: p. 105-116
DUE: TASKS # 2, 4, 8 (p. 114)
Summaries of Artist Date / MP Issues

Oct.22 **WEEK 7:** Recovering a Sense of Connection
Taking Risks/Collage/Childhood Connections
(Messer)
Freeing Creative Elves: Stretching (Messer)
READINGS: p. 117-128
DUE: TASKS # 1, 3, 5,
Summaries of Artist Date / MP Issues

Oct. 29 **WEEK 8:** Recovering a Sense of Strength
Belief Systems / Color Personalities
READINGS: p. 129-150
DUE: TASKS # 1, 2

Summaries of Artist Date / MP Issues

- Nov. 5 **WEEK 9:** Recovering a Sense of Compassion
 Fears that Block our Journey
 Creating Artist Totems
READINGS: p. 151-162
DUE: TASKS # 2, 4 (p.160, 161)
 Summaries of Artist Date / MP Issues
- Nov. 12 **WEEK 10:** Recovering a Sense of Self-Protection
 Workaholic / Deadlies
READINGS: p. 163-178
DUE: TASKS # 2, 3, 4 (p. 175,176)
 Summaries of Artist Date / MP Issues
- Nov. 19 **WEEK 11:** Recovering a Sense of Autonomy
 Acceptance / Artist's Altar / Self-Nurturing
READINGS: p. 179-192
DUE: TASKS # 2, 3, 10 (p. 190, 191)
 Summaries of Artist Date / MP Issues
- Nov. 26 **WEEK 12:** Recovering a Sense of Faith/ Epilogue
 Trusting Your Imagination / Creativity Contract
READINGS: p. 193 - 209
DUE: TASKS # 1, 8, 9 (p. 200, 201)
 Summaries of Artist Date / MP Issues
- Dec. 3 **Application of Artistry: Future Plan**