

Syllabus: Engaging with Life: Volunteering and Neuroplasticity (Fall 2014) ^[1]

Engaging with Life: Volunteering and Neuroplasticity

by Amelia Barili

Syllabus

1. Intro to the course. Orientation on Working with the NGOs.

* "Learning to Learn. Neurobiology and Cognitive Science as Bases of Autonomous Learning" by A. Barili (reading)

* "Building Nurturing Communities: A Berkeley Story" (video)

http://www.youtube.com/watch?v=ZHB8oqb1_v4 ^[2]

* Pre-volunteering questionnaire to take home

2. Self-Directed Neuroplasticity and the Compassionate Brain

* Rick Hanson on "Understanding Neuroplasticity" (video)

<http://www.youtube.com/watch?v=rTPks7XQbSw> ^[3]

* Dan Siegel and Rick Hanson on Neuroplasticity (video)

The Compassionate Brain Session 2: "Mindfulness of Oneself and Others"

<http://www.youtube.com/watch?v=b1mzrqWYBCK> ^[4]

* CNA -Speaking exchange (video)

<http://www.youtube.com/watch?v=-S-5EfwpFOk> ^[5]

* "What Neuroscience Can Teach Us About Compassion" by Carolyn Gregoire (reading)

<http://www.youtube.com/watch?v=-S-5EfwpFOk> [5]

* "Hello, Stranger" by Elizabeth W. Dunn and Michael Norton (reading)

<http://www.nytimes.com/2014/04/26/opinion/sunday/hello-stranger.html> [6]

3. Multiple Intelligences. Learning From and With Each Other

* "Creating Positive Experiences" Rick Hanson (reading)

* "The Danger of a Single Story" by Chimamanda Adichie (TED talk)

<http://www.youtube.com/watch?v=D9lhs241zeg> [7]

* "Working with Our Stories: Interview with Tara Brach" (reading)

<http://www.tarabrach.com/articles/inquiring-interview.html> [8]

* "This Year Change Your Mind" by Oliver Sacks (reading)

<http://www.nytimes.com/2011/01/01/opinion/01sacks.html?pagewanted=all> [9]

* "All It Takes Is 10 Mindful Minutes" Andy Puddicombe's Ted Talk

<http://www.youtube.com/watch?v=qzR62JJCMBQ> [10]

Optional:

* *Lost Boys of Sudan* documentary

<http://www.amazon.com/Lost-Boys-Sudan-Jon-Shenk/dp/B007AYK62Q> [11]

4. Expanding Mind and Heart: Reflection, Relationships and Resilience

* "Time In: Reflection, Relationships and Resilience at the Heart of Internal Education" Dan Siegel (video)

<http://www.youtube.com/watch?v=CVYd1W4iAm0> [12]

* **"Being Present in Relationships" Eckhart Tolle (video)**

<http://www.youtube.com/watch?v=vshBnR4Z9x8> [13]

* "Volunteering Protects Against Heart Disease" Christopher Bergland (reading)

<http://www.psychologytoday.com/blog/the-athletes-way/201306/volunteering...> [14]

5. Learning and Authenticity: Bridging Cultural Differences

* "Honoring other people" Eckhart Tolle (video)

<http://www.youtube.com/watch?v=TAvfdwypmnw> [15]

Optional:

* ***Shadow Over Tibet: Stories in Exile*** (documentary)

6. Relaxing the Self. Being Joined With the World

* "Relaxing the Self" Rick Hanson (reading)

* **"Learning to Respond, Not React"** Tara Brach (video)

<http://www.youtube.com/watch?v=Ar-L41QMYCM> [16]

7 and 8. Bringing it all together towards a meaningful and shared conclusion

* "Hardwiring happiness: Dr. Rick Hanson at TEDxMarin 2013" (TED talk)

<http://www.youtube.com/watch?v=jpuDyGgleh0> [17]

* **"Awakening in the Digital Age"** Eckhart Tolle and Karen May (video)

<http://www.youtube.com/watch?v=fp0gaxFxbB4> [18]

* **Post-volunteering questionnaire**

In each class we will have small group discussion, where participants on this course who volunteer with the same organization, will share their experiences and reflections for that week, relating them when possible to what we are discussing in class through our readings, videos and documentaries.

We will also have a brief meditation in the beginning of each class to experience expanding our minds and hearts.

Source URL: <https://olli.berkeley.edu/event/engaging-with-life-volunteering-and-neuroplasticity/syllabus-engaging-with-life-volunteering-and-neuroplasticity-fall-2014>

Links

- [1] <https://olli.berkeley.edu/event/engaging-with-life-volunteering-and-neuroplasticity/syllabus-engaging-with-life-volunteering-and-neuroplasticity-fall-2014>
- [2] http://www.youtube.com/watch?v=ZHB8oqb1_v4
- [3] <http://www.youtube.com/watch?v=rTPks7XQbSw>
- [4] <http://www.youtube.com/watch?v=b1mzrqWYBCk>
- [5] <http://www.youtube.com/watch?v=-S-5EfwpFOk>
- [6] <http://www.nytimes.com/2014/04/26/opinion/sunday/hello-stranger.html>
- [7] <http://www.youtube.com/watch?v=D9Ihs241zeg>
- [8] <http://www.tarabrach.com/articles/inquiring-interview.html>
- [9] <http://www.nytimes.com/2011/01/01/opinion/01sacks.html?pagewanted=all>
- [10] <http://www.youtube.com/watch?v=qzR62JJCMBQ>
- [11] <http://www.amazon.com/Lost-Boys-Sudan-Jon-Shenk/dp/B007AYK62Q>
- [12] <http://www.youtube.com/watch?v=CVYd1W4iAm0>
- [13] <http://www.youtube.com/watch?v=vshBnR4Z9x8>
- [14] <http://www.psychologytoday.com/blog/the-athletes-way/201306/volunteering-protects-against-heart-disease>
- [15] <http://www.youtube.com/watch?v=TAvfdwypmnw>
- [16] <http://www.youtube.com/watch?v=Ar-L41QMYCM>
- [17] <http://www.youtube.com/watch?v=jpuDyGgleh0>
- [18] <http://www.youtube.com/watch?v=fp0gaxFxbB4>