

**The Ohio State University
First-Year Seminar Program
Course Proposal**

Course Information

1. Attach a syllabus that includes the following (sample syllabi can be found at <http://firstyearseminars.osu.edu>):

- the course goals
- a brief description of the content
- the distribution of meeting times
- a weekly topical outline
- a listing of assignments
- grade assessment information (A-E or S/U)
- required textbooks and/or reading list
- the academic misconduct and disability services statements (sample statements can be found at <http://ascas.osu.edu/curriculum/asc-syllabus-elements>)

Instructor Information

2. Attach a brief biographical paragraph that includes the current research interests, teaching awards and honors, and undergraduate courses taught by the participating instructor(s).

Alexandra Suer // Consumer Sciences / Fashion and Retail Studies

Proposer's Name and Primary Academic Unit (please print)

Making Matters

Proposer's Title

Suer.15@osu.edu

Proposer's e-mail Address

March 1st, 2025

Submission Date

Erik Porfeli – Chair, Department of Human Sciences

Approval of Department Chair of Academic Unit (please print)

Please return this form and any attachments to Todd Bitters, bitters.4@osu.edu, no later than MARCH 1.

ALEXANDRA RUIZ SUER

ABOUT ME

Hello! My name is Alexandra Ruiz Suer and I am a senior lecturer with nearly a decade of experience teaching full time in the Fashion and Retail Studies program at The Ohio State University. I received my undergraduate degree in Architectural design from Miami University and went on to earn a Master's degree from the Knowlton School of Architecture at The Ohio State University. During my education within the Architectural design discipline, I learned to master my design eye and creativity through a number of 2D and 3D technologies, which allowed for the rendering of creative concepts to come to life both visually and spatially. I dabbled not only in multiple facets of design including architectural home, office, educational, and retail design but also ventured into furniture design, interiors and most importantly – fashion which in my eyes became a form of realizing “miniature architecture”. After participating in a number of student fashion design shows namely through an organization called the Fashion Production Association during my graduate studies, I decided to continue my education with a slight shift in design direction, focusing on fashion. I then went on to obtain an associate's degree in fashion design from Parsons the New School of Design located in one of the fashion capitals of the world, New York City. During this aspect of my education I learned flat patterning, draping, sewing, garment construction, and continued to refine my creativity and design skills using technology and computer aided design software. After having secured an extensive education in the field of design, I returned to Columbus, Ohio to work at the Express Corporate offices as a part of its' total quality management team. In this position, I worked cross functionally with all aspects of the business including sourcing and production, merchandising, marketing, technical and design team members. In addition to working in-house across corporate disciplines, I worked with third party vendors and a multitude of national and international garment manufacturing facilities and their factories to support in the quality production of garment designs. In addition to my experience in quality management at Express, I was both a colorist and textile technologist working on the raw materials team doing daily reviews of color and fabric submittals from dye house and textile manufacturers while collaborating with Express team members to ensure timely design quality product approvals.

Upon entering into higher education, I have utilized my industry experience and made an effort to bring my “real world” experience into the classroom and course content. I now advise the very same Fashion Production Association organization that I was a part of in my graduate school days and am constantly inspired by the students who work tirelessly to put on an annual fashion production. I have made it a priority to work with students and faculty outside of my discipline as a mentor through the STEP (sophomore transitional experience program) and General Education Launch programs and courses. Additional extra-curricular mentorship positions I have held include advising the student run organization, Scarlette Magazine, The Fashion Scholarship Fund case study competition, and as the Fashion and Retail Studies programs speaker series coordinator.

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<https://ehe.osu.edu/news/listing/fashion-and-retail-studies-alex-suer-distinguished-teacher>

“Art is not what you see, but what you make other's see” – Edgar Degas

ALEXANDRA RUIZ SUER

RESUME OF WORK

5797 Country House Ln Dublin, Ohio 43017
(e) suer.15@osu.edu
(c) 614.218.5002

EDUCATION

Harvard Business School Online

Design Thinking & Innovation: Certificate of Completion, June 2024

Entrepreneurship Essentials: Certificate of Completion, July 2022

Parsons The New School for Design New York City, New York

AAS of Fashion Design, 2013

Knowlton School of Architecture Columbus, Ohio

The Ohio State University

Master's of Architecture, 2012

Miami University Oxford, Ohio

Bachelor's Degree of Arts in Architecture, 2009

EXPERIENCE

The Ohio State University Columbus, Ohio

Fashion + Retail Studies Senior Lecturer, 2015 - Current

-Lecturer for courses 2370 Aesthetics of Fashion & Retail; 3470/4570 Product Development I & II; 3471 Textile Product Quality; 4990 Design Practicum/The Fashion Production Association; 5193 Ind. Study; GENED 1201 Launch Seminar, 7992 Teaching Practicum in Consumer Sciences

-10th year Speaker Series Coordinator

-FRS Advisory Board Student Experience & Student Placement Committee Member

-8th year S.T.E.P Mentor, advising 15-18 students each year

-1 year Buckeye's Together Faculty Lead

-9th year YMA Fashion Scholarship Fund Advisor Y2D winners 34 = \$292, 550 total scholarship awards

-Scarlette Magazine & Buckeye Beauties Student Organization Advisor

-Guest critic at OSU Knowlton School of Architecture & School of Design programs

"Seeing Beyond: An Introduction to Design Aesthetics & Adobe Photoshop"

Published Author Great River Learning, 2023

After recognizing a gap in the content needs of the 2370 Aesthetics for Fashion & Retail course, I developed a 10 chapter e-book which covers an introduction to the elements and principles of design, foundational aesthetics, and Adobe Photoshop in order to support students in understanding the power they have as future designers.

Express Corporate Office Columbus, Ohio

Assistant Textile Technologist & Colorist, 2014 - 2015

Assumed ownership over six departments including dual gender sweaters, outerwear, knit tops and assumed responsibility for wash approval for these departments. Worked daily to review and approve bulk submissions from overseas vendors to confirm fabric, garment and color quality consistency.

Total Quality Management Coordinator, 2013 - 2014

Responsibilities included managing and undertaking daily audits in store and within the home office. Worked with cross functional partners such as technical design, production, and merchant teams to ensure Express quality.

Knowlton School of Architecture Columbus, Ohio

Graduate Assistant, 2010 - 2012

Assisted in the instruction of the ARCH 201-202 Architectural Design I & II. Topics include creative building and landscape design, hand media, presentation techniques, and 3D modeling.

SKILLS**Architectural Design**

2D and 3D Computer Skills

AutoCAD, SketchUp, Rhino, Adobe Illustrator, Photoshop, architectural drafting, hand rendering, Wix Website content creation, Glowforge laser cutting, CNC routing, and basic wood shop machines.

Fashion Design

2D and 3D Design Creation Skills

Knowledge of garment fitting and construction, pattern making, drafting, measuring, sewing, draping, fashion drawing/hand rendering, Gerber YuniquePLM + Accumark, U4ia/Kaledo textile design, Adobe Creative Suite including Photoshop, Illustrator + InDesign, Microsoft Office.

**AWARDS/
RECOGNITION****Recipient - Provost's Award for Distinguished Teaching by a Lecturer**

The Ohio State University 2021

Semi-Finalist & Nominations for Distinguished Teaching by a Lecturer

The Ohio State University in 2016 , 2017, 2018

Nominations are made by students, faculty or staff , with the purpose to recognize the excellent and important work that auxiliary faculty in all the colleges on all campuses do to teach OSU students. Winners receive a \$5,000 honorarium and induction into the Academy of Teaching at The Ohio State University.

University Scholars + AAS Dean's Scholarship Parsons The New School for Design 2012-2013

These are design portfolio and merit-based scholarships.

"A Night with Tim Gunn" The Ohio State University 2012

Fashion Production Association finalist. Three winners had garments critiqued by Tim Gunn on the Wexner Center for the Arts runway presentation.

Robert E. Cassell '51 Memorial Scholarship The Knowlton School of Architecture 2011-2012

Established in 2006 by Charlene Cassell, family, friends, and colleagues in memory of Robert Cassell. This is a merit-based scholarship.

Fellowship + Graduate Assistant Scholarship The Knowlton School of Architecture 2009-2012

Full academic scholarship. These are design portfolio and merit-based scholarships.

ASSOCIATIONS**Fashion Production Association Design Director**

The Ohio State University, 2011 - 2012

Led and inspired the FPA student designers in design development, sewing, construction, and final execution for the 2012 FPA fashion show.

Friends of Guatemala Inc.

Not for Profit Charity, 2000 - Current

Active member and leader of FOG2.0 next generation of members. The organization helps to design multiple temporary shelters for poor families who travel long distances to city hospitals for medical care, supplies food, medical equipment and educational scholarships.

LANGUAGES**Bilingual**

English + Spanish

MAKING MATTERS
Arts and Sciences 1138, First-Year Seminar
1 Semester-hour Credit
Autumn 2025 Tuesday or Thursday / 1-2pm
Room TBD

Instructor Name: Alexandra Suer
E-mail: Suer.15@osu.edu

Office Hours: TBD

Course Description

In this course, we will engage in the art of creativity, design and "making" as a way to process emotions, encapsulate memories, practice mindfulness, promote self-expression and exercise reflection. We will explore "making" through a multitude of mediums and activities involving painting, drawing, writing, collaging, photography + digital art, sculpture and mixed media. Learning how to leverage the arts as an outlet can lead to self-soothing, help you to overcome obstacles, and be the mental outlet needed to find balance during your academic career and beyond. [Making Matters!](#)

Some OSU Campus Tours may Include:

Wexner Center for the Arts, Billy Ireland Cartoon Library & Museum, Thompson Library (Poetry), Hopkins Hall Gallery, Campus Walk of Key Sculptures, and the Historic Costume and Textiles Collection etc.

"We're on the verge of a cultural shift in which the arts can deliver potent, accessible, and proven solutions for everyone's wellbeing.....engaging in an art project for as little as forty-five minutes reduces the stress hormone cortisol....and one art experience per month can extend your life by ten years."
(Susan Magsamen + Ivy Ross authors of the course text – Your Brain on Art: How the Arts Transform Us)

This course will also utilize the "Guided Art Therapy Card Deck" – which includes activities that will help students explore topics such as:

- Addressing Inner Conflict
- Building Self-Confidence
- Creative Problem Solving
- Cultivating Self-Care
- Exploring Emotions/Feelings/Relationships/Memories/Senses and Tastes
- Expressing Needs
- Increasing Awareness/Gratitude and Happiness/Mindfulness and Attention
- Regulating Emotions
- Relieving Stress and Promoting Relation
- Self-Reflection

Texts

Required Text (\$17 Amazon):

“Your Brain on Art: How the Arts Transform Us” by Susan Magsamen and Ivy Ross
(7 Chapters and Conclusion, Approximately 30 pg. Chapters)

Art & Making Supplies

Drawing Set Sketching Kit (\$25 Amazon):
<https://a.co/d/aeOeiXE>

Additional Materials Fee: \$25

*Most materials will be upcycled or found objects, however there are a few items that will need to be purchased for in class activities such as clay, cyanotype paper, paint (acrylic/watercolor). Mod podge, a small wooden lidded box for each student.

Additional materials that will be provided to students at no cost: scrap fabrics, sewing/stitching supplies, printouts, tissue paper, scrap paper, markers, glue sticks, decorative objects (such as glitter, beads, feathers etc).

** Should the additional materials fee be cost prohibitive, assignments can be edited accordingly or I will gladly look into grant funding for student supplies.

Course Policies

This is a 1 credit-hour course. According to [Ohio State bylaws on instruction](http://go.osu.edu/credit%20hours) (go.osu.edu/credit hours), students should expect around 1 hour per week of time spent on direct instruction (class sessions and Carmen activities, for example) in addition to 2 hours of homework (reading and assignment preparation, for example) to receive a Satisfactory grade.

Expectations for:

- Attendance
Research shows regular participation is one of the strongest predictors of success. With that in mind, this course has the following expectations for everyone’s participation:
Attending all class sessions:
You are expected to attend and actively participate in your class session every week. If you have a situation that might cause you to miss more than one class session such as illness or a death in the family, please discuss it with me as soon as possible. You will still be responsible for the work you miss during that time.
- Class Participation

When meeting in the classroom, please come prepared with all required art materials and supplies needed for the session. It will be made clear what supplies students should have and what additional materials will be provided. On tour days, make sure to have comfortable shoes for walking and sketchbooks for ideation and collecting inspiration.

- **Respectful Engagement**
Participation will be evaluated in part on a student's ability to communicate constructively and respectfully with other members of the class. To create a space that is welcoming to all learners, please maintain a respectful tone in your posts and responses, even when there is disagreement. Often when we disagree, asking questions of each other is an opportunity for us to learn more, challenge ourselves and grow in our ways of thinking.
- About every other week, a short summary will be due on the text/readings surrounding the weekly topic and medium.
- Students will be asked to briefly share their work with the class on weeks activity assignments are due. These will be informal, "feed forward" conversations and are meant to be a way of collectively supporting each other's creativity and thought processes.

Course Evaluation:

	#	Points Each	Total Points
Introduction & Picture Post	1	25	25
Ch. 1-7 Text Summaries	7	25	175
Campus Tour Participation	7	25	175
In Class Activities	7	25	175
Activity Assignments	7	25	175
Final Presentation & Reflection	1	75	75
SUB TOTAL POINTS			800
Satisfactory POINTS needed to pass Course (75%)			600

Counseling and Consultation Service

As a student you may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, alcohol/drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance or reduce a student's ability to participate in daily activities. The Ohio State University offers services to assist you with addressing these and other concerns you may be experiencing. If you or someone you know are suffering from any of the aforementioned conditions, you can learn more about the broad range of confidential mental health services available on campus via the Office of Student Life's Counseling and Consultation Service (CCS) by visiting ccs.osu.edu or calling [614-292-5766](tel:6142925766). CCS is

located on the 4th Floor of the Younkin Success Center and 10th Floor of Lincoln Tower. You can reach an on call counselor when CCS is closed at [614-292-5766](tel:614-292-5766) and 24 hour emergency help is also available through the 24/7 National Suicide Prevention Hotline at 1-800-273-TALK or at suicidepreventionlifeline.org.

Grading

This course will be graded on an S/U grading basis meaning Satisfactory/ Unsatisfactory. You will earn credit hours for a mark of S, no credit for a mark of U. Neither mark will be counted in your GPA. A final grade of 75% or higher is considered a Satisfactory, passing grade.

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/>.

Disability Services

The university strives to maintain a healthy and accessible environment to support student learning in and out of the classroom. If you anticipate or experience academic barriers based on your disability (including mental health, chronic, or temporary medical conditions), please let me know immediately so that we can privately discuss options. To establish reasonable accommodations, I may request that you register with Student Life Disability Services. After registration, make arrangements with me as soon as possible to discuss your accommodations so that they may be implemented in a timely fashion.

If you are isolating while waiting for a COVID-19 test result, please let me know immediately. Those testing positive for COVID-19 should refer to the Safe and Healthy Buckeyes site for resources. Beyond five days of the required COVID-19 isolation period, I may rely on Student Life Disability Services to establish further reasonable accommodations. You can connect with them at slds@osu.edu; 614-292-3307; or slds.osu.edu.

Statement on Religious Accommodations

Ohio State has had a longstanding practice of making reasonable academic accommodations for students' religious beliefs and practices in accordance with applicable law. In 2023, Ohio State updated its practice to align with new state legislation. Under this new provision, students must be in early communication with their instructors regarding any known accommodation requests for religious beliefs and practices, providing notice of specific dates for which they request alternative accommodations

within 14 days after the first instructional day of the course. Instructors in turn shall not question the sincerity of a student's religious or spiritual belief system in reviewing such requests and shall keep requests for accommodations confidential.

With sufficient notice, instructors will provide students with reasonable alternative accommodations with regard to examinations and other academic requirements with respect to students' sincerely held religious beliefs and practices by allowing up to three absences each semester for the student to attend or participate in religious activities. Examples of religious accommodations can include, but are not limited to, rescheduling an exam, altering the time of a student's presentation, allowing make-up assignments to substitute for missed class work, or flexibility in due dates or research responsibilities. If concerns arise about a requested accommodation, instructors are to consult their tenure initiating unit head for assistance.

A student's request for time off shall be provided if the student's sincerely held religious belief or practice severely affects the student's ability to take an exam or meet an academic requirement and the student has notified their instructor, in writing during the first 14 days after the course begins, of the date of each absence. Although students are required to provide notice within the first 14 days after a course begins, instructors are strongly encouraged to work with the student to provide a reasonable accommodation if a request is made outside the notice period. A student may not be penalized for an absence approved under this policy.

If students have questions or disputes related to academic accommodations, they should contact their course instructor, and then their department or college office. For questions or to report discrimination or harassment based on religion, individuals should contact the Office of Institutional Equity.

Statement on Artificial Intelligence and Academic Integrity

There has been a significant increase in the popularity and availability of a variety of generative artificial intelligence (AI) tools, including ChatGPT, Sudowrite and others. These tools will help shape the future of work, research and technology but when used in the wrong way, they can stand in conflict with academic integrity at Ohio State.

All students have important obligations under the [Code of Student Conduct](#) to complete all academic and scholarly activities with fairness and honesty. Our professional students also have the responsibility to uphold the professional and ethical standards found in their respective academic honor codes. Specifically, students are not to use unauthorized assistance in the laboratory, on field work, in scholarship or on a course assignment unless such assistance has been authorized specifically by the course instructor. In addition, students are not to submit their work without acknowledging any

word-for-word use and/or paraphrasing of writing, ideas or other work that is not your own. These requirements apply to all students undergraduate, graduate, and professional.

To maintain a culture of integrity and respect, these generative AI tools should not be used in the completion of course assignments unless an instructor for a given course specifically authorizes their use. Some instructors may approve of using generative AI tools in the academic setting for specific goals.

However, these tools should be used only with the explicit and clear permission of each individual instructor, and then only in the ways allowed by the instructor.

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Statement on Sexual Misconduct/Relationship Violence

Title IX makes it clear that violence and harassment based on sex and gender are Civil Rights offenses subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories (e.g., race). If you or someone you know has been sexually harassed or assaulted, you may find the appropriate resources at <http://titleix.osu.edu> or by contacting the Ohio State Title IX Coordinator at titleix@osu.edu.

Statement on Diversity

The Ohio State University affirms the importance and value of diversity in the student body. Our programs and curricula reflect our multicultural society and global economy and seek to provide opportunities for students to learn more about persons who are different from them. We are committed to maintaining a community that recognizes and values the inherent worth and dignity of every person; fosters sensitivity, understanding, and mutual respect among each member of our community; and encourages each individual to strive to reach his or her own potential. Discrimination against any individual based upon protected status, which is defined as age, color, disability, gender identity or expression, national origin, race, religion, sex, sexual orientation, or veteran status, is prohibited.

Biographical Statement

Hello! My name is Alexandra Ruiz Suer and I am a senior lecturer with a decade of experience teaching

full time in the Fashion and Retail Studies program at The Ohio State University. I received my undergraduate degree in Architectural design from Miami University and went on to earn a Master's degree from the Knowlton School of Architecture at The Ohio State University. During my education within the Architectural design discipline, I learned to master my design eye and creativity through a number of 2D and 3D technologies, which allowed for the rendering of creative concepts to come to life both visually and spatially. I dabbled not only in multiple facets of design including architectural home, office, educational, and retail design but also ventured into furniture design, interiors and most importantly – fashion which in my eyes became a form of realizing “miniature architecture”. After participating in a number of student fashion design shows namely through an organization called the Fashion Production Association during my graduate studies, I decided to continue my education with a slight shift in design direction, focusing on fashion. I then went on to obtain an associate's degree in fashion design from Parsons the New School of Design located in one of the fashion capitals of the world, New York City. During this aspect of my education I learned flat patterning, draping, sewing, garment construction, and continued to refine my creativity and design skills using technology and computer aided design software. After having secured an extensive education in the field of design, I returned to Columbus, Ohio to work at the Express Corporate offices as a part of its' total quality management team. In this position, I worked cross functionally with all aspects of the business including sourcing and production, merchandising, marketing, technical and design team members. In addition to working in-house across corporate disciplines, I worked with third party vendors and a multitude of national and international garment manufacturing facilities and their factories to support in the quality production of garment designs. In addition to my experience in quality management at Express, I was both a colorist and textile technologist working on the raw materials team doing daily reviews of color and fabric submittals from dye house and textile manufacturers while collaborating with Express team members to ensure timely design quality product approvals.

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Weekly Schedule

Week 1 – Course Introduction & Medium // Painting

READ: “Your Brain on Art: How the Arts Transform Us” // Ch. 1 The Anatomy of the Arts (p.3-26)

DUE: Order Text & Art Kit (advise early so they are prepared week 1 for reading and in class activity)

IN CLASS ACTIVITY:

Exercise #7 – “A Good Mess”

Goal for Activity: To Let Go of Perfectionism and Expectations

OUT OF CLASS ACTIVITY:

Choose any Painting Exercise from the “Art Therapy Card Deck” to complete.

Please identify Exercise #

Week 2 – Medium // Painting

READ: “Your Brain on Art: How the Arts Transform Us” // Ch. 2 Cultivating Well-Being (p.27-60)

DUE: Ch. 1 The Anatomy of the Arts Summary + Introduction & Picture Post

IN CLASS ACTIVITY: Tour // The Wexner Center for the Arts (OSU Campus)

OUT OF CLASS ACTIVITY: Continue to work on Painting Exercise

Week 3 – Medium // Drawing

READ: Continue Reading Ch. 2

DUE: Painting Exercise from the “Art Therapy Card Deck”

IN CLASS ACTIVITY: Exercise #23 – “Dinner Party”

Goal for Activity: To Explore Yourself and Your Relationships

OUT OF CLASS ACTIVITY:

Choose any Drawing Exercise from the “Art Therapy Card Deck” to complete.

Please identify Exercise #

Week 4 – Medium // Drawing

READ: “Your Brain on Art: How the Arts Transform Us” // Ch. 3 Restoring Mental Health (p.61-96)

DUE: Ch. 2 Cultivating Well-Being Summary

IN CLASS ACTIVITY: Tour // Billy Ireland Cartoon Library & Museum (OSU Campus)

OUT OF CLASS ACTIVITY: Continue to work on Drawing Exercise

Week 5 – Medium // Writing

READ: Continue Reading Ch. 3

DUE: Drawing Exercise from the “Art Therapy Card Deck”

IN CLASS ACTIVITY:

Exercise #35 – “Gratitude List”

Goal for Activity: To Increase Feelings of Gratitude and Happiness

OUT OF CLASS ACTIVITY:

Choose any Writing Exercise from the “Art Therapy Card Deck” to complete.

Please identify Exercise #

Week 6 – Medium // Writing

READ: “Your Brain on Art: How the Arts Transform Us” // Ch. 4 Healing the Body (p.62-96)

DUE: Ch. 3 Restoring Mental Health Summary

IN CLASS ACTIVITY: Tour // The Writing Center or Thompson Library Poetry Section (OSU Campus)

OUT OF CLASS ACTIVITY: Continue to work on Writing Exercise

Week 7 – Medium // Collage

READ: Continue Reading Ch. 4

DUE: Writing Exercise from the “Art Therapy Card Deck”

IN CLASS ACTIVITY:

Exercise #39 – “My Retreat”

Goal for Activity: To Express Your Needs and Desires

OUT OF CLASS ACTIVITY:

Choose any Collage Exercise from the “Art Therapy Card Deck” to complete.

Please identify Exercise #

Week 8 – Medium // Collage

READ: “Your Brain on Art: How the Arts Transform Us” // Ch. 5 Amplifying Learning (p.97-134)

DUE: Ch. 4 Healing the Body Summary

IN CLASS ACTIVITY: Tour // Hopkins Hall Gallery (OSU Campus)

OUT OF CLASS ACTIVITY: Continue to work on Collage Exercise

Week 9 – Medium // Photography & Digital Art

READ: Continue Reading Ch. 5

DUE: Collage Exercise from the “Art Therapy Card Deck”

IN CLASS ACTIVITY:

Exercise #49 – “Color Walk”

Goal for Activity: To Calm through Mindfulness

OUT OF CLASS ACTIVITY:

Choose any Photography & Digital Art Exercise from the “Art Therapy Card Deck” to complete.

Please identify Exercise #

Week 10 – Medium // Photography & Digital Art

READ: “Your Brain on Art: How the Arts Transform Us” // Ch. 6 Flourishing (p.166-200)

DUE: Ch. 5 Amplifying Learning Summary

IN CLASS ACTIVITY: Tour // OSU Digital Union: Prototyping Studio (2D/3D) (OSU Campus)

OUT OF CLASS ACTIVITY: Continue to work on Photography & Digital Art Exercise

Week 11 – Medium // Sculpture

READ: Continue Reading Ch. 6

DUE: Photography & Digital Art Exercise from the “Art Therapy Card Deck”

IN CLASS ACTIVITY:

Exercise #65 – “Friendly Feast”

Goal for Activity: To Boost Happiness through Social Connection

OUT OF CLASS ACTIVITY:

Choose any Sculpture Exercise from the “Art Therapy Card Deck” to complete.

Please identify Exercise #

Week 12 – Medium // Sculpture

READ: “Your Brain on Art: How the Arts Transform Us” // Ch. 7 Creating Community (p.201-227) & Conclusion (p.228-246)

DUE: Ch. 6 Flourishing Summary

IN CLASS ACTIVITY: Tour // Glass Blowing Demo or Campus Walk of Key Sculptures (OSU Campus)

OUT OF CLASS ACTIVITY: Continue to work on Sculpture Exercise

Week 13 – Medium // Mixed Media

READ: Continue Reading Ch. 7 & Conclusion

DUE: Sculpture Exercise from the “Art Therapy Card Deck”

IN CLASS ACTIVITY:

Exercise #75 – “Cozy Comfort”

Goal for Activity: To Increase Self-Reflection and Encouragement

OUT OF CLASS ACTIVITY:

Choose any Mixed Media Exercise from the “Art Therapy Card Deck” to complete.

Please identify Exercise #

Week 14 – Medium // Mixed Media

READ: N/A

DUE: Ch. 7 Creating Community & Conclusion Summary

IN CLASS ACTIVITY: Tour Theater Department Studio (OSU Campus) or Historic Costume and Textiles Collection (Temporarily located on High Street)

OUT OF CLASS ACTIVITY: Continue to work on Mixed Media Exercise

Week 15 – Summary

READ: N/A

DUE: Mixed Media Exercise from the “Art Therapy Card Deck”

IN CLASS ACTIVITY: Final Presentations & Reflection