

CREATIVE MAKING WORKSHOPS | SPRING 2025

The mission of Jefferson's Creativity Core Curriculum is to cultivate a confident and flexible student mindset through learning opportunities that explore individual and collaborative creative aptitude and equip students to yield novel and valuable results.

One component of this curriculum is "Creative Making Workshops." These workshops provide you with the opportunity, materials, guidance and time to experiment in a risk-free environment in absence of expectations and deadlines. Workshop experiences require no prior topic skills or knowledge, and you are encouraged to engage with previously unfamiliar content as a means of enhancing personal growth. **Please choose a topic unrelated to your intended major, have fun, and create!**

More information about the Creativity Core Curriculum and the Creative Making Workshops can be found at jefferson.edu/creativity.

Please take time to read this important registration information:

- Most students should register for **ONE** workshop only. However, there are two instances in which you may be required to take TWO Creative Making Workshops: (1) you are a student in FYS 100 **AND** you are simultaneously enrolled in one of these eight Creativity Intensive (CI) courses designated for your major (BIOL 207, CMGT 499, DECF 102, EXSC 330, HSCI 230, HSCI 231, LAW 304, PSYC 322); **OR** (2) you are simultaneously enrolled in any two CI courses just listed. If you fall into either of these two categories, *the two workshops you choose must be different topics* – i.e. one workshop cannot fulfill two different course requirements. If you have any doubt about how many workshops you are required to take, please ask your professor.
- Do not register for more workshops than you are required to take; doing so will rob other students of legitimate places.
- To register for your workshop, go to [Canvas](#). You are already enrolled in the course "**SP25 Creative Making Workshops**." Available workshops are "Appointment" options in the course Calendar. Once a particular workshop has reached full capacity, it will disappear from the course Calendar entirely; only workshops with available spaces are viewable.
- Detailed, step-by-step instructions for workshop registration are accessible via the course homepage on Canvas. Registration consists of three main steps:
 - (1) Reserve your slot in a Creative Making Workshop via the course Appointment feature in Calendar;
 - (2) Take the *Workshop Scheduling Check* quiz (this step must be done only *after* you've reserved your workshop in Calendar; successfully completing step 2 allows the quiz of the next step to appear);
 - (3) Take the *Workshop Confirmation* quiz. If you fail to complete the quiz, you will see a reminder on your Canvas "To do" list until you have done so. If you are required to take two

workshops, your Confirmation quiz allows you to uniquely match each workshop to a different course. (There are no points associated with this quiz.)

The two-week workshop registration period is open from January 22 to February 5, 2025.

Important: You must register for your workshop no later than February 5, 2025. Please choose your workshop date and time *very carefully* as there will be no opportunity to change your selection once the registration period ends. Failure to register for and attend a workshop may adversely affect your course grade.

- Re-scheduling of workshops is not permitted except under extraordinary circumstances. If you feel this applies to you, you may petition to be placed in a different workshop only after first gaining approval to make a change request from your FYS or CI course instructor. Once you receive written approval from your instructor, you should forward that same email to Dr. Brody (Michael.Brody@jefferson.edu), taking care to cc your instructor. Your petition must contain the reason you are requesting to be placed in a different workshop. Dr. Brody will evaluate your situation. Please note that there is no guarantee that you can be placed in a new workshop.

About the Workshops:

- **DATES:** Workshops are offered on a wide variety of dates between February 15 and April 12, 2025, and the present document lists them in chronological order. Some workshops are offered on Wednesday or Thursday evenings, or on Friday afternoons, but the majority are offered on weekend mornings and afternoons – *double check the date and time before you reserve on Canvas*.
- **DELIVERY METHOD:** Of the 37 workshops offered, about 80% will be in-person, and about 20% will be conducted virtually via Zoom (see the Key on page 4).
- **LENGTH:** Individual workshop lengths vary from 3 to 5 hours.
- **PREPARATION:** Pay close attention to the “Preparation” field for a workshop you are considering. For some workshops, you will need to obtain supplies on your own, usually common household items. **Please do not register for a particular workshop if any aspect of its preparation is an issue for you, or you suspect it could be.**
- **LOCATION:** For an in-person workshop, you will receive the location (in almost all cases, a building and room on the East Falls campus) via email several days before the workshop takes place. For a virtual workshop, you will receive the Zoom meeting link, ID, and passcode via email several days before the workshop takes place. These emails will typically come from Michael Brody, but they may also come from your workshop instructor.

Regarding Virtual-Delivery Workshops:

- You will need a device (preferably one with a large screen) and stable internet access.
- Your video must be ON, your full face must be visible, and you must demonstrate active participation *the entire time of the workshop* in order to be marked as in attendance.

For all workshop inquiries, please contact Dr. Michael Brody at Michael.Brody@jefferson.edu.
The list of workshops begins on page 4.

SPECIAL SPRING 2025 CREATIVITY EVENTS

The Creativity Core Curriculum is offering several enriching opportunities to support your ever-evolving understanding of your relationship with creativity in your work, education, and life. The first two events address the relationship of conflict and polarization to human creativity, and the final event is a joyful celebration of creativity. Please join us! Registration links are below:

1. PANEL DISCUSSION: Finding Creativity Within Conflict

Wednesday, February 19, 5pm–6pm, Kanbar Performance Space

Please [REGISTER HERE](#).

This event provides an opportunity for you to hear from Jefferson faculty from diverse disciplines as they consider how conflict manifests into creativity in their work process and products. Short presentations will be followed by interactive discussion and Q/A. *Light refreshments served.*

Panelists include:

Prof. Stephen DiDonato, PhD, LPC: Associate Professor, Jefferson College of Nursing and Senior Director for Strategic Engagements and Innovation, [Jefferson Trauma Education Network](#)

Prof. Lyn Godley: Professor of Industrial Design and Director, the [Jefferson Center for Immersive Arts for Health](#)

Prof. David Nitsch, PhD, MPH: Director, Emergency & Disaster Management Programs

Prof. Renée Walker: Associate Professor of Visual Communication Design and Partner, [Gold Collective](#)

2. KEYNOTE — Polarization and Creativity: Diving into the Exploration-Exploitation Dilemma

Wednesday, April 2, 5pm–6pm, Kanbar Performance Space

Please [REGISTER HERE](#).

Speaker, Yphtach Lelkes, is co-director of the Center for Information Networks and Democracy and co-director of the [Polarization Research Lab](#). His presentation will speak to how the tension between exploration—seeking out new ideas—and exploitation—relying on the familiar—drives decision-making across all levels of life, from primitive organisms searching for food to algorithms shaping our newsfeeds. Exploration sparks discovery and learning but can spread misinformation or overwhelm us with novelty. Exploitation, while efficient and reliable, risks creating echo chambers and deepening societal divides through hyper-personalized content. Through examples spanning nature, social systems, and AI, we'll uncover how to balance the positives and pitfalls of these dynamics to foster better decisions, healthier information habits, and fairer algorithms that can support creativity.

Light refreshments served.

3. ANNUAL CREATIVITY FAIR—In Celebration of the United Nations World Creativity and Innovation Day

Friday, April 11, 11:30am-2:30pm, Kanbar Performance Space

Please [REGISTER HERE](#).

A FREE event for our community! Join us for games, activities, treats, and prizes as we playfully explore our 2024-25 theme, "Creativity Within Conflict."

Questions about any of these events may be directed to Maribeth Kradel-Weitzel:

Maribeth.kradel-weitzel@jefferson.edu

WORKSHOP CATEGORY KEY

[I]	In-person, on-campus delivery. <i>Several days prior to an in-person workshop, you will receive an email with that workshop's building and room location.</i>
[V]	Virtual delivery. <i>Several days prior to a virtual workshop, you will receive an email with that workshop's Zoom meeting link and passcode.</i>
[S]	Special supplies/clothing or other preparation required. <i>Please read the 'Preparation' section of each workshop description for precise requirements.</i>
[D]	Diversity, Equity and Inclusion: <i>About 20% of Creative Making Workshops focus on subject matter that represents interests and views of non-dominant cultures and people and/or directly encourages thinking and behaviors that support the valuation of diversity, equity and inclusion.</i>

[I] 1. PLAN YOUR DREAM TRIP TO ITALY!**Saturday, February 15, 2025, 10am–1pm***Instructor: Corrado Minimo, MD, Chief, Anatomic Pathology, Jefferson Einstein Hospital, and a native Italian*

Italy has always held a special place for travelers, and few can resist the charms of the country's diverse geography, rich history, unsurpassed art, and hospitable inhabitants. Planning a trip to the *Bel Paese* ('beautiful country') can be a highly creative endeavor, but it can also be intimidating, precisely because there is so much to see and experience. In this workshop, a native Italian will help de-mystify this process and guide you through the steps in charting a successful journey, and you'll learn some of the many secrets of well-traveled experts. You will be given time to create an itinerary customized entirely to your interests: whether comprised of the "must-sees" or the little-known gems, the metropolises or the off-the-beaten-track hill towns, churches or beach destinations. Although geared specifically to Italy, many of the skills and strategies you'll learn are transferable to planning a trip to other destinations.

Preparation: None.**[V, S, D] 2. THE MANE TALK: A WALKTHROUGH ON NATURAL HAIR****Saturday, February 15, 2025, 10am–1pm***Instructor: Devin La'Shelle, graphic designer*

Black/African American hair has a long history of being both praised and ridiculed. Let's use our experience together to spark conversations and make a positive difference in the Black hair community! First, we'll discuss the history of Black/African American hair and hairstyles while highlighting the symbolic significance; then, we'll participate in interactive activities that focus on all aspects of hair. After our activities, we'll

have open discussions about the experiences we've had regarding our hair and reflect in-depth on the causes/effects of those experiences. We'll also discuss opportunities to help support Black culture regarding hair.

Preparation: In addition to positivity, smiles, and an open mind, please have the following required items: 5 pieces of white paper (preferably without lines); pencils/pens; a minimum of 5 colors, in any media or mixture of media (for example, crayons, markers, pens, highlighters, etc.); empty cup; and a bottle of water.

[I, S] 3. EXPLORING LYRICS**Sunday, February 16, 2025, 10am–1pm***Instructor: Jeff Klemens, PhD, Assistant Professor of Biology, Thomas Jefferson University*

A great lyric can elevate a song from pleasant to profound.

For the first half of this workshop, we will listen to examples from a wide range of genres and explore how songwriters use rhythm, rhyme, humor, and arresting imagery to create memorable lyrics. We will compare these classic examples with some lyrics that have not weathered the test of time as successfully and discuss the complex role of cliché in songwriting. In the second half of the session, you will write and share your own lyrics. You can go completely free form or, if you desire, you will be provided with a starter topic and a base musical track.

Preparation: It is suggested that you bring headphones and a personal listening device such as a phone, tablet, or laptop.

[I] 4. BUILDING A TEAM OF HEROES**Sunday, February 16, 2025, 1pm–6pm**

Instructor: Griffin Horn, MFA, playwright, producer, and educator. Griffin has taught courses at several Philadelphia universities and is currently a teaching artist at the Darlington Arts Center.

We'll be using *Mazes*, a rules-light tabletop roleplaying game (RPG) about adventurers in a post-apocalyptic fantasy world. In an RPG, players use game mechanics, such as rolling dice, to tell a story. You can make up any story you want, but you'll be using teambuilding to do so. Through group discussion, we'll create characters together, practice simple-but-effective mechanics, and send our adventurers off into a castle filled with traps, monsters, puzzles, and treasure. This workshop will feature a complete story in which you'll learn to work with your teammates to overcome the game's various challenges. *Mazes* features different dice for each type of character, with different probabilities that any roll will lead to success or failure, and so you'll be identifying each character's strengths, and creating novel solutions, in real time, together. In the last portion of the workshop, you'll reflect on your characters' decisions in the story, what the outcomes were, and how to retell the story you all created together.

Preparation: None.

[I] 5. INTRODUCTION TO ZENTANGLE®**Wednesday, February 19, 2025, 6pm–9pm**

Instructor: Mindy Shapiro (mindyshapiro.com)

Zentangle® has been described as a spiritual art practice that enhances mindfulness and self-awareness, decreases stress, and calms the mind. In this relaxing, creative, meditative, and quite fun drawing workshop, you will learn at least 6–8 basic Zentangle patterns. Each structured pattern will be broken down into small steps, and what results are beautiful, creative, and unique images. With no preconceived idea of the final results, creativity just happens. People who don't ordinarily draw, discover the artist within, while those with art experience find new creativity and focus. During the session, we will also reflect on what arises while we tangle. For instance, do you tend to think your work is better than your neighbors', not as good, or do you find yourself putting down your own art while silently (or not so silently) praising another? You will leave the workshop confident in your unique, creative expression and with new skills to continue tangling on your own. Learn more at zentangle.com.

Preparation: None.

[I, S] 6. INTRODUCTION TO ACTING**Thursday, February 20, 2025, 6pm–9pm**

Instructor: Dave Ebersole, MFA (daveebersole.com)

We perform every day of our lives but don't realize it. Through theater games, improv exercises, and body movement techniques, you'll discover some of the innate abilities you use day-to-day. Building on this awareness, you'll create a monologue that you'll present to your fellow workshop participants. While this workshop focuses on the fundamentals of acting, it's also ideal for those who want to gain confidence in public speaking.

Preparation: You'll need to bring a prop of your choosing to use for a character you want to create. This can be anything -- from a set of keys, to a pillow, to a glass. Please wear comfortable clothes and shoes that you can freely move in.

[I] 7. ANATOMY OF MOVEMENT**Friday, February 21, 2025, 3pm–6pm**

Instructor: Joanna Chan, MD, Associate Professor, Vice Chair for Education, Department of Pathology and Genomic Medicine, Thomas Jefferson University Hospital

This workshop introduces the foundational principles of musculoskeletal anatomy and physiology, as they apply to human biomechanics and movement. You'll learn the physiology of muscles, types of joints, and key muscular insertion points, and explore how these structures work together to produce human motion. The workshop is divided into three parts: interactively creating a knowledge base regarding musculoskeletal anatomy and physiology; applying this knowledge through the analysis of movement videos; and applying principles of kinesiology to your own physical movements. You'll conclude by creating a "movement essay" that synthesizes the concepts discussed.

Preparation: None.

[I] 8. BEEKEEPING 101: A WORKSHOP FOR THE BEE-CURIOUS!**Saturday, February 22, 2025, 10am–1pm**

Instructor: Sarah Plonski is a human performance coach for creatives (<https://sarahplonski.com/>) and is President of the Philadelphia Beekeepers Guild (<https://sarahplusbees.com/>)

Aside from the fact that a healthy honeybee hive can produce several gallons of delicious honey every year, working with bees is tremendously enjoyable. In this introductory workshop, you will gain an understanding of the fascinating world of the honeybee. After an overview of this amazing social creature, you'll learn a bit about the various products of the honeybee hive, and what it takes to keep a busy, productive hive of bees happy throughout the year. The workshop will include lots of time for Q&A.

Preparation: None.

[V, S] 9. SCREENWRITING: FIRST TO FINAL DRAFT**Saturday, February 22, 2025, 10am–1pm***Instructor: Dave Ebersole, MFA (daveebersole.com)*

Everyone has a movie they want to make somewhere inside them, but what's yours? This workshop will show the fundamentals of developing a script from a kernel of an idea, to a logline, to a screenplay. This workshop will breakout the story you want to tell, show you how to put it on the page, and will get you on your way to writing the screenplay you have locked inside of you.

Preparation: You should have something to write with (computer, iPad, pen/paper, or other).

[I, S] 10. CREATE WITH LIGHT – AN EXPLORATION OF COMMUNICATION THROUGH ART AND PHYSICAL OPTICS**Saturday, February 22, 2025, 2pm–5pm***Instructor: Catalin Florea, Research Scientist, Lockheed Martin Space*

This workshop introduces some basic concepts of optics and technology and contextualizes them in an (photo) art-making activity. The resulting images can be viewed as reflections on various communication elements such as perspective, second meaning, duality, and plurality. You'll utilize a variety of readily available materials as props, and the images of your (photo) art pieces will be used for an impromptu exhibition that allows you to reflect on other students' perspectives. No prior knowledge of optics is required for this workshop.

Preparation: The instructor will supply all materials. (You are welcome, however, to supplement these by bringing to the workshop any of the following: a standalone light source [LED, flashlight, laser pointer or similar], colored pieces of transparent/translucent plastic, glass; and/or any items that can be used to interact with light in a meaningful way, such as pieces of fabric, marbles, eyeglasses, wires, small tubes, etc.).

[V, S] 11. PODCASTING: PRESSING PLAY ON YOUR STORY**Saturday, February 22, 2025, 2pm–5pm***Instructor: Dave Ebersole, MFA (daveebersole.com)*

Podcasts are one of the fastest growing mediums there are. From interview shows, to discussion topics, to audio dramas, the podcast field is an ever-expanding medium that anyone can be a part of: you just have to know how. This workshop discusses the fundamentals of creating a new show, how to assemble it, and how to release it for anyone to hear.

Preparation: You should have something to write with (computer, iPad, pen/paper, or other).

[I] 12. CURIOSITY: THE KEY TO REWRITING YOUR STORY**Sunday, February 23, 2025, 10am–1pm***Instructor: Oleg Lougheed, motivational speaker, podcast host, and Founder and Executive Director at Overcoming Odds; see www.overcomingodds.today/olegs-story*

We all have a story — one that drives every decision we make. The story that shapes who you are. The story that reassures you of your plans and future aspirations. The story that helps you transform times of confusion, loss, insecurity, and uncertainty into opportunities to learn and grow from. Most of us spend a lifetime looking for the key to unlock the power of storytelling. The question is, "What if you didn't have to wait that long? What if the process of understanding your story, the story that drives every decision you make, could begin today?" Join Oleg for this skill-building workshop, encompassing his personal journey with actionable and applicable steps that you can use to rewrite the stories that are holding you back. Learn how to use the process of curiosity to reflect and examine the stories that have been holding you back.

Preparation: None.

[V, S] 13. THE TOMBSTONE PROJECT... OR THE ART OF THE EPITAPH**Sunday, February 23, 2025, 2pm–5pm***Instructor: Anna Dhody, Executive Director & Founder, Dhody Research Institute (dhodyresearchinstitute.org)*

Mark Twain is often credited with the famous line "I didn't have time to write a short letter, so I wrote a long one instead." While there is no evidence Twain said this, a 17th-century mathematician by the name of Blaise Pascal is quoted as saying "I have made this letter longer than usual, only because I have not had time to make it shorter." Most museum curators will attest that it is often harder to write 100 words than 1000. Why? Because there is no room to wander. Every word needs to work to convey your message. Perhaps the most concise and meaningful thing that will ever be written about you is your epitaph. This workshop will explore the origin, history, and styles of epitaphs. You will not only learn about epitaphs, but you will write your own as a final project that encourages creativity and introspection.

Preparation: In advance of the workshop, you are encouraged to take a walk through a local cemetery that is open to the public (such as Laurel Hill Cemetery) for inspiration. Alternatively (or in addition), you can look online at images of cemeteries and individual tombstones for inspiration.

[I] 14. INTRODUCTION TO CROCHET**Saturday, March 1, 2025, 10am–1pm***Instructor: Yolanda Booker, Instructor at Wild Hand, Philadelphia (wild-hand.com)*

In this workshop, you'll explore the basics of crochet, the six foundation stitches to make a sampler wash cloth, and the importance of selecting crochet hooks and yarn. You do not need any crocheting experience – just the desire to learn! You are encouraged to approach this creative expression in your own way: there is no one-size-fits-all. As we progress, the skills learned will offer you the opportunity to create other simple projects and build an impressive crochet repertoire. Discover how crocheting can be a calming, meditating practice.

Preparation: None.**[I] 15. PLAN YOUR DREAM TRIP TO ITALY!****Saturday, March 1, 2025, 10am–1pm***Instructor: Corrado Minimo, MD, Chief, Anatomic Pathology, Jefferson Einstein Hospital, and a native Italian*

Italy has always held a special place for travelers, and few can resist the charms of the country's diverse geography, rich history, unsurpassed art, and hospitable inhabitants. Planning a trip to the *Bel Paese* ('beautiful country') can be a highly creative endeavor, but it can also be intimidating, precisely because there is so much to see and experience. In this workshop, a native Italian will help de-mystify this process and guide you through the steps in charting a successful journey, and you'll learn some of the many secrets of well-traveled experts. You will be given time to create an itinerary customized entirely to your interests: whether comprised of the "must-sees" or the little-known gems, the metropolises or the off-the-beaten-track hill towns, churches or beach destinations. Although geared specifically to Italy, many of the skills and strategies you'll learn are transferable to planning a trip to other destinations.

Preparation: None.**[I, S] 16. WRITING INSPIRED BY A SONG****Saturday, March 1, 2025, 2pm–5pm***Instructor: Nicola Gentili, Associate Director of Cinema & Media Studies, University of Pennsylvania*

This workshop is built around the personal feelings and ideas produced by listening to a song. We know that many visual and auditory experiences are highly personal and subjective, and since our world is filtered through the lens of our own life story, our memories, and our past experiences, there is no singular link between a song itself and how one hears it, or how one might be inspired by it. Therefore, a piece of creative writing based on the experience of listening to a song is more a reflection of your life inspired by the song, than a reflection of the song itself. Your instructor will read poems inspired by songs of his choice, explain the circumstances of his inspiration –

how he saw the song in his mind, and felt it in his heart -- and discuss how his writings reflect his externalization. You will then have the opportunity to write a short piece of prose, or a poem, inspired by a song that you've pre-selected. You'll then be encouraged to share and discuss your writing with your fellow workshop participants.

Preparation: You are required to bring your own laptop and headphones (or earplugs, earpods, earbuds) to this workshop; they'll be used for listening to music and writing. Prior to attending the workshop, you should choose, and have access to, one or two songs that will be the basis for your writing.**[I] 17. DRAWING WITH A BEGINNER'S MIND****Sunday, March 2, 2025, 10am–1pm***Instructor: Robin Tedesco, MFA, professional artist with over 25 years teaching to all levels (robintedesco.com)*

In this purely experiential workshop, there are no rules.

We will play with various art materials together, including collage. We will experience the myriad possibilities when you let go of expectations and attachments to a result. Come and explore with us where there is no right or wrong, only discoveries.

Preparation: None.**[V, D] 18. BOTH/AND THINKING: A KEY TO SOLVING DILEMMAS IN YOUR LIFE****Wednesday, March 19, 2025, 6pm–9pm***Instructor: Michael Seitchik, EdD, Consultant, Executive Coach, and Adjunct Professor, Thomas Jefferson University*

A major stumbling block to creatively solving dilemmas is either/or thinking. For example, many people struggle with how to find a job that is meaningful *versus* finding a high-paying job. Others may struggle with how to focus on work and school issues *versus* their personal lives. This either/or thinking often inhibits people's ability to find a creative solution that can achieve *both* – a satisfying job and a satisfying life outside of work. You will get an opportunity to learn some techniques and apply both/and thinking to one or more issues that are important to you. You do not need any special knowledge or skills; just the willingness to explore both the benefits and downsides of an issue important to you.

Preparation: None.**[V, S] 19. THE ART OF MAGIC: UNCOVERING THE WORLD OF SURPRISE, ASTONISHMENT, AND WONDER****Thursday, March 20, 2025, 6pm–9pm***Instructor: Paul Draper, magician, mentalist, anthropologist; former house magician at the Venetian resort in Las Vegas and official magician at Disneyland; Adjunct Instructor and Distinguished Lecturer at Soka University of America.*

The art of magic is both ancient and universal. It appears that every human culture throughout time has had magicians of one sort or another. During this workshop we will discover some of the secrets that magicians use to delight and to deceive. We will discuss magic as it plays out interculturally, religiously, and eventually on Broadway and Las Vegas stages. Magicians have used magic to change society, to teach lessons, and even to sell products and ideas. Some, of course, use magic just to trick others for a moment of fun. But we'll dive deeply into using magic in telling stories, sharing experiences, and catching the attention of your desired audience. As an anthropologist, your instructor has studied magic in religious contexts from spiritualists to shamans; and as a magician he has performed for celebrities, fortune 100 companies, world leaders, on TV, and on stages around the world. In this exceptional workshop experience, you'll gain actionable insight into the world of making things magical.

Preparation: You are required to have the following items that you've obtained on your own: a deck of playing cards, a pencil or pen, 5 pieces of regular copy (blank) paper, some paper napkins or tissue, a coin.

[I, D] 20. TAP DANCE FUNDAMENTALS

Friday, March 21, 2025, 3pm–6pm

Instructor: Pamela Hetherington, master tap dancer and educator; founder and artistic director of Philadelphia Jazz Tap Ensemble (philajazztap.org)

Tap dance is rooted in jazz music, which means it's an improvisational activity involving personal creative flow, problem solving, listening, and sophisticated thought. In this fun workshop, you'll dive into a few key principles of tap: groove, time, tempo, and space. You'll learn fundamental techniques that you can apply endlessly to musical concepts and improvisational exercises. No tap shoes or previous experience required.

Preparation: None.

[I, S, D] 21. INTRODUCTION TO FENG SHUI: HISTORY, PRINCIPLES AND PRACTICE

Saturday, March 22, 2025, 10am–1pm

Instructor: Pauline Jones, Feng Shui Consultant and certified Black Sect and Classical (compass) practitioner

Come and see how to move your chi! In this introductory workshop, you will learn about the ancient Chinese practice of feng shui and how it can be applied for maximum results. We will discuss what feng shui is (and is not), its history, the different schools of feng shui, and the basic application principles. We will also cover feng shui theory to include the definition of chi, five elements, yin and yang, the bagua and how to cure difficult spaces. What is closest to you has the most effect, so we will look at where you spend the most time and how the chi may be affecting you. To

assist you in applying your feng shui eyes to your home or workspace, you will receive a questionnaire post workshop along with tips you can apply immediately to begin your feng shui journey!

Preparation: You will need a camera (the one on a smartphone will suffice) to take several photographs of your surroundings. Also, please come with photos of the room in which you spend the most time, including a photo from that room's entrance which allows you to see the entire space.

[I] 22. GRASSROOTS ANIMAL ACTIVISM: HOW TO ORGANIZE A SUCCESSFUL CAMPAIGN

Saturday, March 22, 2025, 2pm–5pm

Instructor: Marianne Bessey, Animal ACTivists of Philly; a licensed attorney with over 20 years of experience in animal advocacy

Non-human animals often add joy to our lives. However, they remain among the most abused and exploited beings on the planet and need our help. First, we will discuss different approaches to animal activism and how they combine for the most impact. Next, we will learn about the various aspects of a successful campaign, including different forms of action and ways to measure progress. Based on their individual passions, each student will then choose an area to target and a concrete action to take (e.g. drafting a letter to the editor, creating a poster, organizing a demonstration). The objectives of this workshop are to develop an effective campaign strategy, to learn how to prioritize tactics, and to discover ways to apply your unique skills and talents to greatest effect. You don't need any activism experience to participate – you just need the desire to help make the world a better place.

Preparation: None.

[I, S] 23. YOGA IS FOR EVERY-BODY

Sunday, March 23, 2025, 10am–1pm

Instructor: Amy Quigley, certified yoga teacher; yoga instructor at Penn State Abington, Kinesiology Dept. (<https://app.namastream.com/#/yoga-with-amy-q/>)

Yoga has the power to both calm the mind and strengthen the body, plus it is a wonderful lifelong practice. This workshop is designed to introduce the practice of yoga to new students as well as to anyone who would like a brush-up on the basics. We will begin with a brief overview of the philosophy of yoga and then move on to the foundation of a mind-body connection. You will develop an awareness of the breath by being introduced to a breathing exercise that will be both soothing and calming to the nervous system. In addition, you will learn many of the basic postures (asanas), focusing on alignment for safety and understanding. We will wrap up the workshop with a yoga class using some of the poses you have learned so you can experience some benefits of a yoga practice and gain the confidence needed to attend your first yoga class. *(The description of this workshop continues on the next page.)*

Preparation: A yoga mat is preferred but not required for this workshop. Please wear comfortable, loose-fitting layered clothing that allows full freedom of movement. Much of yoga involves bending forward or going upside down; wear clothes that will keep you comfortably covered. Leggings, sweatpants, or shorts are recommended. Do not wear jeans, and remove your shoes and socks before coming to your mat. If you have long hair, please pull it away from your face to ensure your safety and comfort.

[I, D] 24. REDISCOVERING THE ALMOST LOST FOLK ART OF PAPER CUTTING

Thursday, March 27, 2025, 6pm–9pm

Instructor: Mindy Shapiro (mindyshapiro.com)

Papercutting is an ancient art form dating back to 6th century China. Since that time, artisans have used paper, scissors, and knives to create objects both ornamental and functional. Examples include the “Hand of God”, a motif in Jewish and Christian art, and the hamsa (or hamsa hand), a talisman from the ancient Middle East. In its most common form, an amulet is shaped like a hand with three extended in the middle and a curved thumb or pinky finger on either side, and it is thought to protect against the “evil eye.” In this workshop, we’ll discuss this motif, explore our thoughts about, and beliefs in, amulets, and make a hamsa papercutting. A template will be offered although you will be invited to design your own.

Preparation: None.

[I, S, D] 25. K-DRAMA AND KALEIDOSCOPIIC WRITING
Friday, March 28, 2025, 3pm–6pm

Instructor: Oki Sogumi, MFA, poet and fiction writer; Administrative Assistant, Creativity Core Curriculum, Thomas Jefferson University

From time-traveling gender benders to love contracts, fox spirits, amnesiacs, and kimchi slaps: K-dramas are Korean TV shows known for their heavy use of formulas, archetypes, and tropes. In this workshop, we will practice this highly effective mode of layered storytelling that opens up space for fusion genres, satire, audience engagement, and pleasure. Initially we’ll begin by watching and discussing K-drama clips and their tropes and building a character profile. Using kaleidoscopic, chance-based writing strategies and games, we’ll also explore using disruption to inspire our creative practice. This workshop emphasizes collaborative writing and culminates in a group/paired writing exercise. *It is not necessary to have watched any K-dramas prior to the workshop*, though you may wish to for your enjoyment!

Preparation: Please bring an everyday small object (that fits in the palm of a hand) that is interesting to you.

[I, D] 26. SEEING BEYOND THE DIVIDE: IDENTIFYING & MANAGING POLITICAL BIASES

Wednesday, April 2, 2025, 1pm–3:30pm and 5pm–6pm

Instructor: Yphtach Lelkes, PhD, co-director of the Center for Information Networks and Democracy and the co-director of the Polarization Research Lab

In an age of polarization and information overload, political biases profoundly shape how we select, consume, and interpret information. This workshop will unpack key biases that influence our political thinking like confirmation bias, naïve realism, and attribution bias, uncovering their impact on political decision-making and public discourse. Through interactive discussions and exercises, participants will learn to recognize these biases in themselves and others and develop strategies to manage them. By fostering critical thinking, exposure to diverse perspectives, and constructive dialogue, the workshop equips attendees to navigate political differences thoughtfully and effectively in today’s polarized environment to develop a valuable personal perspective.

Please note that to receive credit for this workshop, you are required to attend, on the same day (Wednesday, April 2), both your instructor’s workshop (1pm–3:30pm, location TBC) and his associated keynote address (5pm–6pm, in Kanbar Performance Space).

Preparation: None.

[I, S, D] 27. LOCAL HOLOCAUST SURVIVORS AND THEIR ARTIFACTS

Thursday, April 3, 2025, 6pm–9pm

Instructor: Lise Marlowe, Program and Outreach Director of the Holocaust Awareness Museum and Education Center (HAMEC) in Elkins Park, PA (www.hamec.org)

This workshop introduces the stories of local Holocaust survivors who work with the Holocaust Awareness Museum and Education Center (HAMEC), and helps you appreciate the background infused in those stories. Through short online videos, you’ll learn about survivors’ pre- and post-war lives, and how they endured this tragic event. You’ll be able to connect actual holocaust artifacts from the Museum’s collection to their owners, and, by utilizing various digital and online resources, you’ll create a way to uniquely present this relationship of historically-charged object to survivor. Your creation may take the form of a video, pamphlet or booklet, artwork, piece of writing or poetry, or something else of your choice. If suitable, the finished product may be made available to HAMEC visitors.

Preparation: A laptop with the software suitable for the type of product you’d like to create (e.g. PowerPoint, Adobe Premiere, etc.).

[V, S] 28. HOW TO LEAN INTO FAILURE: SEEING FAILURE AS AN OPPORTUNITY FOR GROWTH

Friday, April 4, 2025, 3pm–6pm

Instructor: Shawn Blue, PsyD, Clinical Associate Professor and Psychologist, Dept. of Psychiatry and Human Behavior, Thomas Jefferson University

In this workshop, you will be challenged to re-define concepts of success and failure. Learn ways that failure can provide opportunities for growth and understanding. Learn a practice of self-compassion and how it can stretch you in gaining insight that making mistakes can provide. Leave this workshop with a new way to view how failures can be valuable on your path to growth and self-actualization.

Preparation: Ability to participate with an open mindset.

[I] 29. CREATING A RUBE GOLDBERG MACHINE

Saturday, April 5, 2025, 10am–1pm

Instructor: Catalin Florea, Research Scientist, Lockheed Martin Space

In this workshop you'll design and build a Rube Goldberg Machine (RGM), a chain reaction–type contraption that performs a simple task in an indirect, entertaining, and (usually) overly complicated way. Working as part of a team, your challenge is to create a RGM to a predetermined set of specifications, using items such as tracks, blocks, springs, pulleys and cups. This fun activity requires imagination and patience, but it also involves concepts from resource management and engineering — and you'll get to explore some of the underlying science (forces, energy, momentum, etc.). Ready, set, RGM-go!

Preparation: None.

[V, S, D] 30. SIGNS OF HUMANITY: LESSONS FROM THREE DECADES OF BUYING HOMELESS SIGNS

Saturday, April 5, 2025, 10am–1pm

Instructor: Willie Baronet, MFA, artist, and the Stan Richards Professor in Creative Advertising, Southern Methodist University, Dallas, TX

Artist's statement: "I bought my first homeless sign in 1993. Before then, the awkwardness I felt often led me to avoid eye contact with those on the streets asking for help. Buying signs, however, quickly changed everything, and my relationship with people experiencing homelessness has been powerfully altered ever since. My collection of signs has turned into a 30-year-long art project called WE ARE ALL HOMELESS (<http://www.weareallhomeless.org/>), which is the subject of the documentary SIGNS OF HUMANITY. I've been honored to share art exhibits and presentations about this project all over the country and beyond." In this workshop you will use our own creativity to dive into the meaning of home and what it means to be "homeless." We will explore our projections, judgments and biases, and hopefully re-examine the way we want to show up in the world with our fellow humans.

Preparation: Please bring these materials: (1) a scrap piece of cardboard about the size of a standard (8.5" x 11") piece of paper, or larger; and (2) any supplies to make art on that cardboard (for example: markers, pens, chalk, glitter, stickers, tissue paper, etc.).

[I, D] 31. STREET ACTIVISM: KNOW YOUR RIGHTS AND AVOID ARREST

Saturday, April 5, 2025, 2pm–5pm

Instructor: Marianne Bessey, Animal Activists of Philly; a licensed attorney with over 20 years of experience in animal advocacy

A major part of street activism is knowing your rights under the U.S. Constitution and civil rights laws, and having the confidence to exercise them. We will discuss what your rights are, how to exercise them, and what to do when your rights are violated. We will review several videos where citizens were challenged for expressing their First Amendment rights, discuss how the citizens responded, and explore other ways to deal with conflict. After our review, we will practice what we learned in role-play exercises involving common situations where rights may be challenged, such as videotaping in public, leafleting, and protesting in public access areas. The objectives of this workshop are to develop basic understanding of our constitutional rights, to gain the confidence to express them as desired, and to learn ways to de-escalate conflict.

Preparation: None.

[I, S] 32. CREATIVE DIGITAL PHOTOGRAPHY

Sunday, April 6, 2025, 10am–1pm

Instructor: Tamsen Wojtanowski, artist and educator (tamsenwj.com, IG: @tamsenwj)

The smartphone you carry in your pocket and with which you likely take dozens, or even hundreds, of pictures a day is more powerful than you may realize. Manufactured as a continued representation of the early camera built around 1852, this modern image-making device works to mimic the shutter speed and aperture manipulations of a mechanical camera. It's not magic (per say), and you are still the author of the image. The game is learning how to control the camera to maximize its potential. In this workshop, you'll receive a general overview of the working parts of the digital camera and the steps that allow you to produce dynamic exposures. You'll use your camera to test various approaches and receive instant feedback from the instructor. No prior knowledge of photography is required, and you may work with any digital camera at hand, including the one on your smartphone.

Preparation: To take this workshop, you will need a digital camera (a smartphone camera is acceptable).

[I] 33. DRUM IT OUT!**Thursday, April 10, 2025, 6pm–9pm***Instructor: Josh Robinson, Humanities & Health Artist-in-Residence, Thomas Jefferson University (joshrobinsondrums.com)*

Experience drumming and music as a tool for healthy self-expression, wellness, and connection. Professional percussionist/teaching artist/facilitator Josh Robinson leads you to explore the power of musical expression as you build community, gain tools for coping with stress, and are granted permission to be creative and succeed in a fun and safe space. Improvisation requires the ability to adapt and trust oneself in the unknown from moment to moment. Playing in a group setting requires non-verbal communication, teamwork and being present. Experience the transformative power of music and learn how to "drum it out."

Preparation: None.**[I] 34. EXPLORING AEROSPACE INNOVATION IN THE MODERN WORLD****Saturday, April 12, 2025, 10am–1pm***Instructor: Dan Meloche, Structures Engineering Manager / Aerospace Engineer*

Humans in flight is a source of fascination for many, and this is your opportunity to explore the current state of creativity and innovation in aircraft design! The need to carry the greatest number of people, products, and payloads the longest distance at the lowest possible price has led aerospace builders away from conventional aircraft designs, in favor of new, bolder ones. In this workshop, you'll learn about some of the driving forces in modern aircraft design and what the future holds for air travel. You'll also participate in a fun activity to try your hand at structural design to carry a payload across the room!

Preparation: None.**[I, S] 35. BLENDING WITH INTENTION & HOW TO DRINK FLOWERS****Saturday, April 12, 2025, 2pm–5pm***Instructor: Becky Goldschmidt, Random Tea Room, Philadelphia (therandomtearoom.com)*

Nature awakens our senses with bright pops of color, let's embrace the blossoms and put them in our teapot! Our experience will start by sampling a few Random Tea Room custom blends, combinations that have been inspired by local parks, poets and... pandemics. We will take a walk (weather permitting) through the neighborhood and talk about the plants growing around us and ways to incorporate them into our life. Upon return from the walk, we'll explore an herbal apothecary and tea library, list our inspirational ingredients and create personal blends to sample and take home.

Preparation: Attendees are asked to bring their favorite mug and a small (grapefruit sized) bowl for blending.**[I, S] 36. SING, SING, SING!****Saturday, April 12, 2025, 2pm–5pm***Instructor: Natalie Perez, MME, music education specialist and singer*

Whether you want to be the next American Idol or you simply enjoy singing, this vocal workshop will explore aspects of singing such as posture, breathing, a toolbox of vocal warm-ups, phrasing, matching pitch, and diction. You will select either a Musical Theater or Popular tune to sing for the group. You will engage in song preparation, provide feedback to others, and have the opportunity to ask lots of questions regarding vocal performance.

Preparation: You must come to the workshop with a karaoke accompaniment track of the song you've chosen to sing with. Your song selection must be emailed to the instructor at least one week prior to the workshop.