

Territorial Acknowledgement

We acknowledge that the School of Architecture is located on the traditional territory of the Neutral, Anishinaabeg and Haudenosaunee peoples. The University is situated on the Haldimand Tract, the land promised to the Six Nations that includes 10 kilometres on each side of the Grand River. (see references here: <https://uwaterloo.ca/engineering/about/territorial-acknowledgement>)

University of Waterloo School of Architecture
Arch 285.043

The Inner Studio

A designers guide to the resources of the psyche and wellness

Faculty Facilitator: Andrew Levitt

alevitt@uwaterloo.ca

Scheduled class time: Tuesday 6PM - 9PM EST

Online formats: Teams and Zoom

The Inner Studio

A designers guide to the resources of the psyche and wellness

You can't use up creativity. The more you use, the more you have.

Maya Angelou

Course Description

The built world and the inner world are linked and have the potential to touch us through the act of design. The inspiration, creative imagination and meaning we need as architect's is readily available, but we may not have developed the inner tools that help to bring these into the built world. The purpose of this elective is to connect designer's with new pathways and inner tools for accessing creative instincts, empathy and architectural imagination. In particular, cognitive and mindfulness strategies that focus on creativity and imagination will be explored. A primary goal of this course is to present a psychological view of the built world in order to help designers understand the wisdom of their dreams, shadows and body during the process of design. This approach supports the act of design as a process inseparable from enriching the self.

Please Note:

We will be doing experiential exercises during the course and in the past some students have preferred sitting or lying on the floor. Please have a cushion, yoga mat or blanket available if you think you will need one. A series of weekly readings will be sent out for discussion and review.

Learning Objectives

By the end of the course, students will have experienced and developed :

Active listening skills
Design and Visualization skills
Strategies for creative self-care

Course Requirements and Assessment

Topics and Schedule

1. What Makes Us Modern? / May 11
2. Neuroscience and Pro-social Behavior / May 18
3. Dreams and the Symbolic World / May 25
4. Creative Instincts and the Symbolic Life. / June 1
5. Listening to Design / June 8
6. Designer Self Care / June 15
7. Body, Energy and Decision Making / June 22
8. Craft, Embodiment and the Senses / June 29
9. .Myth and the Creative Path of Transformation / July 6
- 10 Seminars / July 12
11. Seminar / July 19
12. Seminar / July 26

Final Assignment due August 9

Electronic (via LEARN) submissions of your essay or inter-disciplinary research project are due August 9 @ 10PM. Please upload submission to LEARN drop box with name file <lastname_code <title>. pdf

Remote Course Delivery Platforms & Communication

During remote learning, we will be using additional platforms to deliver, organize and share course content, learning and work. Here is a breakdown of tools we will use in this course:

<insert text here>

Course Time Zone

All dates and times communicated in the document are expressed in Eastern Time (Local time in Waterloo Ontario, Canada). From September 8 – October 24 2020 times are indicated in Eastern Daylight Time (EDT, UTC—4:00) and from October 25 – December 31 2020, times are indicated in Eastern Standard Time (EST, UTC—5:00)

Fall 2020 COVID-19 Special Statement

Given the continuously evolving situation around COVID-19, students are to refer to the University of Waterloo's developing information resource page

(<https://uwaterloo.ca/coronavirus/>) for up-to-date information on academic updates, health services, important dates, co-op, accommodation rules and other university level responses to COVID-19.

Student Notice of Recording

The course's official *Notice of Recording* document is found on the course's LEARN site. This document outlines shared responsibilities for instructors and students around issues of privacy and security. Each student is responsible for reviewing this document.

Evaluation

There will be no final examination in the course. Students will be required to choose between either submitting an essay based on individual research or an agreed upon inter-disciplinary research project. A 200 word draft outline and preliminary bibliography of either the essay or inter disciplinary project will be due on your assigned day of Seminars. The final submission, either a 2000 word essay or an agreed upon interdisciplinary project with a 1000 word essay is due **August 9 @ 10PM**. Digital copy required for final submission. The essay must be related to course material and will be discussed during your assigned Seminar Class. Grading will be based on participation in class (20%) assignment outline due at the time of your Seminar (20%) and the final assignment (60%).

Enrollment Capacity

TBA

Late Work

Only in the case of a justified medical or personal reason will these penalties be waived, and only if these have been officially submitted to the Undergraduate Student Services Co-Ordinator and accepted by the Undergraduate Office.

Students seeking accommodations due to COVID-19, are to follow Covid-19-related accommodations as outlined by the university

here: (<https://uwaterloo.ca/coronavirus/academic-information#accommodations>).

Mental Health Support

All of us need a support system. We encourage you to seek out mental health supports when they are needed. Please reach out to Campus Wellness (<https://uwaterloo.ca/campus-wellness/>) and Counselling Services (<https://uwaterloo.ca/campus-wellness/counselling-services>).

We understand that these circumstances can be troubling, and you may need to speak with someone for emotional support. Good2Talk (<https://good2talk.ca/>) is a post-secondary student helpline based in Ontario, Canada that is available to all students.

Equity, Diversity and Inclusion Commitment

At the School of Architecture, we are committed to foster and support equity, diversity and inclusion. We recognize however, that discrimination does occur, sometimes through an isolated act, but also through practices and policies that must be changed. If you experience discrimination, micro-aggression, or other forms of racism, sexism, discrimination against LGBTQ2S+, or disability, there are different pathways to report them:

A) If you feel comfortable bringing this up directly with the faculty, staff or student who has said or done something offensive, we invite you, or a friend, to speak directly with this person. People make mistakes and dealing them directly in the present may be the most effective means of addressing the issue.

B) you can reach out to either the undergraduate ([Donna Woolcott](#) or [Maya Przybylski](#)), graduate office ([Nicole Guenther](#), [Lola Sheppard](#), or [Jane Hutton](#)), or director ([Anne Bordeleau](#)). If you contact any of these people in confidence, they are bound to preserve your anonymity and follow up on your report.

C) You may also choose to report centrally to the Equity Office. The Equity Office can be reached by emailing equity@uwaterloo.ca. More information on the functions and services of the equity office can be found here: <https://uwaterloo.ca/human-rights-equity-inclusion/about/equity-office>.

Academic integrity, grievance, discipline, appeals and note for students with disabilities:

Academic integrity: In order to maintain a culture of academic integrity, members of the University of Waterloo community are expected to promote honesty, trust, fairness, respect and responsibility. [Check [the Office of Academic Integrity](#) for more information.]

Grievance: A student who believes that a decision affecting some aspect of his/her university life has been unfair or unreasonable may have grounds for initiating a grievance. Read [Policy 70, Student Petitions and Grievances, Section 4](#). When in doubt, please be certain to contact the department's administrative assistant who will provide further assistance.

Discipline: A student is expected to know what constitutes academic integrity to avoid committing an academic offence, and to take responsibility for his/her actions. [Check [the Office of Academic Integrity](#) for more information.] A student who is unsure whether an action constitutes an offence, or who needs help in learning how to avoid offences (e.g., plagiarism, cheating) or about "rules" for group work/collaboration should seek guidance from the course instructor, academic advisor, or the undergraduate associate dean. For information on categories of offences and types of penalties, students should refer to [Policy 71, Student Discipline](#). For typical penalties, check [Guidelines for the Assessment of Penalties](#).

Appeals: A decision made or penalty imposed under [Policy 70, Student Petitions and Grievances](#) (other than a petition) or [Policy 71, Student Discipline](#) may be appealed if there is a ground. A student who believes he/she has a ground for an appeal should refer to [Policy 72, Student Appeals](#).

Note for students with disabilities: [AccessAbility Services](#), located in Needles Hall, Room 1401, collaborates with all academic departments to arrange appropriate accommodations for students with disabilities without compromising the academic integrity of the curriculum. If you require academic accommodations to lessen the impact of your disability, please register with [AccessAbility Services](#) at the beginning of each academic term.

Turnitin.com: Text matching software (Turnitin®) may be used to screen assignments in this course. Turnitin® is used to verify that all materials and sources in assignments are documented. Students' submissions are stored on a U.S. server, therefore students must be given an alternative (e.g., scaffolded assignment or annotated bibliography), if they are concerned about their privacy and/or security. Students will be given due notice, in the first week of the term and/or at the time assignment details are provided, about arrangements and alternatives for the use of Turnitin in this course.

It is the responsibility of the student to notify the instructor if they, in the first week of term or at the time assignment details are provided, wish to submit the alternate assignment.