

The School of Community Studies

Throughout history, community has been a natural and primary source of values, identity, and meaning. One of the major challenges in the mobility and isolation of modern societies is an innate sense of loss when it comes to feeling a part of community. Increasingly we see that there is a natural and unfulfilled yearning for, and curiosity about community, as a source of learning and personal fulfillment. In response, the Mount Madonna Institute, School of Community Studies is offering participants an exceptional opportunity to live, study, and serve within a 40-year-old successful, intentional community while studying the underlying principles of community in general. Students will explore ways in which healthy communities can be created and sustained through skillful dialogue, understanding of common aims, values, goals, and principled compromise.

To this end we host a select group of students who will form a cohort that lives together in the Community Studies Program. Each individual enjoys a private bedroom and shares an adjoining bathroom with one other participant of the same gender. The building also has a common living room, full kitchen and another bathroom. Students live “in community” and are fully integrated into the larger Mount Madonna residential community for a period of three to six months.

COMMUNITY STUDIES – SERVICE LEARNING EMPHASIS, PART 1

Clock Hours: 180

Semester Credits: 12

Prerequisite: High School Diploma or Equivalent

Grading: Pass/Fail, based on attendance and participation.

Cumulative Final Exam: None

Graduation Document: Certificate

Purpose / Objective

The objective of the three-month residential Community Studies program is to introduce the ways in which living in community lend themselves to a healthy, meaningful life. Students are introduced to the core values of service, yoga (as a reflective practice), and community as integral to self-development. Students are offered a variety of service placements and regularly reflect on their experiences. By being presented with principles of sustainable living, students begin to establish a deeper connection to themselves and to their own value system.

COURSE DESCRIPTION PART ONE

Intro to Yoga, Service and Community, Part 1

Course No. CS 100

Credits: 1

Seminar topics include: Orientation to: Service Learning, Intentional Community, Values and Intention Setting. Students are introduced to basic service placement safety standards, institutional policies and procedures, and small group dialog guidelines. This course also includes guided walks through the 360-acre campus.

Service Learning, Part 1

Course No. CS 110

Credits: 6

Service learning integrates meaningful community service experience with reflection. While participating in a variety of service placements, students will examine Service as a tool for personal transformation, character growth, and problem solving. The course also seeks to foster civic responsibility and strengthening community.

Philosophy and Living a Meaningful Life, Part 1

Course No. CS 120

Credits: 1

Students are introduced to a broad range of presentations and conversations centered around living a life of meaning within community. Students will engage in discussions around principles of beginning yoga philosophy, service-learning, self-care, and beginning self-reflection; they will be able to recognize these principles of meaningful living within their own lives.

Healthy Living Mind-Body Awareness: Yoga Philosophy and Practice, Part 1

Course No. CS 130

Credits: 1.5

Students learn and practice introductory breathing practices and various meditation techniques and receive a basic introduction to the theory behind each method. It also includes beginning core postures drawing from standing, sitting, kneeling, lying, balancing, forward bending and back bending positions to strengthen and harmonize various systems of the body.

Reflection and Dialogue, Part 1

Course No. CS 140

Credits: 1

Students receive experiential practice of small group dialogue and reflection skills. The course will present and practice a variety of self-reflective techniques, and small group communication and dialogue skills. Students will begin to explore best practices to build and sustain individual self-care, balance, and harmony with self and others.

Collaborative Group Project, Part 1

Course No. CS 150

Credits: .5

Students are introduced to collaborative group project techniques. Utilizing skills learned in service-placements, participants facilitate a group project, which benefits the broader community.

Community Engagement Electives

Course No. CS 160

Credits: 1

Students are given the opportunity to engage in a variety of community seminars and activities offered within a residential intentional community. These activities are intended to reflect principles of healthy community engagement.

Community Studies Service Learning Emphasis, Part 1 - Program Outline

Course Number	Course Titles	Gen Ed (Y/N)	*DE (Y/N)	Hours	Credit
CS 100	Introduction to Yoga, Service and Community, Part 1	N	N	15	1
CS 110	Service Learning, Part 1	N	N	90	6
CS 120	Philosophy and Living a Meaningful Life, Part 1	N	N	15	1
CS 130	Healthy Living Mind-Body Awareness: Yoga Philosophy and Practice, Part 1	N	N	22.5	1.5
CS 140	Reflection and Dialogue, Part 1			15	1
CS 150	Collaborative Group Project, Part 1	N	N	7.5	0.5
CS 160	Community Engagement Electives	N	N	15	1
TOTAL				180	12

COMMUNITY STUDIES – SERVICE LEARNING EMPHASIS, PART 2

Total Course Contact Hours: 180

Semester Credits: 12

Prerequisite: Community Studies – Service Learning Emphasis – Part 1

Grading: Pass/Fail, based on attendance and participation.

Cumulative Final Exam: None

Graduation Document: Certificate

Purpose / Objective:

The objective of the Service-Learning, Part 2 residential three-month program is to understand the complex impact an individual has on a larger group, which leads to greater awareness in helping sustain healthy community within their own lives and around the world. The program includes intermediate-level theory and practices of yoga as one of the ways to practice self-reflection, along with intermediate-level communication

and small group dialog skills. Within the service-learning placements, students are encouraged to explore the intersection of their own gifts and talents to personal goal setting.

COURSE DESCRIPTION PART TWO

Intro to Yoga, Service and Community, Part 2

Course No. CS 200

Credits: .5

Prerequisite: CS100

Seminar topics include: Orientation to Service Learning, Intentional Community, Values and Intention Setting. Students practice communicating basic service placement safety standards, institutional policies and procedures, and small group dialog guidelines to new participants.

Service Learning, Part 2

Course No. CS 210

Credits: 6.5

Prerequisite: CS110

Service Learning integrates meaningful community service experience with reflection. In the second

semester, students are offered a more concentrated and focused service learning placement. Students will continue to examine Service as a tool for personal transformation, character growth, and problem solving. The course also seeks to foster civic responsibility and strengthening community.

Philosophy and Living a Meaningful Life, Part 2

Course No. CS 220
Credits: 1
Prerequisite: CS120

This course explores the themes of yoga, self-reflection, and service-learning through presentation and small group dialog. During the course, intermediate level yoga theory and communication skills are explored. Participants will examine their own self-development through a more applied context of these principles in their daily lives. Through small group reflection on experiential service-learning and sustainable community traditions, participants gain an awareness of their own unique learning journey to self-development.

Healthy Living Mind-Body Awareness: Yoga Philosophy and Practice, Part 2

Course No. CS 230
Credits: 1.5
Prerequisite: CS130

Students learn and practice intermediate breathing practices and various meditation techniques with more expanded discussions on theory and philosophy behind each method. It also includes intermediate postures drawing from standing, sitting, kneeling, lying,

balancing, forward bending and back bending positions to strengthen and harmonize various systems of the body.

Reflection and Dialogue, Part 2

Course No. CS 240
Credits: 1
Prerequisite: CS140

Students receive experiential practice of intermediate-level small group dialogue and reflection skills. The course will present and practice a variety of small group communication, relational, and dialog skills.

Collaborative Group Project, Part 2

Course No. CS 250
Credits: .5
Prerequisite: CS150

Students practice communication skills while collaborating on a healthy community project. Project experience will incorporate welcoming and inclusion skills.

Community Engagement Electives

Course No. CS 260
Credits: 1

This course is an opportunity to further engage in a variety of community activities offered within a residential intentional community. These activities are intended to reflect principles of healthy community engagement.

Community Studies Service Learning Emphasis, Part 2 - Program Outline

Course Number	Course Titles	Gen Ed (Y/N)	*DE (Y/N)	Hours	Credit
CS 200	Introduction to Yoga, Service and Community, Part 2	N	N	7.5	0.5
CS 210	Service Learning, Part 2	N	N	97.5	6.5
CS 220	Philosophy and Living a Meaningful Life, Part 2	N	N	15	1
CS 230	Healthy Living Mind-Body Awareness: Yoga Philosophy and Practice, Part 2	N	N	22.5	1.5
CS 240	Reflection and Dialogue, Part 2			15	1
CS 250	Collaborative Group Project, Part 2	N	N	7.5	0.5
CS 260	Community Engagement Electives	N	N	15	1
TOTAL				180	12