

Course Description Form

Course number and section: THTR 212 001

Course Topic: Creativity as Source and Resource

Credits: 3

Term: 1

Instructor: Denise Kenney

Weekly guided studio practice will engage students in a process-oriented exploration of creativity as a source of personal growth and expressive freedom, and a resource for the cultivation of self-confidence, resilience, and well-being. Prerequisite: Any first-year studio course offered by the Department of Creative Studies or permission of the instructor. Course Format: 3 hrs of guided studio practice per week. By engaging in weekly guided studio practice, students will gain a deep awareness of their own creative process by exploring creative practices that stimulate sensory imagination, nurture intuitive expressivity, and reconnect us to others and to the world.

Tentative Reading List: (Be as concise as possible with your reading list, but please also specify the genre of each required text. See sample below)

Bogart, Anne. "Chapter 2: Cast Down Your Bucket." *The Art of Resonance*, Methuen Drama, London, 2021. (pp 17-33)

Burkeman, Oliver. "Chapter 8: You Are Here." *Four Thousand Weeks*, Random House UK, London, 2022. (pp 125-136)

Hari, Johann. Chapter 2: "The Crippling of Our Flow States." *Stolen Focus- Why You Can't Pay Attention and How to Think Deeply Again*, Random House UK, London, 2022. (pp 46-62)

Lukianoff, Greg and Jonathan Haidt. "The Decline of Play." *The Coddling of the American Mind: How Good Intentions and Bad Ideas Are Setting up a Generation for Failure*, Penguin Books, London, 2019. (pp181-194)