Marin Community College District
Kentfield, CA 94904

Revised

Board Agenda Item

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<th>To:</th>
<th>Board of Trustees</th>
<th>Date: April 19, 2011</th>
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<td>From:</td>
<td>Superintendent/President</td>
<td>Item &amp; File No. B.9.1</td>
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<td>Subject:</td>
<td>New Community Services Courses</td>
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<td>Reason for Board Consideration:</td>
<td>CONSENT APPROVAL</td>
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<td>Enclosure(s):</td>
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**Background:**

New courses are developed by faculty in the Community Education area. Courses are reviewed and approved according to Board policy 3.0001 and 3.0002.

The Community Education Program will offer the following new Community Services courses for the first time during Summer Quarter 2011. These fee-based courses are recommended by the appropriate Community Education faculty and staff as well as the Vice President of Student Learning, and are “designed to meet the educational, social, economic, cultural, and recreational needs” of Marin County residents, as specified in Board policy. The proposed new courses are listed below, along with brief descriptions.

**Mural Painting Intensive**

This studio class will provide you with the basics of mural painting. Whether your objective is a small accent or an entire wall, this class will be full of valuable information. You will design and fabricate a 2’ x 3’ mural which can be used as a finished piece or serve as the basis of a large-scale wall rendering. You will learn about different techniques: perspective, trompe-l’oeil, color selection, faux, and stencil and glaze applications. We will also cover: wall preparation, sealing, and the selection of materials. This class is intended for both the professional and the home owner.

*Meets: 2 days for 6 hours for a total of 12 hours*

**American Art: History and Culture**

From the Colonial period of John Singleton Copley through the Regionalism of Grant Wood and Edward Hopper, we survey the paintings and sculpture that define us as a nation. Special attention will be given to those periods in which the de Young museum has its richest collections: Romantic landscape as exemplified by Frederic Church and Alfred Bierstadt, the American fascination with trompe l’oeil, the Realism of George Caleb Bingham and Thomas Eakins, American Impressionism and Realism, including the so-called Ash Can School. The last class meeting will be held at the de Young museum for a special tour through the 18th and 19th Century galleries conducted by Professor Kerrin Meis. Our emphasis will be on the social and political milieu in which these works were created.

*Meets: 6 weeks for 2 hours each week for a total of 12 hours*

**Masterpieces of Luxury: Lifestyles of Kings and Queens During the XIX Century**

Join us in this entertaining class to discuss “masterpieces of luxury” which were created for the nobility during the XIX Century. We shall discuss the history of Baccarat crystals and admire the beauty of several pieces; the famous coral covered with 5,000 precious stones belonging to Frederic August, Elector of Saxe; the jewelries and history of the House of Faberge; Marie Antoinette’s cameos; and Napoleon’s watches. We will talk about the largest jewel ever created in the world by the brothers Cartier in 1928 for the Maharadjha of India.
Our discussion will include the furniture ordered by King Louis XIV to the cabinetmaker Charles Boulle; and the new luggage designed by Louis Vuitton to fit the fashion created by Empress Eugenie in 1853. 

*Meets: 6 weeks for 2 hours each week for a total of 12 hours*

**French for Leisure Travelers: Social Etiquette and Cultural Awareness**

Learn to navigate your way through France without fear of making common faux pas. This course will teach you everyday survival French vocabulary and, also, general cultural and social etiquette of France. In a typical French ambiance, accompanied by French music, cheese, crackers, and seltzer, you will be able to practice your skills in a social setting. Get tips on do’s and don’ts in typical situations: ordering from a French menu; restaurant dining; the art of gift-giving in France; the role of conversation, and more. 

*Meets: 1 day for a total of 6 hours*

**The Beatles: The Rock Group that Changed the World**

An in-depth overview of the history of the Beatles, the most popular and influential rock group of all time. Using both common and rare recordings and video clips, the course will trace their artistic evolution from the dawn of their career in the early 1960s through their breakup about a decade later. The development of the numerous styles they pioneered and mastered will be explored in detail, from the relatively simple Merseybeat of their first recordings through the folk-rock, hard rock, psychedelia, and progressive art rock they delved into as the 1960s progressed. The Beatles were among the most important agents of social change of the 20th Century, and the course will also examine their massive effect on the popular music and culture of their era. 

*Meets: 6 weeks for 2 hours each week for a total of 12 hours*

**Thriving with Adult ADHD: Relationships**

The course is designed for adults with ADHD who seek to improve the quality of their relationships with others -- both at home and in the work place. Set yourself up for success by learning to anticipate difficulties and managing your responses. In this class, you will learn how ADHD symptoms contribute to many relationship challenges and develop strategies to work with them. Improved communication skills will result in more win-win situations. Course content will address: forgetfulness, task initiation and completion, communication, empathy, compassion, and ways to enhance the overall well-being of your Self and others. 

*Meets: 6 weeks for 2 hours each week for a total of 12 hours*

**A Contemporary Introduction to Enlightenment**

Americans are dedicated to the ‘pursuit of happiness,’ but how does this pursuit serve us? Based on Advaita Vedanta, a 5,600 year old spiritual tradition relatively unfamiliar to the West, this highly pragmatic course offers a promising alternative approach to happiness. Designed for ‘thinking individuals’ utilizing common sense and logic, our explorations facilitate gaining Self-knowledge, which addresses and resolves our issues with mortality and contentment. To achieve our goal, the class maintains a dynamic equilibrium between theoretical underpinnings and overarching perspective on one hand and getting up-close-and-personal with values, practices, and day-to-day implications on the other. 

*Meets: 6 weeks for 2 hours each week for a total of 12 hours*

**Functional Fitness**

This fitness course offers opportunities to enhance cardiovascular endurance, muscular strength, flexibility, balance, coordination, and over-all sense of well-being while participating in movement activities with music while sitting or standing in a safe and friendly environment. The curriculum is designed to be appropriate for adults with physical disabilities and those who prefer a gentler, yet challenging, approach to exercise. No prior experience necessary. 

*Meets: 6 weeks for 11 days, 1 hour each day for a total of 11 hours*
Weight Training
This course is designed to teach students several training methods that can be used for building muscular strength, dynamic flexibility, speed and explosion, lateral agility, and endurance. This type of training is best suited for athletes who are looking to enhance their athleticism and performance in their respective sport. A variety of training methods will be used during this course, such as: resistance, cardio, circuit training, and functional.

Meets: 6 weeks for 2 days each week, 1.5 hours each day, for a total of 18 hours

T-Shirt Design
Discover a variety of ingenious T-Shirt design techniques, including silkscreen printing, stamping, bleach out, and appliqué. Whether you’re a beginner or an experienced artist, this class will guide you through the design process and the technical steps required to transform fabrics and create one of a kind T-Shirts and Hoodies. You will learn how to transfer a design onto a silkscreen using stencils. Have fun experimenting with different fabric printing techniques and color applications. We’ll explore the possibilities of recycling old clothes, embellishing new ones, and creating unique T-shirts.

Meets: 6 weeks for 2 hours each week for a total of 12 hours

Canning Basics: Preserves
Homemade jams and jellies are delicious, and they make wonderful gifts. This class will introduce you to the tools/equipment, food safety, and ingredient selection needed to successfully make both jams and jellies. In this class, the instructor will demonstrate how to make fresh strawberry jam and pomegranate jelly. You will go home with recipes, an equipment list, and a sample from class.

Meets: 1 day for a total of 3.5 hours

Canning Basics: Pickling
Pickling is a great way to preserve the bounty of summer, whether from your own garden or the local farmers’ market. This class, the instructor will demonstrate how to make dill pickles and pickled mixed vegetables. You will go home with recipes, an equipment list, and a sample from class.

Meets: 1 day for a total of 3.5 hours

RECOMMENDATION:

The Superintendent/President recommends that the Board of Trustees approve the new Community Services courses.

Administrator Initiating Item Angelina Duarte, Interim Vice President of Student Learning