Academy for Lifelong Learning

Courses & Workshops
Spring Term 1997

University of Hawai‘i at Mānoa
Colleges of Arts & Sciences
For more information about programs, opportunities and membership benefits in the Academy for Lifelong Learning, call 956-2707 or 956-8224. Volunteers are always welcome! Visit the Academy for Lifelong Learning offices in Hawai'i Hall 5 on the University of Hawaii at Manoa campus.

Our mailing address is:

The Academy for Lifelong Learning, UH-Manoa, 2500 Campus Road, Hawai'i Hall 105, Honolulu, HI 96822

ALL is funded in part by a grant from the State of Hawai'i Department of Business, Economic Development & Tourism.

Join us at the Academy!

The Academy for Lifelong Learning (ALL) at the University of Hawai'i at Manoa is an educational program that offers courses and special multidisciplinary projects to encourage individuals from all walks of life to engage their minds, enrich their lives, and serve the community. The only requirements for participation in ALL are life experience and a desire to learn. Founded by community individuals and a group of emeriti faculty from the University, the academy sustains its program activities through volunteerism, individual contributions, and membership fees. Membership entitles participants to enroll in courses and workshops, participate in special events, and receive a quarterly newsletter. If you'd like to join, please complete the pull-out enrollment form in the center section of this brochure, include check for membership, and use the attached return envelope to mail the membership forms to the Academy for Lifelong Learning.
Welcome to the Academy's Spring Session 1997

This Spring we are offering a wide array of short courses, workshops, and special lecture series for members. If you'd like more information about the Academy's programs or volunteer opportunities, call 956-2707 or 956-8224 or drop by our offices on the UH Manoa campus at Hawai'i Hall Room 5. If you wish, you may e-mail a message to: rgoodman@hawaii.edu for more details on ALL membership.

Be sure to mark your calendars for the community celebration of the Academy's new programs, Friday, March 21 from 10 a.m. to 4 p.m. in the Campus Center Ballroom, UH-Manoa.

COMMUNITY LECTURE SERIES

- David Yount, author, UH professor
  "What I learned in my 20 years as a University researcher and observer"
  February 19, 11 a.m. - Noon, Campus Center 307

- Bob Krauss, columnist, Honolulu Advertiser
  "What I learned in my 20 years as a journalist"
  February 26, 11 a.m. - Noon, Campus Center 307

- Betty Vitousek, Family Court Judge
  "What I learned in my 20 years on the bench"
  March 5, 11 a.m. - Noon, Campus Center 307

- Thomas Dinell, Emeritus Professor, Urban & Regional Planning, Emeriti Lecture Series
  March 11, 11 a.m. - Noon, Campus Center 307

- Agnes Niyekawa, Emeritus Professor, Japanese, Emeriti Lecture Series
  March 19, 11 a.m. - Noon, Hawaii Hall 5
• **The Joy of Volunteering**  
**Instructor:** Betty Ann Keala, member, UH Arts & Sciences Advisory Council; community volunteer  
**Class meetings:** Friday, April 4  
**Time:** 11 a.m. to Noon  
**Location:** Hawai‘i Hall 5  
**Description:** Volunteering benefits both the individual and the organization. In this workshop, benefits will be discussed primarily from the standpoint of the individual volunteer. Also covered will be some of the considerations relative to the choice of the volunteer activity and the organization.

• **Crime Prevention Tactics**  
**Instructor:** Officer Gary Lahens, Honolulu Police Department, Information Resource Services  
**Class meetings:** Wednesday, April 16  
**Time:** 10 a.m. to Noon. Repeated at 1 p.m. - 3 p.m.  
**Location:** Hawai‘i Hall 5  
**Description:** The Honolulu Police Department's Information Resource Services offers street-smart strategies for avoiding crime and scams aimed at older consumers.

**COURSES--Spring 1997**

• **Knowledge Navigation in the 90s**  
**Instructor:** Dr. John Haak, UH Librarian  
**Class meetings:** Tuesdays, April 8, 15, 22  
**Time:** 10 a.m. to Noon  
**Location:** Hamilton Library Room 1, UH-Manoa  
(Class meets in computer training room in basement; enrollment is limited to 28.)  
**Description:** Course will introduce participants to computer-assisted library information systems including UHCARL and the World Wide Web. Participants will have a hands-on opportunity to search databases to find useful information. Handouts will be provided to explain concepts and guide search efforts.

• **On Living Your Dying**  
**Instructor:** Dr. Mitsuo Aoki, Emeritus Professor  
**Class meetings:** Thursdays, April 10, 17, 24, May 1  
**Time:** 10 a.m. to Noon  
**Location:** Hawaii Hall 5, UH-Manoa  
**Description:** Is there a meaning of death that will restore to death its awe-inspiring qualities? Only when we can acknowledge death's dignity and power will we be able to live life fully and joyfully. Hence the saying: "the more absolute the death, the more authentic the life."
• The Psychology Behind Shakespeare
Instructor: Dr. Alice Scheuer, Psychology
Class meetings: Tuesdays-Thursdays, April 8, 10, 15, 17, 22, 24, May 1, 6, 8, 13, 15
Time: 10 a.m. to 11:30 a.m.
Location: Gartley 216 Conference Rm., UH-Manoa
Description: Through readings, lectures, and discussions, we will review four of Shakespeare's major tragedies and leading characters from Hamlet, Macbeth, Othello, and Romeo and Juliet. We will analyze the "fatal flaws" of the characters and the role of "Fate" in the tragedies in terms of literary criticism, and also analyze the characters' problems in terms of contemporary psychiatric/psychological diagnoses.

• What Are You Really Saying? Strategies for Better Communication
Instructor: Dr. Ronald Cambra
Class meetings: Mon, April 14, 21, 28, May 5, 12
Time: 4:30 p.m. - 6:30 p.m.
Location: Hawai'i Hall 5
Description: This interpersonal conflict management course will deal with the nature and causes of conflict in interpersonal situations. Course will do assessments of personal conflict style, analyzing issues and goals for managing controversy, improving listening skills, developing strategies and tactics for conflict situations. Course will combine theory and practical application skills building.

• Insiders Only: The Legislative Process
Instructor: Samuel B.K. Chang, former Director, Legislative Reference Bureau, State of Hawai'i
Class meetings: April 2
Time: 10 a.m. to Noon
Location: Hawai'i Hall 5
Description: Workshop presents a brief introduction to the legislative branch of government and its primary function of making laws. The first hour will cover the composition of the legislature since statehood until present. The second hour will describe how a bill becomes law. Relevant handouts will accompany discussion.

• In Search of Wisdom
Instructor: Vernon Char, Attorney at Law
Class meetings: Wednesdays, May 7 and 14
Time: 10 a.m. to Noon
Location: Hawai'i Hall 5
Description: Wisdom is the universal but elusive concept. Wisdom is the capacity to judge rightly in matters relating to life and conduct. We will examine readings from Socrates, Confucius, Ecclesiastes, Joseph Campbell, Albert Einstein, and others. What does a wise person know...so we can learn? How does a wise person act...so we can follow that example? The wisdom quest is both an intellectual exercise as well as a means to explore new horizons for personal growth.
• How to Write a Splendid Biography
Instructor: Dr. George Simson, Director, Center for Biographical Research
Class meeting: Friday, April 11
Time: 10:00 a.m.-Noon
Location: Hawai‘i Hall 5
Description: In the world of contemporary biography, both serious biographies and junk biographies have one thing in common: neither is meant to be read in full. Serious biographies are often extensions of their indexes: they are earnest reference books for the serious accomplishments and hidden psychopathologies of their subjects. Junk biographies are covert reference books for the titillating exploits and forbidden sociopathologies of their subjects. The former are read as stoic duty; the latter are read as hedonic naughtiness. This workshop will submit for discussion a new format for serious biography that will better reflect the life course. It will propose nothing more for the mental tapioca of the junk biography except how to detect it. As background to our discussion, I suggest Blanche Cook’s *Eleanor Roosevelt* as an example of excellent biography and George Carpozi’s *Poison Pen: ...Kitty Kelly*, as the most fraudulent biography obtainable. Most other biographies lie somewhere between these two.

• Shakespeare and His Plays
Instructor: David Johnson
Class meetings: Tues, April 8, 15, 22, 29, May 6, 13
Time: 5:30 p.m. - 7:30 p.m.
Location: Gartley Hall 216 Conf. Rm., UH-Manoa
Description: Enjoy Shakespeare, the world’s finest playwright and poet. Six sessions include an introduction, one history, two comedies, and two tragedies, *Shakespeare, His Life, Times & World; Richard III; A Midsummer’s Night’s Dream; Macbeth; Twelfth Night; King Lear*. We will discuss Shakespeare’s use of plot, structure, character development, humor, imagery, word music, and dramatic devices. We’ll consider each play as a whole, focus on selected passages, and view one or more videos of a scene.

• What Makes Schools So Hard to Change?
Instructor: Dr. Mary Anne Raywid
Class meetings: Wednesdays, April 9, 16, 23, 30
Time: 10 a.m. - 11:30 a.m.
Location: Gartley Hall 216 Conf. Rm., UH-Manoa
Description: Why do we struggle so unsuccessfully to change public schools? Four sessions will examine some of the major school improvement efforts and strategies employed to date. We will attempt analysis of what makes the challenge so cussedly difficult and review lessons learned. We’ll explore some current change efforts and their prospects. Throughout, we will examine specific examples as well as broad trends.
Move It: Loosening, Strengthening, and Toning for Older Adults
Instructor: Dr. Harry Tagomori, UH-Manoa
Class meetings: Thursdays, April 3, 10, 17, 24
Time: 9:00 a.m.-10 a.m.
Location: Hemenway Hall 208 Exercise Room
Description: An introductory overview will provide participants with information and techniques to build a stronger, healthier body through soft exercises, stretches, and slow movements. Prior to the course, a physical exam by your personal physician is highly recommended. Forms for assumption of risk will be distributed during the first class meeting. Participants are strongly advised to inform instructor of any health problems during initial class meeting.

To enroll in courses or workshops, fill out membership enrollment form in the center of this brochure, remove, and mail to: Academy for Lifelong Learning, 2500 Campus Road, Hawai‘i Hall 105, UH-Manoa, Honolulu, HI 96822

WORKSHOPS--Spring 1997

Critical Thinking: Good Thinker's Tool Kit
Instructor: Dr. Thomas Jackson, Philosophy
Class meetings: Monday April 7 and 14
Time: 10 a.m.-Noon
Location: Hawai‘i Hall 5
Description: This two-part workshop aims to develop critical thinking skills. It will begin with a bit of "thinking about thinking" to help clarify critical thinking. Next, we will together construct a "Good Thinker's Tool Kit." The Kit consists of 7 letters, each letter standing for a cognitive skill essential to thinking critically. We will then practice using the Kit on newspaper articles, a current controversy, and a brief TV spot.

What's So Funny? A Study of Humor
Instructor: Dr. Thomas Brislin, Journalism
Class meetings: Wednesday, April 9
Time: 3:00 p.m.-5:00 p.m.
Location: Hawai‘i Hall 5
Description: A brief walk through a garden of humor and its tangles of social and cultural contexts, with an occasional slip on a banana peel! What are the classical forms of humor? What is it that makes some situations funny and not others? How does humor work as a "social lubricant" or safety valve? We'll look at, and discuss, examples of classic, contemporary, and local humor.
Workshops:

Critical Thinking: Good Thinker's Tool Kit  
April 7, 14; 10 a.m.-Noon; Hawaii Hall 5

What's So Funny? A Study of Humor  
April 9; 3:00 p.m.-5 p.m.; Hawaii Hall 5

How to Write a Splendid Biography  
April 11; 10 a.m.-Noon; Hawaii Hall 5

Insiders Only: The Legislative Process  
April 2; 10 a.m.-Noon; Hawaii Hall 5

In Search of Wisdom  
May 7, 14; 10 a.m.-Noon; Hawaii Hall 5

The Joy of Volunteering  
April 4; 11 a.m.-Noon; Hawaii Hall 5

Crime Prevention Tactics  
Two presentations on April 16; 10 a.m. - Noon; Repeated at 1 p.m.-3 p.m.; both presentations held in Hawaii Hall 5

Confirmation of your course and workshop enrollment will be sent to you at the mailing address you provide on the reverse side of this pull-out form. Please use the return envelope provided to send us your enrollment application, membership check, and selected courses.

Session and Annual Membership Information

Members of the Academy for Lifelong Learning may enroll in courses and workshops, participate in special events, receive a quarterly newsletter, and join community service projects. There are no membership requirements of prior educational experience. Two categories of membership are:

• Session Member, $45. Session membership entitles an individual to enroll and attend up to a total of two courses/workshops during one session term (one session is three months--Spring, Fall or Winter term); receive the ALL newsletter, and attend special events.

• Annual Member, $115. Annual membership entitles an individual to enroll and attend up to a total of two courses/workshops per term each year (there are three terms each year, Spring, Fall, Winter); to receive the ALL newsletter; attend special events; receive selected University Library privileges and access to other University activities.

Please note: Membership fees (both annual and session) are nonrefundable. Annual membership is for a period of twelve months, April 1, 1997 through March 31, 1998. New annual members may join at any time, but there is no pro rata fee reduction for joining after April 1.

Additional tax deductible contributions to ALL are always welcome. Please indicate amount and include with membership enrollment payment. Make check payable to: UH Foundation Account # 18-079-0. Thank you for your support!
Enrollment/Membership Form--Spring 1997

NAME: ____________________________________________
ADDRESS: ________________________________________
PHONE: ____________________________________________

1. Print your name, address, and telephone number(s) above. Please print clearly.

2. Select a membership category from one of the two choices listed below. (Membership fees are nonrefundable. Annual membership is for a period of 12 months, April 1, 1997-March 31, 1998. For details on membership information and benefits, see page 7.)

   ___ I wish to be enrolled as a Session Member for $45 for one Term. Enclosed is my check for $45 made payable to University of Hawaii Foundation, Account 18-079-0.

   ___ I wish to be enrolled as an Annual Member for $115 for one year. Enclosed is my check for $115 made payable to University of Hawaii Foundation, Account 18-079-0.

3. On pages 9-10, mark those courses in which you wish to enroll for Spring 1997. Membership entitles you to select a total of two courses or workshops per session.

4. Remove the entire center section of this brochure (pages 7-10) and mail to: Academy for Lifelong Learning, 2500 Campus Rd., Hawaii Hall 105, UH-Manoa, Honolulu, HI 96822.

Course/Workshop Enrollment Form

Mark below the courses/workshops in which you wish to enroll for Spring 1997. Membership in ALL entitles you to select a total of two courses or workshops each session. For more information about specific courses or workshops, refer to the detailed descriptions throughout this brochure.

Courses: (Select a total of two courses and/or workshops)

   ___ Knowledge Navigation in the 90s
       April 8, 15, 22; 10 am.-Noon; Hamilton Library Rm. 1

   ___ On Living Your Dying
       April 10, 17, 24, May 1; 10 a.m.-Noon; Hawaii Hall Rm. 5

   ___ The Psychology Behind Shakespeare
       April 8, 10, 15, 17, 22, 24, May 1, 6, 8, 13, 15; 10 a.m.-Noon;
       Gartley 216 Conference Room

   ___ What Are You Really Saying?
       Strategies for Better Communication
       April 14, 21, 28, May 5, 12; 4:30 p.m.-6:30 p.m.; Hawaii Hall 5

   ___ Shakespeare and His Plays
       April 8, 15, 22, 29, May 6, 13; 5:30 p.m.-7:30 p.m.; Gartley 216 Conf.

   ___ What Makes Schools So Hard to Change?
       April 9, 16, 23, 30; 10 a.m.-11:30 a.m.; Gartley 216 Conf. Rm.

   ___ Move It: Loosening, Strengthening, and Toning for Older Adults
       April 3, 10, 17, 24; 9 a.m.-10 a.m.; Hemenway Hall 208