

**The Space Behind Our Eyes:  
Mental Health, Campus Life & Creative Self-Expression  
Arts and Sciences 1137, First-Year Seminar  
1 Semester-hour Credit  
AU2021 T/Th Any time Room**

**Instructor Name: Jeffrey Haase**  
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**Office Hours: TBD**

**Course Description**

The issue of mental health on campuses continues to eclipse almost everything, which is especially concerning to incoming freshman. 2020 increased the instability of our physical and mental capacity. Knowledge and expression are two ways of addressing the collective issues facing this ever-increasing complex topic. This class begins with the book, “Learning How to Do Nothing” by Jenny Odell that explores ways of resisting the attention economy. The course will dive into the rabbit holes about mental health and campus life through a series of articles, podcasts, videos, and topical research gathering techniques. We will take a broad look at examples and structures of creative expression and innovative storytelling. The final assignment will ask each student to create a story covering learnings, experiences, and feelings of what is important to know about mental health and campus life. These can take the form of videos, audio recordings, poetry, drawings, comic strips, short stories and installations. In addition students will post weekly in a coordinated effort on an Instagram page that visually journals our findings and conversations.

**Texts**

How To Do Nothing: Resisting The Attention Economy by Jenny Odell

**Course Policies**

Attendance is required

Class participation is expected and a major part of the weekly conversations and social media posts

Each student is expected to bring two or three challenging questions to class each week based on that week’s reading, viewing, and listening material.

**Course Objectives**

Take an intellectual approach to understanding mental health issues and its effect on campus life.

To Learn basics of research gathering and analysis

To survey creative expression examples and creative storytelling techniques in current culture

To develop skills in creative presentation and expression

## Grading

Assignment or category	Points
Participation in class discussions	30
Team based Instagram posts	20
Student self-expression presentations/process	20
Final self-expression assignment	30

### Late assignments

Communication requesting a modified deadline must take place within 24 hours of the original deadline. Any work received after the modified deadline will receive 50% credit.

### Academic Misconduct

It is the responsibility of the Committee on Academic Misconduct to investigate or establish procedures for the investigation of all reported cases of student academic misconduct. The term “academic misconduct” includes all forms of student academic misconduct wherever committed; illustrated by, but not limited to, cases of plagiarism and dishonest practices in connection with examinations. Instructors shall report all instances of alleged academic misconduct to the committee (Faculty Rule 3335-5-487). For additional information, see the Code of Student Conduct <http://studentlife.osu.edu/csc/>.

### Students with Disabilities

Students with disabilities (including mental health, chronic or temporary medical conditions) that have been certified by the Office of Student Life Disability Services will be appropriately accommodated and should inform the instructor as soon as possible of their needs. The Office of Student Life Disability Services is located in 098 Baker Hall, 113 W. 12th Avenue; telephone 614- 292-3307, [slds@osu.edu](mailto:slds@osu.edu); [slds.osu.edu](http://slds.osu.edu).

### Biographical Statement

**Jeffrey Haase** is an Associate Professor and Coordinator for the Interior Design major in the Department of Design. He is an architect, designer, and artist whose research is broadly defined as innovative place making. Specifically, his work is “process-based making” that explores spatial conditions of scale, representation, emotional content, and material innovation. These research efforts have resulted in local exhibitions, international workshops, papers, and presentations at conferences in United States, Europe and the Middle East. He has developed and/or instructed most of the courses for all Interiors design majors and this course is modeled after a 2019 graduate studio that researched mental health on campus, surveyed over 100 hundred students and created an 80 foot by 20 foot gallery installation that reflected the findings.

## Weekly Schedule

Week	topic	course materials
01and 02	Course and Personal intro Discuss HTDNothing Instagram post ideas, team 1 selection	Read: How To Do Nothing (intro, chap 1-3)
03 and 06	Topics include: Anxiety and Depression, The Attention Economy, Triggers vs. Affordances, The Complexity of Dualities. Weekly Instagram posts by selected student teams	Read: articles about mental health statistics and campus issues Listen: podcasts focusing on mental health Watch: Social Dilemma
07-11	Storytelling 101 The Written word, The Spoken word Visual Narratives 3D-4D Storytelling Activism and Spatial Narratives Weekly Instagram posts by selected student teams	Read: articles about storytelling structures, creative short stories, poetry, plays, comic strip narratives. Listen: podcasts, radio shows, and other unique audible storytelling examples Watch: videos and photographic storytelling
12-14	Personal expression and making Weekly Instagram posts by selected student teams	Weekly student presentations and project development