

INNOVATIVE EDUCATIONAL DEVELOPMENT

fall 1990

University of Oregon Erb Memorial Union Mezzanine 110 346-4305



CREDIT CLASSES

NON-CREDIT CLASSES

Speedreading

2 sections: Sat 10-4pm Nov 17
Th 7-9:50pm Nov 29-Dec 6

Fee \$25 each

Instructor: Dr. Jay Polmar

In this class you will learn skills to: improve your reading speed, eliminate bad reading habits, improve concentration and take better class notes.

Accelerate Your Learning

Th 7-9:50pm Sept 27-Nov 15
Fee \$25 Instructor: Dr. Jay Polmar

Unquestionably, the use of this 22 hour course will cause some major changes in your educational abilities. The basics of this course are to teach each student how the brain and mind work and are inter-related. Develop skills for memory recall, concentration, creative test-taking, note-taking and concentration.

Be Your Own Financial Planner

Sat 9:30-11:30am Oct 13-Nov 3
Fee \$25 Instructor: Dave Horton

Financial planning is not for the wealthy only. To not plan your finances is to ignore your future. Take control! Here is a do-it-yourself course in which you will develop an understanding of the basic concepts involved in the financial planning process.

Planetary Consciousness

Seen Through the Arts

Tu 7-9:20pm Oct 2-Nov 20
Fee \$15 Instructor: Barbara Master

The common links which connect the earth's indigenous cultures are traced through their ritual and expressive arts. Cross-cultural influences are examined for their underlying universal themes. The origins of humanity's need for creative expression will be discussed.

Spectro-Chrome: Quantum Healing

Sat 11am-3:30pm Oct 6
Fee \$25 Instructor: Varian Blanchard

FREE informational lecture:

Tu 7-8:30pm Oct 2 214 Allen Hall

Radiant Color possesses inherent properties which produce profound physiological as well as psychological changes. This workshop will introduce the physical and meta-physical properties of Dinshah's twelve Attuned Color Waves. Each person will come away with the knowledge necessary to assess which color(s) will be needed for the correction of any functional imbalances.

J. Krishnamurti Seminar

Wed 5-6:30pm Sept 26-Dec 5

No fee Instructor: Marek Lees

A participant-led seminar involving the practical application of Krishnamurti's style of self-observation to the deepening of our awareness. Issues to be meditated upon will include the role of the teacher, the roles of fear and pleasure in producing conditioning and subsequent conflict, the natures of thought, freedom, intelligence, meditation, and love.

Men & Masculinity Seminar

Th 6-8pm Oct 4-Oct 25

Fee \$8

Instructor: Carlos Velazquez

Are you interested in demystifying masculinity? If so, you should sign up for this class that shall explore issues related to masculinity and male dominance within our culture. The course is designed to develop an awareness of male/female communication patterns, sex role identity, and the men's movement. The class will be an opportunity for dialogue, insight and growth.

Heart to Heart: An Inward Journey

Th 7-9pm Sept 27-Oct 18

No fee Instructor: Shantimayi

As we learn to open our hearts and journey within, we will begin to understand ourselves in a new way. A different perspective unfolds, our mind becomes still and more brilliant and our life takes on a deeper meaning. We will use ancient methods of the Siddha Saints (perfected beings), science of today and one's own personal psychology to align the inner and outer worlds.

Peace Glasnost & Perestroika

MWF 2:30-3:20pm Sept 24-Dec 7

SOC 400 TLN 5432

Instructor: Joe Austin

110 Willamette Hall, U of O

The relentless rush of international events have propelled us into uncharted waters mined with dangerous booby traps. The course will pose many pertinent questions to achieve some pertinent answers to knotty problems we are facing.

Exploring Possibility:

A Metaphysical Journey

Tu 3-5pm Oct 2-Dec 4

No fee

Instructor: Nadia Wood

Come journey together as we explore various ways to contact your divine Higher Self, to tap those levels lying dormant for years or a lifetime. Bring understanding back into your awareness. Discover the God/Goddess within. Connecting with our Superconscious Self we understand our world, our being, our purpose. Inner source connection enables us to discover and maximize our life path. Come share the journey!

Homeopathic First Aid

Sat 9am-12:30 Oct 13

Fee \$15 Instructor: Karen Kunkler

People around the world are discovering the benefits of homeopathy. This seminar will introduce you to homeopathic medicine and provide instruction in the use of 17 homeopathic remedies for first aid situations.

Homeopathic remedies are easy to administer and rapid in effect. Come and explore this fascinating and effective form of medicine!

Creative Conflict Solving

Tu 4-6pm Oct 2-Nov 20

Fee \$5 Instructor: Lyn Marx

We are surrounded by conflict, personally and globally. This course teaches skills to resolve conflicts in a safe atmosphere using experiential methods. These 12 skills can be applied to interpersonal relationships, the workplace, the school community and in the broader context of international peace.

How To Meditate: Theory & Practice

2 sections: Tu 4-5:30pm Oct 2-Dec 4

Th 7-8:30pm Oct 4-Dec 6

No fee Instructor: Joe Winer

This is an informative and experiential class. We will experience meditation during each class period as well as learning about how meditation works, the advantages of meditation, and the lifestyle changes to aid meditation. No prior experience is necessary. This class will be for beginners as well as experienced meditators who want to learn more and have group support. This class is non-denominational. Everyone is welcome!

Northwest Environmental Politics

Tues 3:30-6:20pm Sept 25-Dec 4

PS 400 TLN 5308 Instructor: Jim

Weaver, former congressman.

101 Gilbert Hall, U of O

WOOPS: The 5 nuclear plants that became the biggest boondoggle in the country.

WILDERNESS: The fight to preserve forests and save the Spotted Owl.

RAJNEESH PURAM: A religious sect builds a city in the desert.

Creative Movement

Fri 6:30-8pm Oct 5-Nov 30

Fee \$20 Instructor: Annesa Hartman

Take a recess! Re-enter the childhood playground and release some energies through creative movement. Strengthen the flexibility and coordination of your body. Explore movement naturally through artistic mediums, like music, literature, art and architecture. Throw away all inhibitions and find the dancer within yourself. No structured movement experience necessary, just an imagination and a desire to freely create.

Aikido

Tu/Th 7-9pm Sept 25-Dec 6

Fee \$25 Instructor: Wayne Vincent

Aikido is a combination of the disciplined study of self-awareness and the harmonious blending of body, mind and spirit. This non-aggressive Japanese martial art places emphasis on centering, balance and relaxation, as well as on self-defense techniques. Training is designed to reduce tension, increase flexibility and heighten awareness of inner energy (called 'Ki' in Japanese).

Fiction Writing and Collaboration

Th 6:30-8:30pm Sept 27-Nov 15

Fee \$25 Instructor: Robert Blucher

Students in this class will work together to write a 60 to 80 page novella. The class will create the characters and decide on the setting and plot. The class format will be based on group writing techniques used in the Ken Kesey novel writing class which produced the novel *Caverns*.

Past Lives & Self Discovery

Sa 10am-4pm Oct 20

Fee \$25 Instructor: Dr. Jay Polmar

Who were you? Who are you? What is your purpose in life? Many people seek answers from within themselves to guide them along their path to enlightenment. These answers come easily through a series of seven guided meditation regressions which take you to past lives that are significantly affecting today's life and your relationships today. You'll be guided back in time to your first lifetime on earth.

HOW TO REGISTER

Credit classes: U of O students register during regular U of O registration in Mac Arthur Court at the appropriate co-sponsoring department. Non-students must contact Community Education at 346-5614.

Non-credit classes: Both students and non-students are able to register two ways:

1. Drop by our table in the main lobby of the EMU Sept 20 and 21 between 8:30 am and 4:00 pm.
2. Come to our office during our office hours (posted on our door or call our answering machine, 346-4305).

Building pass: Classes held in any Physical Education building (Creative Movement and Aikido) requires a current U of O identification. Anyone without must purchase a building pass for \$15.00 or \$10.00 for current LCC students.

Location: Location of classes with a fee will be given only upon registration and receipt of its course fee.

ABOUT THE PROGRAM

Innovative Educational Development provides the Eugene area with a refreshing blend of courses not found in the regular U of O curriculum. We sponsor credit and non-credit classes, workshops and seminars taught by qualified students, community members and U of O faculty. INNOVATIVE EDUCATION acts as a testing ground for experimental course ideas, welcoming new ones that deal with current and/or controversial issues. Over the last twenty years, many classes originating in this program have been incorporated into the regular university curriculum. As an ASUO (Associated Students of the U of O) program, it is managed entirely by students. We are always open to new ideas - or old ideas with a twist. All students, faculty, and non-student community members are invited to participate in our program.

YOU CAN TEACH

Innovative Educational Development has provided alternative courses for U of O students and the Eugene community for over twenty years. We offer unique teaching opportunities to qualified students, faculty and non-student community members. We encourage ideas for courses from all disciplines and support innovative teaching techniques. Bring your ideas to the Innovative Education office. Our staff will assist you in preparing and structuring your class. All courses for credit require faculty sponsorship. This offers the student instructor the benefit of faculty guidance and expertise. You can also earn up to 3 credits teaching a class. Unlike courses for university credit, non-credit classes and workshops do not need a faculty sponsor. Instead, set up your class through our office. Honorariums may be available for non-credit course instruction.