

Syllabus: Spring 2024
UNCP5504.01 Courage to Becoming
Biz Bracher, Ph.D.

'Does it hurt?' asked the Rabbit.

'Sometimes,' said the Skin Horse, for he was always truthful. 'When you are Real you don't mind being hurt.'

'Does it happen all at once, like being wound up,' he asked, 'or bit by bit?'

'It doesn't happen all at once,' said the Skin Horse. "You become. It takes a long time. That's why it doesn't happen often to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in the joints and very shabby. But these things don't matter at all, because once you are Real you can't be ugly, except to people who don't understand."

-The Velveteen Rabbit

Mondays 4:30 - 6:50 pm

Stokes 109S

Contact Information:

617-552-1749 (BC office) or 617-775-1346 (emergencies only)

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Stokes 141S (inside the Academic Advising Center)

- Drop-in, in-person office hours: Wednesday 9:30-11 am and 2-3:30 pm
- or by appointment (if these dates/times do not work for you).

Evaluation and Grading:

- **Participation= 20 points:** Each student is expected to be **prepared to participate actively and thoughtfully** in every class and/or online discussion board. **It is my expectation to hear every voice at least once in every class.** You are about to embark in the world of work...it is time to get comfortable sharing your voice in your workspaces. Our classroom is one of these workspaces! **Illness or isolation/quarantine are the ONLY two reasons to miss class.**
 - **Weekly Journal Reflections are included in participation points**
- **The Retrospective Papers:**
 - *A Cannonball Moment*- Due Monday, March 25th = 15 points
- **The Present Papers:**
 - *What's in My Backpack*- Due Monday, Feb. 5th = 10 points

- **The Prospective Paper:**
 - *HOW will I Become?* -Due Mon., April 8th = 10 points
 - *Conversation Partners*- 15 points total
 - Three “interviews” with alumni conversation partner
- **Final Presentation and paper:**
 - Presentations during class on 29th = 15 points
 - Paper Due **no later** than Friday, May 10th @ 5 pm =15 points

Required Texts (available for purchase in the bookstore):

Brown, B. (2010). *The Gifts of Imperfection*. NY: Hazelden.

Clayton, E.A. (2022). *Cannonball Moments*. Chicago, IL. Loyola Press.

Frankl, V. *Man’s Search for Meaning*.

Mackesy, C. (2020). *The Boy, The Mole, The Fox, and The Horse*. NY. Harper One.

Palmer, P. (2000). *Let your life speak: Listening for the Voice of Vocation*. NY: Wiley.

Tolstoy, L. (2004). *The Death of Ivan Ilyich and Master and Man*. NY. Random House.

Supportive Texts and Selected Chapters Available on Canvas:

Brown, B. (2021). *Atlas of the Heart*. NY. Random House.

Brown, B. (2015). *Daring greatly: How the courage to be vulnerable transforms the way we live, love, parent, and lead*. NY: Avery.

Byock, S.D. (2023). *Quarter-life : The Search for self in early adulthood*. NY. Random House

Ferraresi, M. (2020). The Difficulty of Doing Nothing. *The Boston Globe*.

Jay, M. (2013). *The defining decade: Why your twenties matter and how to make the most of them*. NY: Hatchett Book Group.

Levine, M. (2012). *Teach your children well: Why values and coping skills mean more than grades, trophies, or fat envelopes*. NY: Harper

Lythcott-Haims, J. (2015). *How to raise an adult: Break free of the parenting trap and prepare your kids for success*. NY: St. Martin’s Press.

Lythcott-Haims, J. (2022). *Your Turn*. NY: St. Martin’s Press.

Peterson, A. (2017). *On edge: A journey through anxiety*. NY: Crown.

Porter, J. (2017). *Why You Should Make Time for Reflection (Even if you hate doing it)*. Cambridge, MA. Harvard Business Review

Volf, E., Croasum, M., & McAnnally-Linz (2023). *Life Worth Living: Change is hard*

Schedule and Assignments:

- Jan. 22nd (1) *Topics/Readings for Classroom Discussion: BE ATTENTIVE***
Introductions and review of course expectations and assignments
Heaps, J. (2023). *Being You*. (Canvas)
Porter, J. (2017). *Why You Should Make Time for Reflection (Even if You Hate Doing It)*. (Canvas)
Ferraresi, M. (2020). *The Difficulty of Doing Nothing*. (Canvas)
In-Class: Maria's Shriver's Commencement Address to the Univ. of Mich in 2023
In-Class meditation: Examen 2020 to 2024

Assignments:

Conversation Partners: Fill out Google Form ASAP if you haven't already
Reflection Paper #1: What's in your backpack? (DUE Mon., Feb. 5th)

- Jan. 29th (2) *Topics/Readings for Classroom Discussion: BE ATTENTIVE***
Class in Multi-Faith chapel???
Questions regarding syllabus and/or assignments?
Palmer, P. (2002). *Let Your Life Speak: Listening for the Voice of Vocation* (Book)
Mackesy, C. (2020). *The Boy, The Mole, The Fox, and The Horse*. (Book)
In-Class: The Practice of Being Still

- Feb. 5th (3) *Topics/Readings for Classroom Discussion: BE ATTENTIVE***
Palmer, P. (2002). *Let Your Life Speak: Listening for the Voice of Vocation* (Book)
Ferriss, T. TEDTalk: Why You Should Define Your Fears Instead of Your Goals
https://www.ted.com/talks/tim_ferriss_why_you_should_define_your_fears_instead_of_your_goals?autoplay=true&muted=true&language=en
20 Common Defense Mechanisms Used for Anxiety (Canvas)
In-class exercise: Fear Setting
Due: Reflection Paper #1: What's in Your Backpack?
Assignment: Journal Reflection: Friendly Feedback (Due Feb. 19th)

- Feb. 12th (4) *Topics/Readings for Classroom Discussion: BE INTELLIGENT***
LISTEN: Hidden Brain Podcast: The Secret Life of Secrets
<https://hiddenbrain.org/podcast/the-secret-life-of-secrets/>

O'Donnell, J. (2017). *Science Says These 38 Secrets Can Hurt Your Health & Career* (Canvas)

Due: 1st Conversation Partner Reflection (Journal)

Attend: *A Conversation with Celeste Ng* 7 pm in Gasson 100

Feb. 19th (5) *Topics/Readings for Classroom Discussion: BE INTELLIGENT*

Tolstoy, L. *The Death of Ivan Ilyich* (Book)

In-Class Exercise: Daily Examen: #28 *Choose Life*

Feb. 26th (6) *Topics/Readings for Classroom Discussion: BE INTELLIGENT*

Tolstoy, L. *The Death of Ivan Ilyich*

Frankl, V. *Man's Search for Meaning*.

Perera, A. (2020). *An Overview of Viktor Frankl's Logotherapy* (Canvas)

In Class: Trashing Our Values!

**Have a safe, fun, and invigorating spring break. And... make good choices!*

March 11th (7) *Topics/Readings for Classroom Discussion: BE REASONABLE*

Clayton, E. *Cannonball Moments*. (Canvas)

Volf, E., Croasum, M., & McAnnally-Linz: *Life Worth Living: Change is hard*. (Canvas)

In-class: Daily Examen: #34 *Most Important Moment*

Assignment: Retrospective Paper: My Cannonball Moment? (Due March 25th)

March 18th (8) *Topics/Readings for Classroom Discussion: BE REASONABLE*

Brown, B. *The Gift of Imperfection*

Brown, B. (2021). *Atlas of the Heart: Places we go when we fall short* (Canvas)

In class: Stanford...I Screwed Up!

In-class Exercise: Two Sides of a Coin

Due: 2nd Conversation Partner Reflection (Journal)

Assignment: Next class: bring an item that created a spark in you.

Movie Night: Soul @ 7 pm Location TBD pizza provided!

March 25th (9) Topics/Readings for Classroom Discussion: BE RESPONSIBLE

Frost, R. *The Road Not Taken* (Canvas)

Orr, D. (2015). *The Most Misread Poem in America* (Canvas)

In Class: Tomeau Estelrich Barcelo: *How Do I Get There?*

In Class: Meditation: The Spark

Due: Retrospective Paper: My Cannonball Moment? (Canvas)

Assignment: Prospective Paper: HOW will I Become? (Due April 8th)

April 1st (10) Topics/Readings for Classroom Discussion: BE RESPONSIBLE

Brooks, A. *Leadership Happiness: The Nantucket Project*

<https://nantucketproject.com/arthurbrooks/>

Peterson, A. (2017). *On edge: A journey through anxiety*. (Canvas)

In-Class Exercise: Daily Examen: #19 What was Draining? What was Life-giving?

Assignment: Final presentation (Due April 29) & Final paper (Due May 10)

April 8th Topics/Readings for Classroom Discussion: BE LOVING

Fromm, E. *The Art of Loving* (Canvas)

Cronin: *It's Complicated* (Canvas)

Whitehead & Whitehead-*Caritas- Love Realized and Transformed* (Canvas)

What Makes a Good Life? Lessons from the Longest Study on Happiness: Waldinger, R. (TEDTalk)

In-Class Exercise: What does love look like?

Due: Prospective Paper: HOW will I Become? (on Canvas)

TUES, April 16 (11) Topics/Readings for Classroom Discussion: BE LOVING

Byock, S.D. (2023). *Quarter Life* (Canvas)

Lythcott-Haims, J. (2022). *Your Turn* (Canvas)

Jay, M. (2012). *The Defining Decade* (Canvas)

In Class: Foster Wallace, D. *This is Water*

In Class: Daily Examen: #32 Past, Present, & Future

April 22nd (13) *Topics/Readings for Classroom Discussion: BE LOVING*
Lessons learned from your Conversation-Partners Conversations
Young Alumni Panel: The First Decade Out of College
Assignments: Prepare for your final presentation

April 29th (14) **Final Presentations: Class until 7 pm!**
7 minutes (sharp!) per person.
Presentation grade= delivery + content of ideas + connection to course materials

Written final Due on Canvas no later than Friday, May 10th at 5 pm

Academic Integrity https://www.bc.edu/bc-web/academics/sites/university-catalog/policies-procedures.html#academic_integrity_policies

Information for Student Disability Services <https://www.bc.edu/content/bc-web/offices/student-affairs/sites/dean-of-students/disability-services.html>