



FALL 2022
Course Catalog

SENIOR COLLEGE

 BSUSeniorCollege@bridgew.edu

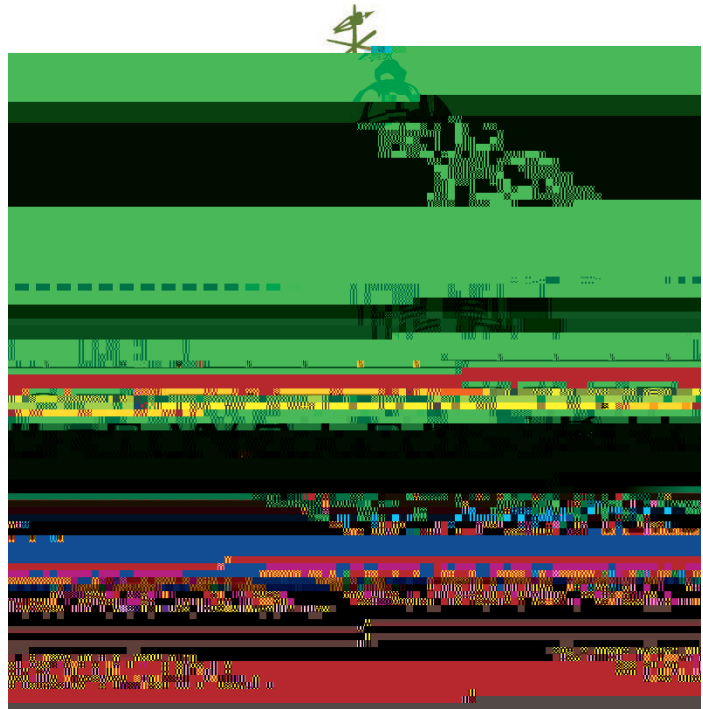
 (508) 531-2570

 [https://www.bridgew.edu/ccs/
seniorcollege](https://www.bridgew.edu/ccs/seniorcollege)



SENIOR COLLEGE

AT BRIDGEWATER STATE UNIVERSITY



Lifelong learning for curious adults.

Six-week in-person and Zoom courses that foster
creativity, self-discovery, and learning.

All are welcome!

College of Continuing Studies
Moakley 211
100 Burrill Avenue
Bridgewater, MA 02325

Visit us on Facebook

[https://www.facebook.com/BSU
SeniorCollege](https://www.facebook.com/BSUSeniorCollege)

Thank you to our partners—
The Bridgewater Public Library, the Bridgewater Senior Center,
the Center for Active Living in Plymouth, and BSU Attleboro!

Use of Zoom

Zoom is a popular video conferencing platform. It's easy to use—once you are set up, you only need a few clicks to start talking to your peers and instructors online. It can be used on your smartphone, tablet, or computer. Senior College staff are happy to meet with you virtually to help you get started!

You can watch this video to learn more about how to use Zoom:

<https://www.youtube.com/watch?v=9isp3qPeQ0E>

Who can participate?

The Senior College is geared towards adult learners 50 and older. However, we don't verify your age. Most of our members are in their 60's, 70's, and 80's!

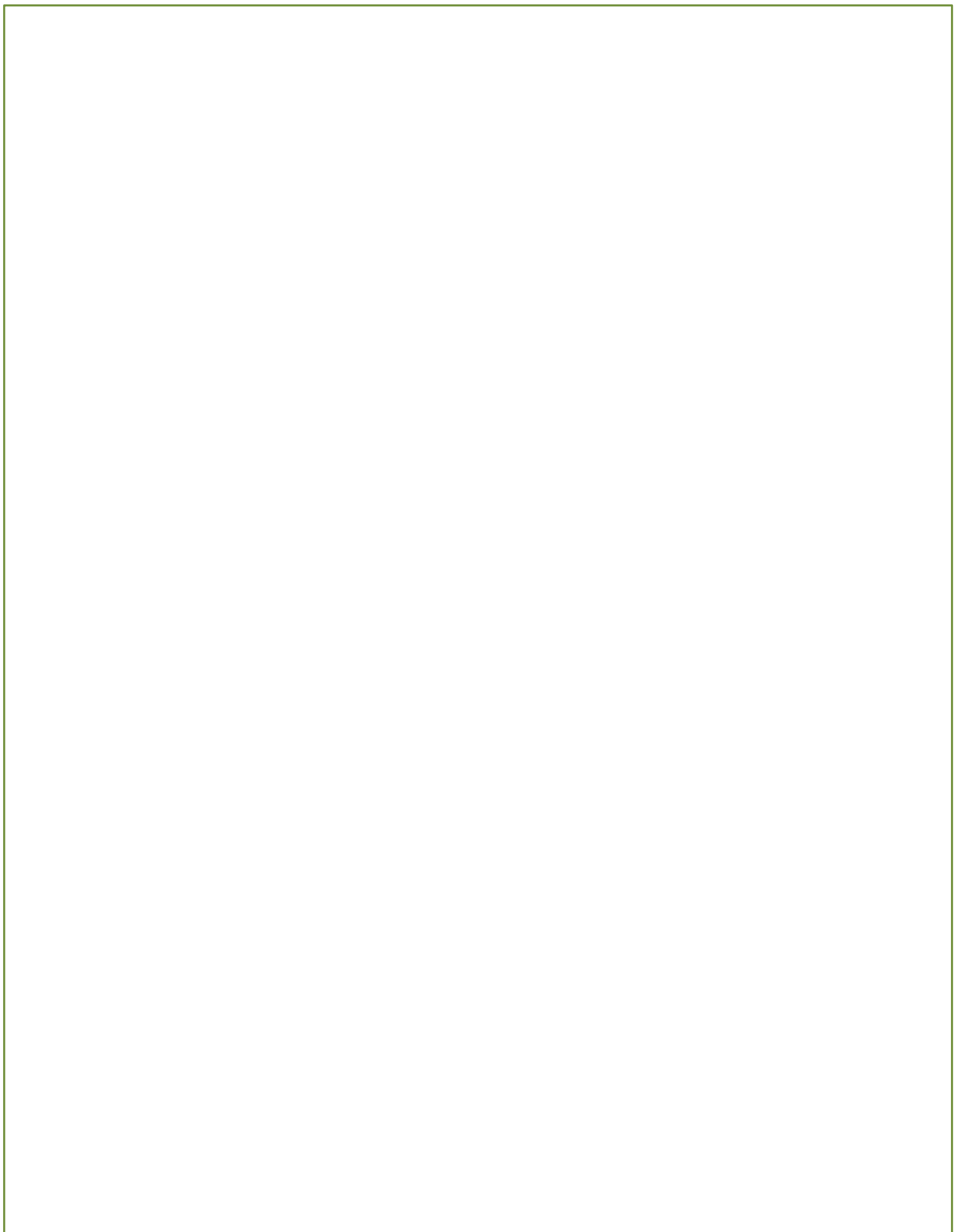
Are there tests or assignments?

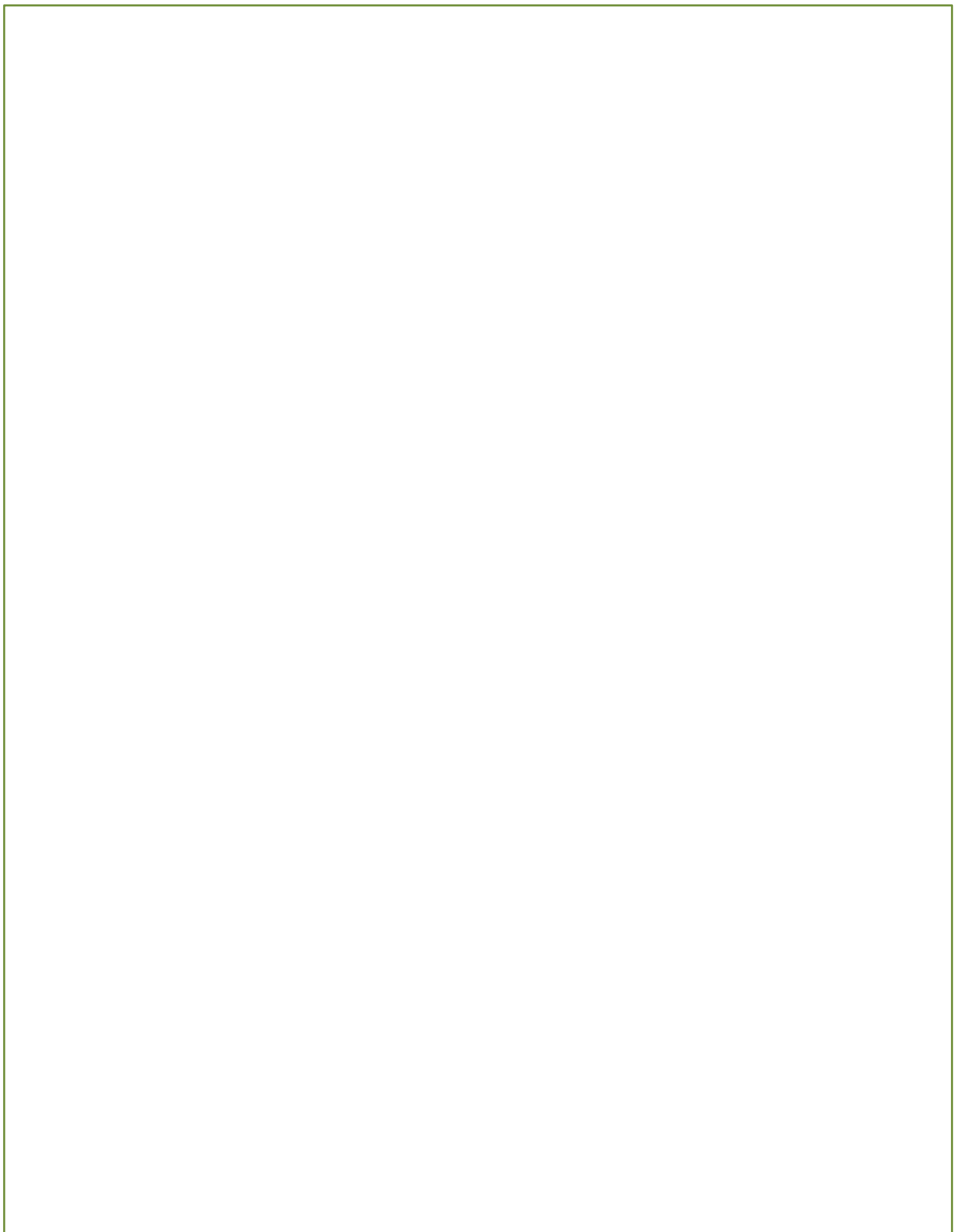
No. The Senior College is for enrichment and fun. Learning for the sake of learning. Sometimes our instructors will provide reading materials or other resources (such as YouTube videos, Ted Talks, etc.). Those are not required, but they will enhance your learning experience.

Do you have to be an alum of Bridgewater State University to attend the Senior College?

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SEPTEMBER COURSES





Political Discussion: Issues of the Day
(12-week course)

Nan Loggains

Wednesday

9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26,

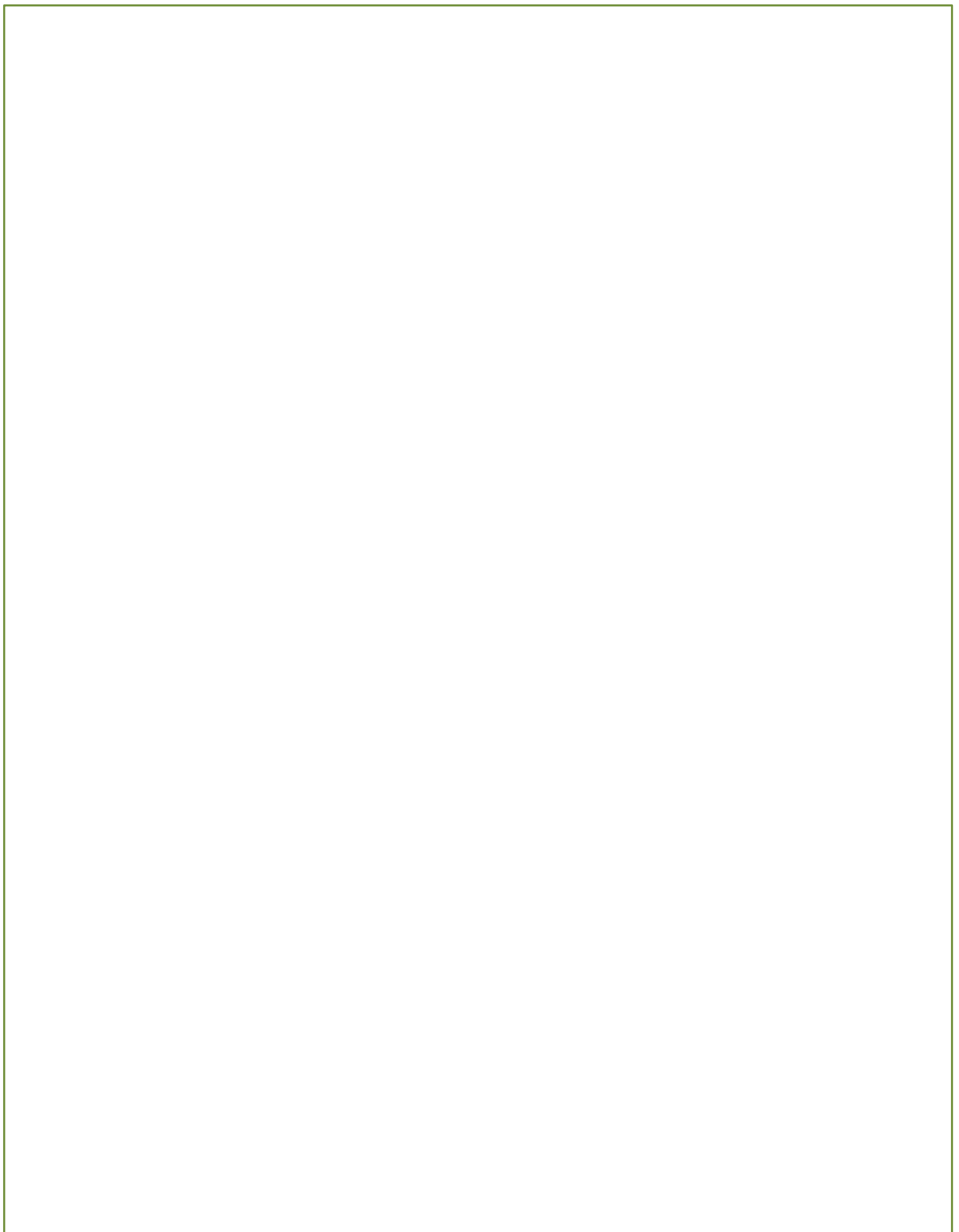
11/2, 11/9, 11/16, 11/30, 12/7

10:00-11:20am

Zoom, this course will not be recorded.

Each week the members of this discussion group will gather to discuss important political topics in the news. Each session includes two to three topics. We begin each topic with a brief overview prior to discussion. All

viewpoints are welcome, and discussion is encouraged.



The Great American Musical - 50 Years of the Tony Award Winners

Lisa Rafferty

Thursday

9/29, 10/6, 10/13, 10/20, 10/27, 11/3

2:30-3:50pm

Zoom, this course will not be recorded.

This class will explore the obvious and the unexpected nominees and winners of the Tony Award for Best Musical over the past 50 years. Each week will include lecture, discussion, and Q&A on the history, leading artists and collaborators on those Broadway shows. Links will be shared to videos of shows and documentaries. The Tony Awards have celebrated musical genres from pop, rock, country, hip hop, Motown, and operetta. Together we will celebrate this incredible art form which has spread joy, opened worlds, and created a community of theater fans the world over.

Playwright, director, producer Lisa Rafferty creates documentary plays which celebrate the strength and resiliency of heroic women and men. Her show about the fearless and outspoken Betty Ford - SHE DID ALL THAT - premiered in Boston in 2018 and will be presented by the Gerald R. Ford Presidential Foundation in April 2022 in Grand Rapids. This past November was the world premiere of ONWARD – Votes for Women, a documentary play which honors the fight for women's suffrage, commissioned by the Associates of the Boston Public Library. With Joey Frangieh, she created Boston Theater Company's FINISH LINE, about the 2013 Boston Marathon which premiered at the Shubert Theatre in 2017. Her comedies series, The MOMologues 1, 2 and 3,

has appeared in 27 states and around the world. A workshop of MOMologues the Musical took place in NYC in Fall 2021 with a Broadway cast. Lisa teaches theater at Bridgewater State University and is a proud member of the Dramatists Guild and the Stage Directors and Choreographers Society.

OCTOBER COURSES

Coming to America: A Brief History of Immigration and Laws

Sandra Mondykowski Temple

Monday

10/3, 10/17, 10/24, 10/31, 11/7, 11/14

10:00-11:20am

Zoom, this course will be recorded.

Widely considered a wellspring for US greatness, immigration has also been a source and expression of our deepest conflicts. Join Sandra as she explores the different waves of immigration, both willing and unwilling as well as the laws and the political changes behind them that affected who came here, when and in what number. Present-day Native Americans are descendants from the first groups that came seeking better hunting grounds 20-25,000 years ago. The Norse Vikings arrived on the northern coast of Newfoundland, Canada in 1001 CE. Spain, France, and Great Britain established colonies in the 1500 and 1600s. Africans came unwillingly. Slavery in the Americas was over a century old before the first ship landed in Jamestown in 1619. Willing immigrants came from Northern and Central Europe through the 1860s followed by Asians during the California Gold Rush and the building of the

Transcontinental railroad. The four decades from the 1880s to the 1920s brought people from Southern and Eastern Europe. The last century has seen immigrants from all over the world, especially from Central and Latin America and Asia. Recurring bouts of Nativism and changes in immigration regulations and laws have contributed to the ebb and flow of peoples from various nations.

Sandra Mondykowski Temple is an instructor at the Boston University's

enjoyment. Topics will include getting started, layout and track planning, an

This course will focus on the upcoming midterm elections in Massachusetts and nationwide. It will examine the national conditions and issues shaping the elections for U.S. House and Senate. The course will explore the race for Governor of Massachusetts and statewide initiatives on the ballot. It will conclude with a review of the post-election results and a preview of the forthcoming 2024 presidential election.

Brian Frederick is Professor and Chair of the Department of Political Science at Bridgewater State University. He specializes in the field of American politics. He teaches classes in campaigns and elections, public opinion, political parties and interest groups, women and politics, undergraduate research methods and data analysis for public administration. His research focuses on the U.S. Congress, women and politics and campaigns and elections. He is author of the book *Congressional Representation and Constituents: The Case for Increasing the House of Representatives* and coauthor (with Laurel Elder and Barbara Burrell) of the book *American Presidential Candidate Spouses: The View From the Public*.

Soul Series Meditation

Laura DeSimone

Monday

10/17, 10/24, 11/7, 11/14, 11/21, 11/28

6:45-8:05pm

Zoom, this course will be recorded.

Is meditation an existing practice for you or are you interested in going a bit deeper in your meditations? If so, please join Laura DeSimone for the Soul Series Meditations. These meditations were lovingly written by Laura to instill and foster a deep dive inward

to offer a reflective and restorative moment in your week. The meditation topics include: love, truth, compassion, soul journey, stillness, and metta. The class will begin with a centering check-in circle, and then the meditation itself. After the approximately 45-50 minute meditation, we will have a reflective closing circle. Laura hopes to see you there.

Laura DeSimone is a certified Mindfulness Meditation Teacher and a Usui Reiki Master Teacher. As a life-long learner committed to expanding her understanding and use of mindfulness, Laura is currently studying to become a 200-hour yoga teacher, Social Emotional Learning Facilitator, and a Wellness Facilitator. Meditation and mindfulness have been important parts of Laura's daily life for many years and her ambition is to teach others so they, too, can find peace, comfort, and insights through regular practice.

Reading Poetry Together

Susan Levasseur

Monday

10/17, 10/24, 10/31, 11/7, 11/14, 11/21

1:00-2:20pm

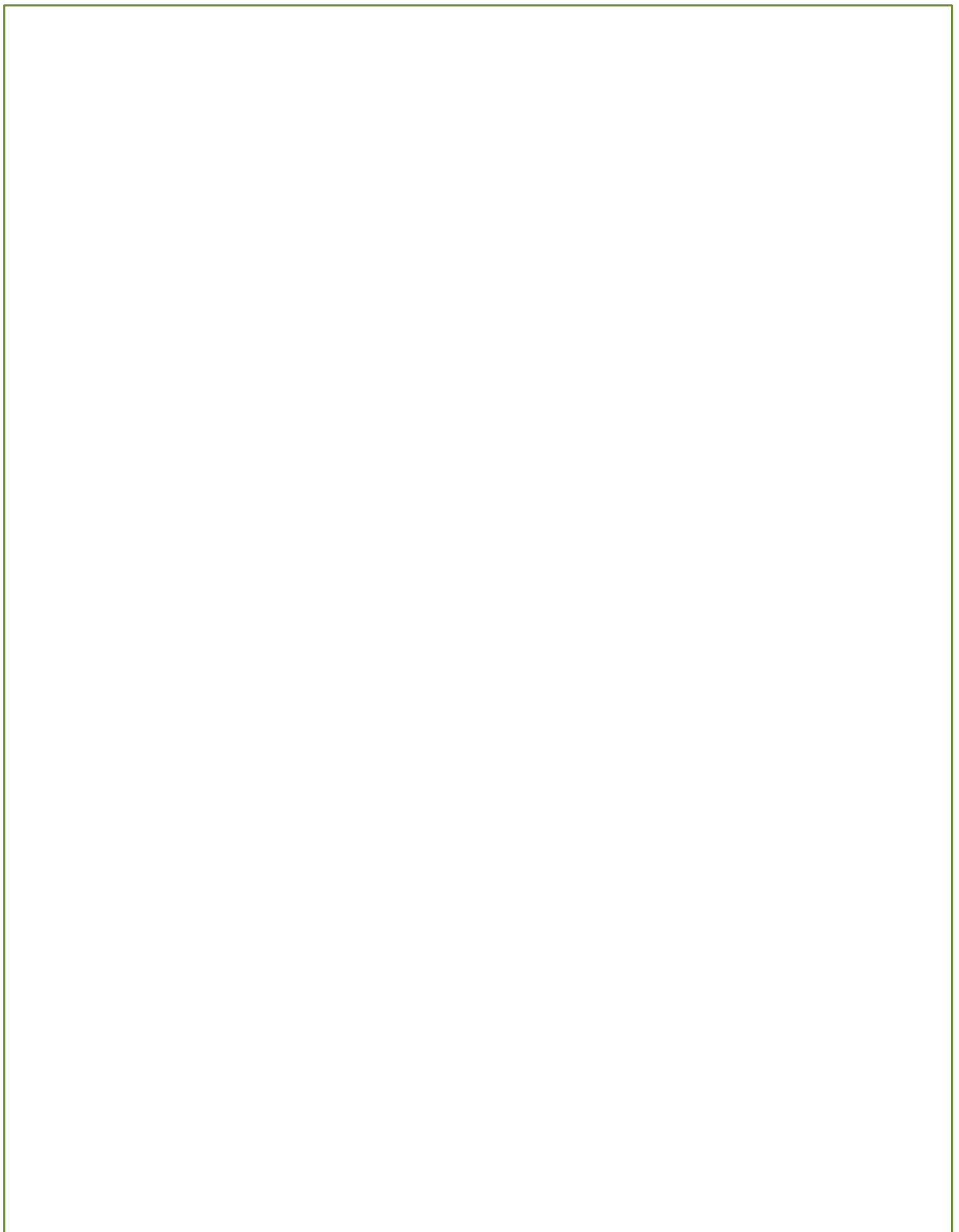
Zoom, this course will be recorded.

The premise behind this course is simple: we enjoy poetry more—appreciate it more--when we examine it closely with a community of careful readers. Over the course of our six weeks together we will work to fully appreciate short poems written in the English language from the Renaissance to this century. Emphasis will be placed on hearing diverse voices from various times, places, and

rediscovered. We will read poems out loud while practicing our scansion skills, noting patterns of sound and rhythm. We will tease out possible interpretations of metaphors. We will discuss the historical and biographical context that frames each poet and poem. Why are some poems read over and over, delighting generations of readers? Why are some considered landmarks of social change? What do you enjoy in a poem?

This class will be taught in a Group Discussion style. Members will be provided with copies of poems in advance of class and will be expected to come to class with notes, ready to share their discoveries about each poem, but open to contributions from other group members. Our goal will be to work towards a richer understanding of each poem together.

Susan Levasseur earned degrees in literature at the University of New Hampshire and the University of New Mexico before earning her Ph.D. in English at Temple University in Philadelphia. A part-time instructor in the English and Communication Studies departments at BSU for eight years, she teaches college-writing classes



Shelia Kelleher has 20 years of performing experience and eight years of directing experience in community theatre all over the South Shore. She has a Master's degree in Theatre Education from Emerson College. For her Master's Thesis Project she developed a

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Dr. Caroline Stanley is a clinical psychologist and professor at Bridgewater State University. Her clinical specialization is in child and family studies. Her research focuses on the teaching of psychology. Specifically, she explores the effectiveness of classroom-based, experiential techniques for promoting personal change. She has over a dozen published works and collaborates with an international team of researchers on the teaching of psychology.

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market order, the nature and justification of authority, and virtue theory.

NOVEMBER COURSES

The 1980's: From the Reagan Revolution to the Big Chill

Nan Loggains

Tuesday

11/1, 11/8, 11/15, 11/29, 12/6, 12/13

10:00-11:20am

Zoom, this course will be recorded.

Enjoy time-travelling back to the 1980s. Topics covered include the end of the return of conservatism during the Reagan years, NASA's space shuttle program, the emergence of personal computers, the Iran-Contra affair, the Exxon Valdez, and much more. We'll also take time to remember the popular culture of the era including the beginning of MTV, shoulder pads in women's clothing, food courts at the local mall, and Cabbage Patch dolls. The format for the course will be primarily lecture, but there will be ample time for questions and class discussion.

Nan Loggains has been teaching in the BSU Senior College since 2020 and loves getting to know her students. She spent eight years on active duty in the Army working in military intelligence. While in the Army, Nan spent time in Germany, Alabama, Texas, Arizona, and Monterey, California (along with a number of TDY - temporary duty assignments). Nan has been at Bristol Community College since 2010. She loves teaching and has taught a variety of history courses including all the foundation courses and several special topics courses (Vietnam War, Cold War, America's War on Terrorism, and The 1960s). She has also taught a series of courses on contemporary politics including Election 2020 and this fall's Politics 2022: Mandates to Midterms. Nan also works as a senior

special programs coordinator on the Attleboro campus.

Egypt: Gift of the Nile

Frank B. Cook

Wednesday

11/2, 11/9, 11/16, 11/30, 12/7, 12/14

Noon-1:20pm

Zoom, this course will be recorded.

One of the most interesting and enduring civilizations of ancient history is Egypt. The Father of History, Herodotus, identified the Egyptian civilization as "the gift of the Nile." Through lectures, discussion, and activities, illustrated with pictures taken by the presenter while studying archaeology in the Middle East, participants will travel back in time to visit this mysterious, fascinating society of the past. Presented against a timeline of history, the lives of the great pharaohs will be revealed, along with a glimpse of everyday life along the Nile.

Students will learn how the great building projects synonymous with Egypt - the pyramids, temples, and tombs - were built, along with the religious beliefs that drove these massive construction projects. While the term mythology is usually associated with

Management Department and serving as an Academic Advisor for Accounting, Management, and Economics. He has been teaching at the Attleboro campus since 2017. Frank earned a bachelor's degree in history, a master's degree in education, and has completed further graduate work in U.S. history, military history, and archaeology. A member of the Society for Military History, Frank is currently writing a book about his father's experience in Europe during World War II.

Geology of the National Parks

Jessica Campbell

Thursday

11/3, 11/10, 11/17, 12/1, 12/8, 12/15

5:15-6:35pm

Zoom, this course will be recorded.

In this course we will explore some of the nation's most popular national parks, and some lesser-known parks, through a geologic lens. We will explore topics such as plate