

space availability for study groups as of 01/25/2016 04:00PM

Go to <http://www.esc.edu/myesc> to register

## Hauppauge Study Groups

### Mondays

#### **College Writing (Study Group) 4 cr with Mindy Kronenberg**

spaces avail **13** Intro/Liberal fulfills SUNY gen. ed. req | Basic Communications - fully

HAUPPAUGE CONFERENCE ROOM Mondays 6:00 TO 8:00 PM 1/25/16, 2/8, 2/22, 3/7, 3/21, 4/4

This study will provide the student with readings and exercises to sharpen writing skills and articulate ideas built around a central theme or thesis expressed in an organized narrative. The exercises should help build a foundation for subsequent study (and academic writing) as well as provide the student with an outlet for professional or personal ideas. The student will also become familiar with applying the appropriate format (MLA/APA, etc.) for citing sources in their assignments.

#### **Introduction to Statistics 4 cr with Salvatore Bellafiore**

spaces avail **13** Intro/Liberal fulfills SUNY gen. ed. req | Mathematics - fully

HAUPPAUGE CONFERENCE ROOM Mondays 5:30 PM TO 7:30 PM 1/25/16, 2/1, 2/8, 2/29, 3/7, 3/14, 3/21

This study gives students an elementary working knowledge of the methods used to collect, organize and analyze data collected in statistical studies. Topics to be covered: Basic definitions of Statistics

### Tuesdays

#### **Human Nutrition 4 cr with Matt Schmidt**

spaces avail **14** Intro and Adv./Liberal fulfills SUNY gen. ed. req | Natural Sciences - fully

HAUPPAUGE CONFERENCE ROOM Tuesdays 5:30 PM TO 7:00 PM 1/26/16, 2/9, 2/23, 3/8, 3/22, 4/5, 4/19.

This is a study of nutrition, exploring the biological, chemical, and physiological aspects of food intake and health. Topics to be covered include an introduction to human biology, carbohydrates, proteins, fats, vitamins, minerals, energy balance, physical activities, and diet improvement.

#### **Mindfulness-Based Tools for Stress Reduction: The Integration of Science, Study, a 4 cr with Nina Thorne**

spaces avail **10** Intro and Adv./Liberal

HAUPPAUGE CONFERENCE ROOM Tuesdays 5:00 PM TO 7:00 PM 1/19/2016, 2/2, 2/16, 3/1, 4/19, 4/26

Adult learners, in particular, are often negatively affected by stress due to conflicting demands of work, academic requirements, and family responsibilities. Mindfulness has been shown in numerous scientific studies to increase stress hardiness and increase the capacity to enjoy life. Mindfulness can be defined as intentionally bringing awareness, without judgment, to our moment to moment experiences. In this study group, we will explore the physiological, neurological and emotional impact of stress. In addition, we will engage in a variety of mindfulness-based meditation practices and related self-care skills. The content of this study is based upon the stress management program developed at the Center for Mindfulness at the University of Massachusetts Medical Center. Regular attendance is essential since the practice components build upon each other. Students should be prepared to engage in regular home practice during the term.

#### **Survey of Math with Applications 4 cr with Salvatore Bellafiore**

spaces avail **9** Intro/Liberal fulfills SUNY gen. ed. req | Mathematics - fully

HAUPPAUGE CONFERENCE Tuesdays 5:30 PM TO 7:30 PM 1/26/16, 2/2, 2/9, 2/23, 3/1, 3/8, 3/22

This study provides the student with the knowledge and understanding of applying mathematics to different applications relating to their lives. Topics to be covered: critical thinking skills, sets, systems of numeration, linear equations and graphing, the metric system, geometry, consumer mathematics and probability.

Meeting dates/times/locations not yet published

**College Writing Study Group in Amityville, NY 4 cr with Erin Young**spaces avail **\*CLOSED\*** Intro/Liberal fulfills SUNY gen. ed. req | Basic Communications - fully

\*\*\* Meeting dates/time/location not yet determined \*\*\* MENTOR WILL NOT BE OFFERING THIS CLASS FOR THIS TERM.  
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THIS STUDY GROUP WILL MEET AT THE BETHEL AME CHURCH OF AMITYVILLE, NY: 20 SIMMONS ST. COPAIGUE, NY College Writing is a study in independent research and argumentative writing, designed to help the student acquire and practice the research and writing skills that will be most helpful for him/her in college and beyond. Our primary watchword will be inquiry, in the form of asking questions, conducting research, and keeping an open, questioning mind with respect to the issues we will investigate and discuss. The student will become familiar with the research resources available to him/her as well as how to evaluate and use these resources. We will engage in an ongoing discussion of a topic area of the student's choice, including a focus on the World Wide Web as a research tool and an object of critical analysis. Our discussions and readings (to be agreed upon by both student and mentor) will provide a starting point for the independent research project that the student will conduct. The instructor will provide instruction on constructing sound, well-reasoned arguments. Emphasis will be placed on the student presenting arguments, reasons, and research in a manner that persuades an audience. This study satisfies the SUNY general education requirement in Basic Communication. It also satisfies the infusion of both competencies, Critical Thinking and Information Management.

**Cost of Food, Price of Health 4 cr with Frances Boyce**spaces avail **\*CLOSED\*** Intro and Adv./Liberal fulfills SUNY gen. ed. req | Natural Sciences - fully

\*\*\* Meeting dates/time/location not yet determined \*\*\* MENTOR WILL NOT BE OFFERING THIS CLASS FOR THIS TERM.  
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This study will examine food and health from an interdisciplinary standpoint. Students will investigate US food and farm policy and the implications to the dietary health of Americans. This will include the change in diet and available food over time. General principles of human nutrition and evolution as it relates to sustenance will also be covered. Finally, the study will look at medical issues that are impacted by these policies.

**Social Justice & Theater of the Oppressed 4 cr with Jase Teoh**spaces avail **15** Intro and Adv./Liberal fulfills SUNY gen. ed. req | Social Sciences - fully

\*\*\* Meeting dates/time/location not yet determined \*\*\* MENTOR WILL NOT BE OFFERING THIS STUDY FOR THIS TERM  
MENTOR WILL NOT BE OFFERING THIS STUDY GROUP THIS TERM.

The purpose of this study is to promote dialogue and action around issues of oppression such as race, class, gender, sexual orientation, age, and disability. Through audience participation theater methods, students improve their ability to name and address these issues in their everyday lives (e.g. in critical education, in political or social change, in performance as a tool for transformation, or in understanding issues of oppression). The activities typically involve warm-ups, image theater or sculpture, and forum theater. The outcomes of this study are to build students' skills and capacity to act in difficult situations in everyday life in a safe and fun space.

**Survey of Research Methods 4 cr with Erin Young**spaces avail **\*CLOSED\*** Adv./Liberal fulfills SUNY gen. ed. req | Basic Communications - fully

\*\*\* Meeting dates/time/location not yet determined \*\*\* MENTOR WILL NOT BE OFFERING THIS CLASS FOR THIS TERM  
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This study will familiarize students with the research methods utilized in a wide range of academic disciplines, including quantitative, qualitative, historical, and literary methods of research. Students will also learn how to locate and develop a suitable research topic for their area of study, how to make a convincing argument, and how to evaluate and integrate scholarly sources as evidence.

## Old Westbury Study Groups

### Mondays

#### **College Writing (Study Group) 4 cr with Leah Perry**

spaces avail **15** Intro/Liberal fulfills SUNY gen. ed. req | Basic Communications - fully

OLD WESTBURY BLUE ROOM Mondays 6:00 PM TO 7:30 PM 1/25/16, 2/8, 2/22, 3/7, 3/14, 4/4, 4/18

Writing is all about finding your voice, being able to have a say and communicate that say -- and the sense of self that underscores it -- effectively. In short, writing is about empowerment. This study group, which will meet every other week, focuses on developing the critical reading, thinking, and writing skills necessary for college writing. In this introduction to critical thinking and the fundamentals of academic writing, through the writing process, students refine topics; develop and support ideas; investigate, evaluate and incorporate appropriate resources; edit for effective style and language usage; and determine appropriate approaches for a variety of contexts, audiences, and purposes. Writing activities include narrative, exposition, and argumentation papers, as well as one extended research essay. No prerequisite required.

#### **Introduction to Independent Learning (Study Group) 4 cr with Leah Perry**

spaces avail **15** Intro/Liberal

OLD WESTBURY DAWSON LOUNGE Mondays 2:00 PM TO 3:00 PM 1/25/16, 2/8, 2/22, 3/7

Introduction to Independent Learning is a study designed to prepare students to be successful at Empire State College (ESC). Students will acquire basic ESC survival skills such as learning how to navigate the ESC environment, including the on-line ESC library, MyESC and available learning supports. They will practice college level reading and analysis skills by learning effective reader strategies and applying them to specific texts. Students will learn to identify and prepare major types of academic writing required of undergraduates such as summary, comparison/contrast, reaction, analysis and reflection. Critical thinking will be explored and emphasized as students learn to understand their assignments and evaluate texts. Time Management issues will be addressed in addition to communication with mentors and creating/utilizing support systems for academic success. Through acquiring basic internet literacy and research skills, students will be required to locate and review an academic source, engage in peer editing practice of their writing and provide oral presentations of their learning experience.

### Thursdays

#### **A Survey of Mathematics with Applications (Study Group) 4 cr with Donald Nicosia**

spaces avail **\*CLOSED\*** Intro/Liberal fulfills SUNY gen. ed. req | Mathematics - fully

OLD WESTBURY DAWSON LOUNGE Thursdays 5:30 PM - 7:00 PM 1/21/16, 2/4, 2/18, 3/3, 3/17, 3/31, 4/14, 4/28

This is an introductory college level mathematics study group which will meet regularly over the term. The topics include: critical thinking skills, sets, systems of numeration, linear equations and graphing, the metric system, geometry, consumer mathematics and probability. The student will read and study from a selected textbook.

Meeting dates/times/locations not yet published

#### **American Sign Language 2 4 cr with Alesia Olsen**

spaces avail **\*CLOSED\*** Adv./Liberal fulfills SUNY gen. ed. req | Foreign Language - fully

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The American Sign Language (ASL) 2 study group continues the curriculum presented in ASL 1. Competency in expressive and receptive skills will be further developed to enhance ability for basic conversational skills. Emphasis is on non-manual markers, use of space and transition to visual-gestural way of communication. Reinforcement of Level I Vocabulary will support the building of new topics: classifiers in story telling; health and wellness; "asking for;" and activities. This study will culminate in a receptive/expressive final. Prerequisite: American Sign Language 1 or equivalent. Prior approval for competency of ASL 1 is required for those with other than Empire State College ASL experience.

#### **Introduction to Economics 4 cr with Jeff Sussman**

spaces avail **\*CLOSED\*** Intro/Liberal fulfills SUNY gen. ed. req | Social Sciences - fully

\*\*\* Meeting dates/time/location not yet determined \*\*\* MENTOR WILL NOT BE OFFERING THIS CLASS FOR THIS TERM

This is the study of micro and macro economic principles, theories, and concepts. Students will examine the economic sequence where economic analysis is explored with a view toward understanding how our economic system operates and how it allocates resources in an efficient manner.

**Iranian Cinema: Gender, Politics, Race & Religion 4 cr with Zohreh Aminian**

spaces avail \*CLOSED\*

Adv./Liberal

fulfills SUNY gen. ed. req | Other World Civilizations - fully  
The Arts - partially

\*\*\* Meeting dates/time/location not yet determined \*\*\* MENTOR WILL NOT BE OFFERING THIS CLASS FOR THIS TERM

This study is intended to help students further develop their advanced critical thinking skills. Students will learn to view, examine and write about film as a cultural, social and artistic expression. Since the Islamic Revolution of 1978-1979, "Iranian cinema" has emerged as a thriving and inspiring "world cinema." The objective of the study is to introduce students to this cinema and to relate it to its historical, political, economic, social, cultural, literary and artistic contexts. Four award winning films will be reviewed: *Bashu, the Little Stranger*, a 1986 drama directed by Bahram Beizai; *The Runner*, a 1990 drama directed by Amir Naderi, *Turtles Can Fly*, a 2004 war drama directed by Bahman Ghobadi, and *Children of Heaven*, a 1997 drama directed by Majid Majidi. Students will be required to write a series of papers and complete a final research project.

## Riverhead Study Groups

### Mondays

#### **Introduction to Statistics 4 cr with Russell Gusack**

spaces avail 13 Intro/Liberal fulfills SUNY gen. ed. req | Mathematics - fully

RIVERHEAD CONFERENCE ROOM Mondays 5:30 PM TO 7:00 PM 1/25/16, 2/8, 2/22, 3/7, 3/21, 4/4, 4/18

The topics to be covered in this introductory study include: Basic Definitions (Statistics, Population, Random Sample), Organization and Analysis of Data (Grouped/Ungrouped Data, Graphical Representation of Data, Measures of Central Tendency, Measures of Dispersion), Probability, Combinations and Permutations, Frequency Distributions, The Normal Distribution, Central Limit Theorem, Hypothesis Testing and Confidence Intervals. The study meets the general education requirement in Mathematics.

### Tuesdays

#### **Introduction to Independent Learning 4 cr with Mildred VanBergen**

spaces avail 14 Intro/Liberal

RIVERHEAD CONFERENCE ROOM Tuesdays 5:30 PM TO 7:00 PM 1/19/16, 2/2, 2/23, 3/8, 4/5, 4/19, 5/5

Introduction to Independent Learning is a study designed to prepare students to be successful at Empire State College (ESC). Students will acquire basic ESC survival skills such as learning how to navigate the ESC environment, including the on-line ESC library, MyESC and available learning supports. They will practice college level reading and analysis skills by learning effective reader strategies and applying them to specific texts. Students will learn to identify and prepare major types of academic writing required of undergraduates such as summary, comparison/contrast, reaction, analysis and reflection. Critical thinking will be explored and emphasized as students learn to understand their assignments and evaluate texts. Time Management issues will be addressed in addition to communication with mentors and creating/utilizing support systems for academic success. Through acquiring basic internet literacy and research skills, students will be required to locate and review an academic source, engage in peer editing practice of their writing and provide oral presentations of their learning experience.