

# 2018 Classes Without Quizzes

## Class Guide and Schedule

### Session 1 (9:00-10:00 a.m.)

#### 1A: Your World - Protected (Law Enforcement/Insurance)

**Tim Daszko**  
**General Special Investigator**  
**Farmers Insurance**

This session will give you an overview of how to protect your property and vehicle from being targeted by burglars. What makes you a target? You will learn how to prevent and protect through deterrence and insurance.

#### 1B: I Am Not An Alien!

**Dr. Elizabeth Weiss**  
**Professor - Anthropology**  
**SJSU College of Social Sciences**

In this session, you will learn about human skeletal variation to dispel popular myths, such as those on alien races and biblical giants. It will feature a slideshow illustrating some normal and culturally modified forms of skeletal variation; in addition, real skeletal remains will be used to help you grasp the variation that anthropologists who study bone see every day and how they determine whether this variation is normal or caused by disease. People are used to seeing external human variation and are accepting of people who look different from them; now, it's time to learn that variation is more than skin deep!

#### 1C: The Autobiography of My Other: Getting to Know Our Characters

**Dr. Keenan Norris**  
**Assistant Professor - English**  
**Evergreen Valley College**

The most fundamental challenge in storytelling is figuring out what has molded and what motivates the characters in our stories. Whether writing a stream-of-consciousness monologue or plot-driven genre thriller, it is imperative that we know our characters deeply. This session, which will introduce its attendees to several productive writing exercises and imaginative strategies, will explore the ways that we as writers can get to know those characters of ours whose personalities we must coax from the shadows.

#### 1D: Is Your Dream Really Worth It?

**Tony Shavers**  
**Leadership Annual Giving Officer**  
**SJSU University Advancement**

If your life depended on you pursuing your dreams, what would you do differently than what you are currently doing now? If you are able to answer this question in any form or fashion then this session is for you! This workshop will help you discover your passion, purpose, and plan and at the same time help you locate your true identity, reveal it, and then give you the confidence to take it to where it is needed in your community.

## **Session 2 (10:10-11:10 a.m.)**

### **2A: Star Trek: Lessons in Intercultural Communications**

**Dr. Marquita Byrd**  
**Associate Professor - Communication Studies**  
**SJSU College of Social Sciences**

This session will look at what the world learned about culture, diversity, communication and social justice from StarTrek. It will focus on ways in which a TV show shaped our vision of the future as well as racial and gender images in the 23rd Century.

### **2B: Stress-Free Entertaining for Business and Pleasure**

**Syndi Seid**  
**Founder/Director**  
**Advanced Etiquette**

A fun and informative session on how to entertain at home, in a restaurant, private club and elsewhere from start to finish. This will include forming the guest list, sending invitations by regular mail and electronically, pre-party considerations and strategies. It will also focus on planning in advance for success, what to do at the event, and after the event.

### **2C: Tai Chi Stationary Meditation for Health**

**Gong Chen**  
**Professor - Kinesiology**  
**SJSU College of Applied Sciences and Arts**

This hands-on session will explore tai chi stationary meditation form for relaxation, stress reduction, and inner health for brain and organs.

### **2D: Global Economy and Social Impacts**

**Dr. Tai-Ran Hsu**  
**Professor – Mechanical Engineering**  
**SJSU College of Engineering**

This session will begin with historic events of mass movements of people and goods from one location to others early in human civilization to the wide spread of global business operations and industrial productions by outsourcing and insourcing in the 1980s. Global economic developments in the past 4 decades have produced major shifts of global wealth distributions between the “have” and “have-not” countries, and it has resulted in many social impacts to our societies, both positive and negative to our lives. The session will end with the current malaise of the economic well-being of this country, and with a personal view on possible “cure.”

## **Session 3 (11:20 a.m.-12:20 p.m.)**

### **3A: Hand Drumming as Medicine Device**

**Dr. Folarin Erogbogbo**  
**Assistant Professor – Biomedical, Chemical and Materials Engineering**  
**SJSU College of Engineering**

Hand drumming is the most accessible form of music that exists. You can do it anywhere and anytime. A medical device is a healthcare product that achieves its primary intended purpose without chemical or metabolic actions. This session explores the intersection of hand drumming and medical devices by presenting the advances in studies that explore the therapeutic effects of hand drumming and initiates the unfamiliar to the world of medical devices. Participants get to learn a few tips and tricks to practice on their own.

### **3B: Brain Training: Improved Thinking or Wishful Thinking?**

**Dr. Valerie Carr**  
**Assistant Professor - Psychology**  
**SJSU College of Social Sciences**

Brain training has become a multimillion-dollar industry, with a wide range of products marketed as improving your attention, memory, thinking speed, and more. Brain training games are designed to be fun and entertaining, and consumers typically show significant improvement on the games that they practice. Do such improvements translate to improvements in real-world cognition, as well? In this session, we'll dig into whether there is scientific evidence for the claims made by brain training companies, and we'll consider evidence-based approaches for keeping our brains healthy as we age.

### **3C: Reed Magazine: A 151-Year Legacy at SJSU**

**Cathleen Miller**  
**Associate Professor - English**  
**SJSU College of Humanities and the Arts**

Last year Reed Magazine celebrated its 150-year anniversary on campus. Founded in San José State's Department of English in 1867, Reed is the oldest literary journal in the West. This session will offer something for writers and readers alike. We will discuss what is happening with Reed today, and let you examine some of the vintage issues from our archives. We will discuss the process of selecting the short stories, poetry, essays, profiles, art, and photography that we publish. You will have an opportunity to meet our editors and ask questions. We will conclude our session with a sneak preview of our forthcoming issue devoted to California. Attendees will receive a complimentary copy of our 150th-anniversary issue, and a special invitation for alumni to attend the launch party for Reed 151 at the Hammer Theatre in the fall with special guest T. Coraghessan Boyle.

### **3D: The Women who Loved (and Tried to Love) Civil War Amputees**

**Dr. Brian Miller**  
**Dean of Humanities, Social Sciences, and Fine Arts**  
**Mission College**

This session will explore the lives of Civil War veterans who returned from the war missing a limb. For many of these men, they faced numerous challenges encompassed by their adjustment to a world they now faced as a newly disabled individual. For many men, they relied exclusively on the kindness of their female compatriots, who served as the crutches to help fill many an empty sleeve around the nation. This session provides historical insights into how veterans adjust to the trauma of war and how a society must rally together to cope with the aftermath of the destructive nature of conflict.