

OLLI Mason Guidelines for Catalog Descriptions

Title: The title should be enticing and brief.

Course description (limit 1000 characters): Please use complete sentences. Descriptions should be informative and appealing but should not attempt to cover every talking point of the course.

OLLI Mason has two types of standard course descriptions:

1. The instructor is the speaker for the entire course.
2. Multiple instructors are speaking over the length of the course. In this case, additional space may be allotted for the list of speakers and topics. Information about each speaker should include current position and title.

Biography (limit 300 characters): Please use third-person point of view. Biographical information should contain the instructor's current position and title and/or other background information pertinent to the course. Note: Personal information such as names of family members, contact information, and place of residence will not be published.

Editing Policy: OLLI Mason catalog editors may modify course descriptions and biographies for length, consistency, and style. The edited copy will be returned to the instructor only if it has been changed significantly in terms of content. Instructors can email additional information to their class rosters or request that it be posted on the website version of the catalog.

Examples:

Shakespeare's Scottish Play

Macbeth marks a turning point in Shakespeare's career, with his acting company now under royal patronage and now firmly settled in to the grand new Globe Theater, he searches his sources for a story to cement his royal connections with the new King James from Scotland. Relying principally on *Holinshed's Chronicles*, Shakespeare develops the story in ways that flatter King James and yet expose the darkness at the seats of power. We will look at how Shakespeare shapes his story, homing in on a dozen key speeches that display his mind and further his goals, to understand why he chose to write the story the way he did and how he made it sublime.

John Doe is a retired cybersecurity consultant who has taught OLLI classes for six years on a variety of topics including art history, natural history, technology and language history. He holds graduate degrees in philosophy and computer science.

Psychology Potpourri

Three professors from Colorado College (CC) in Colorado Springs will present provocative lectures about their research and teaching interests.

Session One: What is Emotion? Emotions such as anger, fear, love, disgust, and embarrassment are complex psychological phenomena. They influence our decisions, color our experience, and affect our mental and bodily health. We have emotions every day, but what exactly are they? In 1884, William James endeavored to answer the question. And since then, other theories of emotion have emerged. For this class, we will take a quick tour of the major theories of emotion in psychology, each of which contributes uniquely to our understanding of why, without emotion, our lives would lack not only luster but meaning.

Dr. Jane Doe is a professor of psychology at Colorado College. Her research interests include the social psychology of emotion, gender, and the body as well as the positive psychology of mirth, enjoyment, awe and wonder.

Session Two: Are You Rational? It is often said that humans are different from other animals because we are rational. And indeed, many social scientists make the assumption that we are rational as a way to understand our behavior. But, are we rational? Recent research shows that we aren't as rational as you might think, and also why that might be a good thing.

Dr. Max Exampleperson, professor of psychology at Colorado College, is primarily interested in how humans and animals come to know their world. He has conducted research on decision processes in rats, chaotic behavior in pigeons, complex discrimination in humans, and how people detect change in causal systems and on what is fairness.

Session Three: The Microbiome-gut-brain Axis, Cognition, and Mental Health. Humans harbor more than 3600 species of bacteria, archaea, and fungi in our gastrointestinal tract. This ecosystem is as individually unique as our fingerprints, and it is sensitive to diet, geography, and stress. Learn more about how the neurotransmitters, immune factors, and hormones produced by gut microbes influence brain development, cognition, and mental health throughout the lifespan.

Dr. Erika Exampleperson is a professor and associate chair of the Psychology department at Colorado College. Her interests include environmental toxicology and pharmacology, especially how chemical influences shape neurobehavioral development. She was recently awarded the Patricia Rodier Mid-Career Award in Research and Mentoring by the Developmental Neurotoxicology Society.