

ARTS 310 - UNLEASHING YOUR CREATIVITY

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

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

COURSE GOALS AND OBJECTIVES

1. Julia Cameron, creativity guru and inspirational teacher, shares her proven techniques of discovering /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 uncover their creative natures then activate their imaginative expressions through response to visual arts, music, journalling, poetry, storytelling, and film. Critical to this technique are **Morning Pages** (2-3 pages written 3-4 times weekly, long-hand in a journal) and **Artist's Dates** (solitary ventures into the world for inspiration). The text provides additional **TASKS** to dispel negative attitudes, refill our creative wells, and create a balanced way of life. 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) and turned in at the beginning of class. Work not received at the class onset will be credited as "Late" unless prior arrangements are made with instructor. **Any late work should be placed in my campus mailbox (See Humanities Program Asst. Sheryl Donaldson, New Hall, Rm 212).**

Use **MLA** style manual and proper pagination. (See example below.)

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 (Tasks, Final Project, (In-class assignments)	25 %

CALENDAR

WEEK OF	Jan. 14	TOPICS: Introduction to <u>The Artist's Way</u> Spiritual Electricity: The Basic Principles Journaling Techniques READINGS: p. 1-24 (review)
	Jan. 21	NO CLASS - ML KING, JR HOLIDAY
	Jan. 28	WEEK 1: Recovering a Sense of Safety Halls of Fame: Monsters/ Champions Creating Affirmations READINGS: p. 25-40 DUE: TASKS #3, 4, 6 (p.38,39) Summaries of Artist Date / MP Issues

- March 24 **WEEK 8: Recovering a Sense of Strength**
 Belief Systems / Color Personalities
 Collage (color - bring things of “your” color)
 Taking Risks/Childhood Connections (Messer)
 Freeing Creative Elves: Stretching (Messer)
READINGS: p. 129-150
DUE: TASKS # 1, 3 (p. 146, 147)
 Summaries of Artist Date / MP Issues
- March 31 **WEEK 9: Recovering a Sense of Compassion**
 Fears that Block our Journey
 Final Project Topics/Steps
READINGS: p. 151-162
DUE: TASKS # 2, 4 (p.160, 161)
 Summaries of Artist Date / MP Issues
- April 7 **WEEK 10: Recovering a Sense of Self-Protection**
 FIELD TRIP : Biltmore Village Galleries
 Art in Response to Visual Art
READINGS: p. 163-178
DUE: TASKS # 2, 3, 5 (p. 175,176)
 Summaries of Project Update / MP Issues
- April 14 **WEEK 11: Recovering a Sense of Autonomy**
 Acceptance / Artist’s Altar / Self-Nurturing
 Virtual Tour: Riverwalk Artist Websites
 Guided Imagery: Time Travel
 Art in Response to Imagination
READINGS: p. 179-192
DUE: TASKS # 2, 3 (p. 190, 191) and Gallery Write-Up
 Summaries of Project Update / MP Issues
- April 21 **WEEK 12: Recovering a Sense of Faith/ Epilogue**
 Trusting Your Imagination / Creativity Contract
READINGS: p. 193 - 209
DUE: TASKS # 8, 9 (p. 200, 201) and Time Travel Piece
 Summaries of Project Update / MP Issues (**insights**)
- April 28 **Application of Artistry: Future Plan**