

Catalog Home

Welcome to January Term 2026

January Term at Saint Mary's College offers a curriculum of rigorous, intensive, unique courses outside students' usual realms of inquiry using analytical, focused, immersive, and experiential methods of pedagogy and critique, with the aim of broadening the academic, social, cultural and spiritual life of the College, in accordance with a Lasallian ethic of social justice, civic responsibility, and personal transformation.

Registration

Jan Term Travel courses will be done by lottery on Wed, Sept 24, 2025 (seniors) and Thur, Sept 25, 2025 (all other students). More info may be found on the Jan Term travel registration site

On-Campus and Hybrid courses will be held on Mon, Oct 6, 2025 through Thurs, Oct 9, 2025.

Questions regarding on-campus and hybrid course registration should be directed to the Registrar's Office at 925.631.4214 or regoff@stmarys-ca.edu.

Please note:

- Courses meet in person on campus unless otherwise noted.
- Courses are listed as 1 CU or 3 CU, and levels 100, 200, 300, and 400 (travel courses).
- Level 100 and 200 courses are considered Lower Division.
- Level 300 and 400 courses are considered Upper Division.
- Travel courses carry an additional fee to cover travel costs.
- Travel registration eligibility is approved by the travel course's instructor(s).
- First-year students may only travel within the U.S.
- All course fees listed here are approximate. Please check GaelXpress for the current course listing and details.

Questions? Contact janterm@stmarys-ca.edu

About January Term

Since 1970, **January Term** (Jan Term) has offered both students and faculty the opportunity to explore courses and experiences that depart from the constraints of the regular semester. Here, students are encouraged to explore beyond

their major, minor, or core requirements. Each year, faculty develop a new curriculum composed of content and approaches designed to stimulate the imagination, and experiment with both subject matter and technique.

Like **Collegiate Seminar**, all undergraduate students and faculty from across the College participate in January Term. Students and faculty are freed from disciplinary constraints to create innovative learning experiences. Students are required to take one full-credit January Term course for each year of full-time attendance. The College offers both on-campus courses and off-campus travel courses throughout the United States and many parts of the globe. Many courses emphasize experiential learning through service, community-based research, and on-site learning relevant to the region.

Each January promises new and innovative opportunities. Since students enroll in only one course, which equals a full semester credit, faculty members expect more and tend to increase the pace of instruction. January Term is designed to suspend the ordinary and engage the extraordinary, nurturing students as lifelong learners.

Course Descriptions

100 Level (1 Unit)

CORE 125-01 - Introduction to Laboratory Practicum in the Sciences

Modality: In-person

Course Times: TTH 1:00 PM - 5:00 PM

Instructor(s): Steve Bachofer

Email: bachofer@stmarys-ca.edu

Course Lab Fee: \$0

This course is intended for transfer students who have fulfilled the science lecture coursework at another institution but are missing the lab requirement. This application-based science lab course teaches students the foundations of gathering and analysis of empirical data on a topic of natural and physical science. Students will learn how to draw a valid conclusion based on basic experimental research.

Prerequisites & Notes

This course is only open to transfer students who have completed the lecture portion of the Science requirement in the Core.

Permission of the instructor is required to register.

Credits: 1

100 Level (3 Units)

JAN 100-01 - Writing and Publishing a Romance Novel

Modality: In-Person

Level: 100-level

Course Times: 9:15am - 11:55am

Course Materials Fee: \$20

Instructor(s): Rebecca Ahlfeldt

Email: raa12@stmarys-ca.edu

Many people aspire to write a novel, but few actually meet their goal. In this course, students will begin a romance novel and revise this beginning for submission or self-publication. To do this, we'll explore the genre and the structure of romance novels, read and analyze popular romance novels, watch movies and interview, and discuss other romance-related texts. Some of the in-class activities are specifically designed to help students build their "writing muscles" and improve their focus, so come to class ready to write!

By the end of this course, students will complete and revise the first three chapters of a romance novel, a query letter, and a book synopsis. Each student will leave this class with a personal roadmap to finishing their book as well as a list of avenues for publication, according to their goals.

Prerequisites & Notes

Prerequisites: None

Credits: 3

JAN 101-01 - Your Voice Matters: Tools for Speaking with Clarity and Confidence

Modality: In-Person

Level: 100-level

Course Times: 2:45pm - 5:25pm

Course Materials Fee: \$0

Instructor(s): Julie Ford

Email: jaf17@stmarys-ca.edu

Are you nervous about speaking up in class, at work, in interviews, or social settings? Do you feel your voice doesn't convey the confidence or clarity you intend? Do you experience hoarseness when coaching-or even after an evening out with friends? You're not alone-and this course is here to help. Designed for all vocal experience levels, this course strengthens public speaking and vocal delivery skills for use across professional fields such as business, education, and public health-and will help you step up your game in classroom presentations, interviews, or theatrical auditions. You'll explore how your voice actually works and how to use it with greater control, presence, and authenticity. Through Estill Voice Training™ techniques, spectrogram analysis, the International Phonetic Alphabet (IPA), exploration of vocal biases, and basic psychoacoustics, we'll uncover the mechanics and agency everyone can access to shape vocal tone. Get ready for hands-on activities and playful exploration that will empower you to appreciate your voice, improve clarity and expressive range, and build real-world speaking confidence. You'll walk away with practical tools to use your voice with impact, intention, and longevity.

Prerequisites & Notes

None

Credits: 3

JAN 102-01 - Design a Quest Board Game

Modality: In-Person

Level: 100-level

Course Times: 9:15am - 11:55am

Course Materials Fee: \$20

Instructor(s): Jenyth Gearhart-Utchen

Email: jjg13@stmarys-ca.edu

In this 100% in-person course, we will read quest narratives and create board games based on hero's and heroine's journey plot and character archetypes. Part reading, part writing, and part manufacturing, this interdisciplinary course encourages students to synthesize patterns of thinking and play as they contend with forms of winning. If you are curious how one may translate the Hero's Journey into a game of skill or chance or thrones, this course is for you. If you wonder how the Heroine resolves feminine seduction and betrayal to overcome obstacles, you should study with us. If you're questioning how play might help a protagonist heal their painful circumstances and become whole, try creating a board game using healing tokens and tiles to aid the protagonist across the finish line.

The course has several strands, including the History of Games, Journey Book Clubs, Journey Journal writing, Game Play/Evaluation, Game Design, and Stanford Design School principles for connecting play to life. It is suitable for beginner-level gamers and up.

Prerequisites & Notes

None

Credits: 3

JAN 103-01 - African American Art and Cultural Expression

Modality: Hybrid

Level: 100-level

Course Times: 12:00pm - 2:40pm. Remote sessions will be on January 9, 12, and 16.

Course Materials Fee: \$0

Instructor(s): Jeannine King

Email: jmking@stmarys-ca.edu

Carrie Mae Weems. Bessie Smith. Spike Lee. Dance Theater of Harlem. Def Poetry Jam. Kendrick Lamar.

This course will provide an introduction to African-American cultural expression in music, drama, art, dance and film. We will explore these genres with attention to historical context and modern references to the past. Some of the issues explored will include: art as an expression of freedom and social justice, authenticity and "selling out," trauma, redemption, beauty and joy. The course will be fully remote and will explore the vast collection of African American digital archives.

Prerequisites & Notes

None

Credits: 3

JAN 104-01 - Artifacts of American Slavery

Modality: In-Person

Level: 100-level

Course Times: 9:15am - 11:55am

Course Materials Fee: \$30

Instructor(s): Kathryn Koo

Email: kkoo@stmarys-ca.edu

"It was the blood-stained gate, the entrance to the hell of slavery, through which I was about to pass. It was a most terrible spectacle. I wish I could commit to paper the feelings with which I beheld it."

-Frederick Douglass, 1845

In narrating the journey from slavery to freedom, the formerly enslaved often wrote about the difficulty of describing the horrors of American slavery. For many writers, and their readers, the horrors were beyond belief or comprehension. In this course, we will confront the historical reality of American slavery through its many artifacts and traces, left behind in the first-hand accounts of those who experienced it, the material objects of slave culture, and the plantation sites that continue to bear witness to its history. We will also examine films that have attempted to portray this institution.

This introductory course on American slavery will offer students the chance to develop, hone, and practice the critical skills of analysis and interpretation that are necessary for the study of texts, objects, places, and films. We will begin by analyzing the genre of the slave narrative and how it gave rise to the contemporary neo-slave narrative. We will then learn to examine material culture as a window into the past and apply our skills to objects and places featured in digital collections and museum and plantation websites. We will conclude the course by critiquing the representation of slavery in films. Students of all disciplines are welcome and invited to join this month-long immersion into a history that demands to be told and remembered.

Prerequisites & Notes

None

Please note:

The readings and films of this course contain scenes of racial terror and violence. Students who enroll in this course should be prepared to confront such scenes and analyze their impact on readers and viewers.

Credits: 3

JAN 105-01 - Energy Sustainability: Build Passive Solar Home

Modality: In-Person

Level: 100-level

Course Times: 12:00pm - 2:40pm

Course Materials Fee: \$50

Instructor(s): Alexandra LaGatta

Email: abl4@stmarys-ca.edu

This is a really fun in-person class where you learn all about energy supply and then use that knowledge to build a model of an energy-efficient home! You will learn why energy efficiency is one of the easiest and most powerful tools we have to combat climate change, environmental destruction, and inflation. We investigate the fossil fuel industry, renewables, and learn the tenets of passive solar design. The class then divvies into teams and each team designs and builds a model of their vision of an energy-efficient, passive solar home.

A passive solar home is a comfortable home that gets at least part of its heating, cooling, and lighting energy from the sun. There is no magic formula and success comes in the form of leaving a lighter footprint on the environment through energy efficiency and conservation of resources.

Come be a part of a team, harness your creativity, and build some magic!

Prerequisites & Notes

Prerequisites: Must have completed a mathematics course at Saint Mary's, or have Placement Level C

Credits: 3

JAN 106-01 - Dance is for Everyone: Beginning Dance and Choreography

Modality: In-Person

Level: 100-level

Course Times: 12:00pm - 2:40pm

Course Materials Fee: \$100

Instructor(s): Dana Lawton

Email: dlawton@stmarys-ca.edu

This course delves deeply into exploring the art of choreography and the training of the dancer. The dance technique portion of the class will develop strength, musicality, and performance skills. The term "modern dance" incorporates many styles of dance, specifically ballet, jazz, and historical forms of codified modern technique. As a class, we will focus on body placement and alignment to help you understand your own body and move more effectively. We will also work on your performance and focus as a dancer, which is an integral part of moving. You will have a strong understanding of technique and a beautiful performance quality when you finish this class.

In order for this to happen, you need to be in class every day, ready and willing to work, and must be open to taking and assimilating corrections. Dance class can be a positive experience. If we agree to work together on learning and dancing, we will have a great term.

The choreographic portion of the class will entail the development of a dance from beginning to end. Group discussions will assist in aiding the choreographer toward personal insight and reflection when making choreographic choices. An informal showing of final work is scheduled for the final day of Jan Term.

Prerequisites & Notes

None

Credits: 3

JAN 107-01 - Deconstructing Broadway Music

Modality: In-Person

Level: 100-level

Course Times: 12 PM - 2:40 PM

Course Materials Fee: \$0

Instructor(s): Sixto Montesinos

Email: sfm5@stmarys-ca.edu

This course offers an in-depth exploration of Broadway musicals, examining their artistic, historical, and cultural significance. Through a close analysis of productions like Hamilton, students will deconstruct musical compositions, lyrical storytelling, and theatrical elements to understand how Broadway reflects and shapes societal narratives. Topics include the creative process behind musicals, historical accuracy versus artistic license, and the role of diversity in theater. Coursework includes script readings, critical discussions, interactive activities such as historical rap writing and karaoke, and daily quizzes to reinforce learning. Designed for students of all backgrounds, this course challenges participants to think critically about musical theater while engaging in an immersive and dynamic learning experience.

No prior musical knowledge required.

Prerequisites & Notes

None

Credits: 3

JAN 108-01 - Taylor Swift as Mirrorball: Reflections of Ourselves & Culture

Modality: In-Person

Level: 100-level

Course Times: 12:00pm - 2:40pm

Course Materials Fee: \$0

Instructor(s): Megan Noble

Email: mjn6@stmarys-ca.edu

Taylor Swift as Mirrorball: Reflections of Ourselves & Culture is a course that analyzes how the Nashville-raised artist and icon operates as a temperature gauge for the culture at large. Contrary to what Swift implies on her 2022 release, *Midnights*, the reason why so many fade, but she's "still here" is not a phenomenon that can be solely attributed to 'karma.' Together, we'll think critically about the nuances of what Swift represents in our culture by analyzing her relationship to girlhood, whiteness, feminism, and fandom. We will learn how to read and analyze critical theory, cultural criticism, music journalism, and personal essays in multimedia forms. To aid our discoveries, we will research, write, and generate three distinct products of different genres - mirroring the genre literacy and shifts of Swift herself. Our class will be a community of writers and thinkers. Through the workshop, we will participate in a lot of thinking, reading, writing, rewriting, listening, and discussing amongst one another. Lastly, familiarity with Swift's music is preferred, but not required.

Prerequisites & Notes

None

Credits: 3

JAN 109-01 - Introduction to Magic

Modality: In-Person

Level: 100-level

Course Times: 9:15am - 11:55am

Course Materials Fee: \$100

Instructor(s): Tori Noquez

Email: vl1@stmarys-ca.edu

Students will learn tricks from several branches of magic such as close-up magic (cards, coins), parlour magic (ropes rings), and mentalism (mind reading). We will cover some basic performance theory as well as the history of famous magicians and various magical effects, and there will be guest speakers/performers visiting the class. The course will culminate with final performances where students will present an act to their classmates.

Beyond her career as a mathematician, Professor Noquez has been performing magic professionally for over a decade. Described by *The New York Times* as a "math professor by day, conjurer by night," she has shared her magic all over the country and her act has been featured on national television. She is very excited to be bringing her expertise to this Jan Term course!

Prerequisites & Notes

None

Credits: 3

JAN 110-01 - Hands-on STEM Exploration for the Science Inspired

Modality: In-Person

Level: 100-level

Course Times: 12:00pm - 2:40pm

Course Materials Fee: \$0

Instructor(s): Jim Pesavento

Email: jjp6@stmarys-ca.edu

Description: This course is intended for first-year students who are inspired by science, yet are currently undecided as to whether a STEM major is right for them. This class aims to highlight the relevance of introductory course content, provide hands-on (in-person) experience, and see the interconnectedness of the STEM disciplines. For instance, topics and hands-on laboratory experiments draw from biology, mathematics, biochemistry, and earth and environmental science. With input from the class, the course instructors will facilitate the generation of a hypothesis from a research project in the aforementioned fields, design a set of experiments that attempt to answer the hypothesis, and then analyze the data collected from each experiment.

Prerequisites & Notes

None

Credits: 3

JAN 111-01 - Experiments in Stop Motion Animation & Video

Modality: In-Person

Level: 100-level

Course Times: 12:00pm - 2:40pm

Course Materials Fee: \$10

Instructor(s): Jeremy Rourke

Email: jfr5@stmarys-ca.edu

In this dynamic on-campus course, you will create a series of stop motion animation and video projects. There will be numerous in-class projects, both individual and collaborative, using the campus as our inspiration, studio, and set. You

will learn to use a variety of video editing tools (transitions, masks, green screen) and animated forms (claymation, paper cutout, pixilation) to explore the moving image as a unique form of communication. You will learn to use iMovie and Stop Motion Studio to facilitate your creative process. You will also survey a range of contemporary filmmakers and animators to inform and inspire your own creative work.

Prerequisites & Notes

None

Credits: 3

JAN 112-01 - Feeding the Future: Regenerative Food Systems for a Climate in Crisis

Modality: In-Person

Level: 100-level

Course Times: 9:15am - 11:55am

Course Materials Fee: \$30

Instructor(s): Kristen Sbrogna

Email: ksbrogna@gmail.com

Food and agriculture relate and connect to all of us, connecting us to our bodies, our families, our cultures, the earth, and our global economy. Food and agriculture also represent a place where the social and ecological, the human and the more-than-human, intra-act and coevolve. More than ever, how we grow and eat food is ripe for investigation, as we become increasingly aware of the impacts of agriculture and diet on human health, social and environmental justice, and climate change.

A growing movement that seeks to shift industrial food systems towards more equitable and sustainable foodways, food justice encourages us to envision solutions to the basic question of how to feed ourselves. Focusing on identity, privilege, and access, students will reflect upon their own personal history and direct experience while also considering local and global perspectives. Examining how food and agriculture can be solutions to our climate crisis, students will analyze case studies of traditional and sustainable agricultural models, including agroecology, regenerative agriculture, permaculture and Indigenous traditional ecological knowledge.

Students will uncover their own ancestral food lineage and gain qualitative research practice in their cultural foods final project. Similar to an oral history project (but with a recipe!), students will conduct an interview, prepare one dish, and present their findings. Through additional hands-on and experiential learning and a project in the Saint Mary's Legacy Garden, students will deepen their understanding of the complex interconnectedness of food, agriculture, and climate.

Prerequisites & Notes

None

Credits: 3

JAN 113-01 - Japanese in the Bay Area: Culture, Zen, and Language

Modality: In-Person

Level: 100-level

Course Times: 9:15am - 11:55am

Course Materials Fee: \$40

Instructor(s): Naoko Uehara

Email: nuehara@stmarys-ca.edu

Anime, Manga, Nintendo? Ramen, Sushi? Shohei Ohtani, J-Pop? Japanese culture has long been part of our life, and continues to grow in global popularity. Our own Bay Area is blessed with rich connections to Japan. Let's go on a Jan Term adventure, discovering a unique language and culture.

This course includes excursions to Japantown and a Zen Temple. Discover what Zen actually is, not the misrepresentations in American media. San Francisco Japantown is the oldest and the largest of the three remaining in the US; we'll walk the historical record and order authentic cuisine in Japanese. Students can optionally visit the Japan American Museum for the WWII incarceration exhibit in San Jose. Students will research and present on an intriguing aspect of Japanese culture, and the class will discuss to expand our understanding.

Students will learn foundational Japanese language skills. The Hiragana and Katakana alphabets and simple syntax are taught, but communicative ability is the focus of the course. This combination of language and culture will set up students well for enjoying deeper Japan travel adventures and online activities.

Be fully ready for this engaging Japan experience: field trips, language and culture learning, all in three weeks. Very rewarding!

Prerequisites & Notes

None

Credits: 3

JAN 114-01 - Beyond #Cottagecore: Self-Sufficiency as a Sustainable Lifestyle

Modality: In-Person

Level: 100-level

Course Times: 9:15am - 11:55am

Course Materials Fee: \$20

Instructor(s): Sarah Vital

Email: svital@stmarys-ca.edu

Homesteaders. Preppers. DIYers. #Cottagecore. Many names and many different-- sometimes even questionable-- motivation, but these trends have the same thing in common: a back-to-basic focus on self-sufficiency. In this class, we will survey the various economic, environmental, social, and personal benefits and concerns of self-sufficiency

lifestyles. Through diverse readings and robust discussions, we follow how these lifestyles, and the traditional skills inherent in them, can be a means towards personal satisfaction, environmental sustainability, and social equity and justice. A weekly in-class group workshop will allow learning and practicing some very basic traditional skills, such as sewing, mending, gardening, and baking.

Prerequisites & Notes

None

Credits: 3

JAN 115-01 - Live Like You Play: A Philosophical and Spiritual Approach to Sport and Life

Modality: In-Person

Level: 100-level

Course Times: 12:00 pm - 2:40 pm

Course Materials Fee: \$30

Instructor(s): Mary Volmer

Email: mvolmer@stmarys-ca.edu

Sport at the Service of Humanity, a movement launched during the 2016 Global Conference on Faith and Sport at the Vatican, invites faith and sport leaders from diverse traditions world-wide to embrace the motto: Live Like You Play.

In this Jan Term course, we will consider what it means to "live like you play." Taking each of the 3 core pillars - Inspiration, Inclusion, and Involvement - of the Sport at the Service of Humanity movement in turn, we'll examine how sport, a good in and of itself, can become a vehicle for good in the world. We'll begin by studying the philosophy and the theology of play and compare competing definitions of terms like: play, sport, and game. We'll examine (and practice entering into) "flow" states. We'll consider the ethics of competition and how to establish and maintain a positive "play ethic" in our lives and communities. And as members of a proud Christian Brother's college, we will also consider the unique spiritual gifts the Lasallian tradition offers athletes and coaches. Throughout, we will examine our own changing relationship to sport and to play and ponder the spiritual and intellectual virtues afforded by athletic participation.

You do not have to be an athlete (aspiring, active, or has-been) to fully participate. Every "body," no matter your physical gifts or challenges, is welcome. All spiritual, religious, and wisdom traditions are welcome. Like all successful teams, our strength will be a product of our diversity.

Required Texts:

Jackson, Phil. Sacred Hoops

Kelly, Patrick, SJ. Play, Sport, and Spirit

A Course Reader with selections from:

Ackerman, Diane. *Deep Play*

Clancy, Kelly. *Playing With Reality*

Csikszentmihalyi, Mihaly. *Beyond Boredom and Anxiety*

Edgar, Brian. *The God Who Plays*

Diaz, Natalie. *Bodies Built For Game and Postcolonial Love Poem*

Feezell, Randolph. *Sport, Play, and Ethical Reflection*

Huizinga, Johan. *Homo Ludens*

Rahner, Hugo S.J. *Man at Play*

Slingerland, Edward. *Trying Not To Try*

And more...

Prerequisites & Notes

None

Credits: 3

JAN 116-01 - Atlantis and Aliens: Examining History's Biggest Hoaxes, Myths, and Pseudoscientific Claims

Modality: In-Person

Level: 100-level

Course Times: 12:00pm - 2:40pm

Course Materials Fee: \$75

Instructor(s): Laura White

Email: lgw4@stmarys-ca.edu

This course aims to scrutinize fantastic or extraordinary scientific claims and fact(oids) across a broad spectrum of media, which includes movies, books, documentaries, and increasingly, through social media and the internet. During the class, we will practice skeptical criticism of outlandish claims regarding ancient cultures, fanciful archaeological finds, and implausible anthropology, including topics such as ancient aliens, lost civilizations, Atlantis, giants, mummy curses, and more! Through this process, we will learn how to look for ulterior motivations behind seemingly silly stories about human history, and we will gain the skills needed to identify and refute bad science, misleading assertions, outright hoaxes, and pseudoscientific claims.

Prerequisites & Notes

None

Credits: 3

JAN 117-01 - Experimental AI & Creativity: Design Storytelling for the Next Generation

Modality: In-person

Course Times: 9:15 AM - 11:55 AM

Instructor(s): Jia Wu

Email: jw14@stmarys-ca.edu

Course Lab Fee: \$120

This intensive 3-week January course introduces students to the foundational mindset, processes, and creative techniques behind AI-assisted storytelling. Structured around design thinking, students will explore how AI can enhance concept development, narrative construction, and visual storytelling across creative disciplines, from graphic design to spatial storytelling, from filmmaking to content creation. Through guided studio sessions, students will complete weekly hands-on projects during class time, culminating in an independent final project presented at the end of the term. No prior experience with AI is required - only curiosity, creativity, and a willingness to prototype, iterate, and express ideas across mediums using emerging technologies. Guest lecturer Marlene Emig will be joining Professor Wu in this course.

Learning Outcomes

By the end of the course, students will be able to:

1. Understand and apply foundational AI-assisted workflows for design ideation, creative storytelling and concept prototyping.
2. Develop a design thinking process that uses AI to accelerate idea generation, research, and visual exploration.
3. Create image and video-based concept outputs that communicate strong narrative and design intent.
4. Use AI ethically and responsibly, demonstrating awareness of data privacy, plagiarism, and authorship.
5. Present a final creative concept in any discipline (e.g., film, dance, theater, design, content creation) that shows originality, coherence, and emotional storytelling power.

Prerequisites & Notes

None

Credits: 3

200 Level (1 Unit)

JAN 250-01 - Confections of a Chocoholic

Modality: Remote

Level: 200-level

Course Times: Tu/Th 2:45 PM - 4:50 PM

Course Materials Fee: \$100

Instructor(s): Filomena Borges

Email: fborges@stmarys-ca.edu

Are you a chocolate enthusiast wanting to deepen your knowledge of chocolate, develop your tasting palate, and practice pairing it with other foods, drinks, and ingredients with confidence? While chocolate is often associated with decadent Valentine's Day confections and cozy winter beverages, cacao is far more culturally complex than its contemporary media depictions. From its origins in Mesoamerica as a sacred drink, or the "food of the gods", to its modern uses in the food, cosmetic, and pharmaceutical industries, Theobroma cacao affects life in more ways than the average consumer knows.

We will study chocolate's history and its global presence, exploring its relationships to religion, economics, medicine, and beauty. There will be in-class chocolate tastings featuring cacao components, chocolates, and confections, with a focus on organic, non-GMO, and fair-trade products. We will actively avoid high fructose corn syrup, harmful ingredients, and well-known commercial brands. In addition to chocolate tastings, we will explore chocolate as a health food.

Students will learn how to mold chocolates, use chocolate confectionery equipment, and make chocolate from scratch as well as experiment with edible projects, such as nut butter-style cups, fondue, hot chocolate, chocolate tea, candy bars, flavored chocolate, chocolate chip cookies, and baked goods.

At the end of this course, you will have not only satisfied your chocolate curiosity, learned how to savor chocolate and how to use cacao in various ways, but you will also have gained an awareness of cacao's larger historical and contemporary role in culture, economy, and the planet's well-being.

PLEASE NOTE: Food inclusivity as well as allergy consciousness will be topics covered therefore, the course is appropriate for all eating styles from vegan to paleo. While foods and ingredients will be gluten-free, students who tolerate gluten will be able to use the concepts learned in class.

Prerequisites & Notes

Prerequisites: None

Credits: 1 Unit (Does not fulfill Jan Term requirement)

Credits: 1

JAN 251-01 - Beginning Yoga

Modality: In-Person

Level: 200-level

Course Times: T/TH 9:30 AM - 11:35 AM

Course Materials Fee: \$0

Instructor(s): Dana Lawton

Email: dlawton@stmarys-ca.edu

The word YOGA is derived from Sanskrit, meaning "union" of the mind, emotions, will and physical body into a complete and whole energy force. Yoga is a timeless, pragmatic science evolved over thousands of years dealing with the physical, mental and spiritual being. In this course we will learn and practice asanas (poses) that will tone your muscles, stretch ligaments, strengthen joints, activate internal organs, increase lung capacity and quiet the mind. This class will teach you about your body, and your body will teach you about yourself. This class is designed for the advanced, serious yoga practitioner. We will explore inverted postures such as head stands, hand stands, shoulder stands and back bends. The asanas will focus on developing strong upper body and a flexible spine as well as meditation for lengthened periods of time.

Course objectives:

You will expand your knowledge of yoga as a practical practice and become familiar with your body as an instrument that moves you through your whole life by developing awareness by:

- emphasizing a healthy attitude toward yoga.
- developing efficient movement patterns that promote a healthy body.
- encouraging reflection both of the practice and the spirit.
- teaching healthy life-style choices including nutrition and injury prevention.

Prerequisites & Notes

Prerequisites: None

Credits: 1 Unit (Does not fulfill Jan Term requirement)

Credits: 1

JAN 252-01 - Mobility and Injury Prevention

Modality: In-Person

Level: 200-level

Course Times: 12:00 PM - 3:05 PM

Course Materials Fee: \$0

Instructor(s): Alexandra Sheppard

Email: alexbeaty@gmail.com

This course is a blend of Yoga, Pilates, and Functional Range Conditioning. A movement class that will teach you new ways of moving your body, understanding your body to give you tools to help prevent injuries, and the tools to help you understand what needs to be done if injuries do happen.

Prerequisites & Notes

Prerequisites: None

Credits: 1 Unit (Does not fulfill Jan Term requirement)

Credits: 1

200 Level (3 Units)

JAN 200-01 - Meet the Beatles!

Modality: In-Person

Level: 200-level

Course Times: 12:00pm - 2:40pm

Course Materials Fee: \$0

Instructor(s): Jake Cowan

Email: jac50@stmarys-ca.edu

Few twentieth-century artists have had as widespread & long-lasting an impact as the Beatles, their creative influence ranging from fashion to film, politics to pop art, religion to rock 'n roll. Tracking the artistic trajectory of the band beginning with their early Liverpoolian days as the Quarrymen to their bitter dissolution a decade later, this course will explore in depth the compositional techniques, recording innovations, psychedelic lyricism, stylistic choices, & broad cultural legacy of the Fab Four. Through a close historical study of the group's development as songwriters & performers, students will gain a greater understanding & appreciation of the musical concepts & technical experiments that made their work so distinctive & influential, as well as the pivotal role the Beatles played within the revolutionary counterculture of the 1960s. In turn, the course will attend to the historical & contemporaneous context, the social forces & artistic milieu that informed the evolution of the band, as well as their continued relevance among artists today.

Prerequisites & Notes

None

Credits: 3

JAN 201-01 - Climate Change and Carbon Sequestration

Modality: In-Person

Level: 200-level

Course Times: 9:15am - 11:55am

Course Materials Fee: \$10

Instructor(s): Gregory Croft

Email: gdc1@stmarys-ca.edu

Climate change has been described as the greatest challenge facing humanity. It has also been described as a hoax. Which is it? This course will look at the evidence in the context of climate variations since the last glacial maximum, about 20,000 years ago. We will also look at the history of fossil fuel use and deforestation and at the modeling approaches used to forecast climate change.

The Intergovernmental Panel on Climate Change states that major efforts will be required on alternative energy, nuclear power, and carbon sequestration to mitigate human carbon emissions. All three of these approaches will be discussed, but most of the second half of the course will be devoted to carbon sequestration. This rapidly growing field remains controversial because its critics claim that it is simply a way to continue using fossil fuels. This criticism will be debated in class. We will examine the potential of forestry, carbon dioxide injection, and mineralization to store large volumes of carbon.

Prerequisites & Notes

None

NOTE: This is a science class. Although there are no prerequisites, students are expected to be interested in science and use their knowledge of it in class discussions.

Credits: 3

JAN 202-01 - The Art & Science of Flower Farming

Modality: In-Person

Level: 200-level

Course Times: 2:45pm - 5:25pm

Course Materials Fee: \$30

Instructor(s): Ann Drevno

Email: adrevno@gmail.com

Agroecology combines the fascinating study of ecology with our food (and flower) system's agronomy - it is a science, a practice, and a social movement. Within the agroecological movement, there is an exciting sub-movement taking shape - sustainable flower farming on a small scale. This Jan Term course will open with basic agroecological

principles and concepts while interweaving practical content specifically focused on how to grow, harvest, and market beautiful cut flowers from small plots of land. In this course, students will grapple with debates agroecologists are now facing, as well as apply agroecological concepts by getting their hands dirty planting seeds and seedlings, selecting crops, crop rotations, assessing growing climates and changing climates, harvesting, post-harvest handling techniques and marketing tricks and tips. This comprehensive Jan Term course includes in-person classroom teaching, in-garden applied learning activities, as well as field days at The Legacy Garden and local gardens and farms.

Prerequisites & Notes

None

Credits: 3

JAN 203-01 - Banned in the USA: Books Deemed Too Dangerous to Read

Modality: In-Person

Level: 200-level

Course Times: 12:00pm - 2:40pm

Course Materials Fee: \$20

Instructor(s): Joanne Furio

Email: jf14@stmarys-ca.edu

Book banning is nothing new. Books have been banned in ancient Rome and Egypt, in Nazi Germany, and in the U.S. before it was even a country. But recent events and the subsequent culture wars they've created have led to the banning of books at an unprecedented rate, a 200% increase from the 2022-23 to the 2023-24 school years, according to the American Library Association. The most challenged books are written by or about people of color or members of the LGBTQIA+ community.

In this class, we'll look into book banning's history and newly enacted state laws, as well as a landmark 1982 U.S. Supreme Court case that has proven ineffective. We'll also read books that have been deemed dangerous enough to be pulled from library shelves: the YA book *The Hate You Give* by Angie Thomas; the graphic works *Gender Queer* by Maia Kobabe and *Flamer* by Mike Curato; classics like Toni Morrison's *The Bluest Eye* and Ray Bradbury's dystopian novel on banning books, *Fahrenheit 451*; and myriad picture books we'll examine in class.

Prerequisites & Notes

None

Credits: 3

JAN 204-01 - The Human Story: Where Are We? How Did We Get Here? Where Are We Headed?

Modality: In-Person

Level: 200-level

Course Times: 12:00pm - 2:40pm

Course Materials Fee: \$75

Instructor(s): Sheila Hassell Hughes

Email: smh21@stmarys-ca.edu

What does it mean to be human in the 21st Century, and what will it mean a few decades from now, as rapidly shifting technologies like AI impact every aspect of our lives and consciousness? How can we make sense of our place in the world, and gain a deep sense of purpose and direction, when we can't even keep up with what is happening around and to us? This crux, what has been called the "techno-social dilemma," presents a profound challenge, but it's one we have resources to address.

This course is framed by the ancient and quintessentially human practice of storytelling as a means for finding meaning, purpose, and direction in a world of uncertainty. We will consider three particular kinds of grand stories about the human species: (1) ancient creation and origin stories from different cultural and religious traditions; (2) scientific narratives about earthly and human origins that, along with rapid technological change, have challenged those ancient narratives; and (3) an integrative story offered by a growing number of scientists and thought-leaders today that seeks to reconcile these conflicts—a "third story" that offers us new ways to think about our history and future with technology and that finds purpose and hope in the evolution of human collective consciousness.

In all this, we will be invited to explore our own existing, emerging, or potential sources of meaning, purpose, and direction in a rapidly changing world, where the very question of what it means to be human, and the value of the human, is in radical question.

Prerequisites & Notes

None

Credits: 3

JAN 205-01 - Men, Women, & Chainsaws: Gender in Horror Films

Modality: In-Person

Level: 200-level

Course Times: 12:00pm - 2:40pm

Course Materials Fee: \$0

Instructor(s): Jason Jakaitis

Email: jwj3@stmarys-ca.edu

This course introduces students to film analysis by examining the way that the horror film genre engages with questions of gender identity and sexuality. Students will learn theories of how film genres function as cultural processes, how contemporary scholars "read" horror films' fascination with otherness and aberrance, and the ways in which audiences interact with on-screen violence.

Prerequisites & Notes

None

Note: students will watch graphic depictions of violence in this course.

Credits: 3

JAN 206-01 - Extreme Musicianship: Musical Literacy on Steroids

Modality: In-person

Course Times: 9:15am - 11:55am

Course Fee: \$20

Instructor(s): Lino Rivera

Email: lriviera@stmarys-ca.edu

Our quest to better ourselves as musicians requires more than passion and practice. We must also work to advance those skills that support our music making, largely our notereading facility and our ears-for pitch, rhythm, and chords. This course addresses these latter skills, known as musicianship. In sum, upon completion of this curriculum, each student will be a much stronger musician. Like most skills-acquisition courses (such as language courses), the class materials will be presented in small, easily digestible bits. No individual morsel will be very difficult, but the material absolutely cannot be crammed. It is imperative that each student work hard every day to master each small skill or piece of information as it is presented.

Prerequisites & Notes

MUSIC 100, or private music lessons, or AP Theory in high school, or music performance experiences

Credits: 3

JAN 207-01 - Games for Humanity: Empathy through Roleplay

Modality: In-Person

Level: 200-level

Course Times: 12:00pm - 2:40pm

Course Materials Fee: \$35

Instructor(s): Deanna Zibello

Email: dlz2@stmarys-ca.edu

Tabletop gaming offers us a unique opportunity to step into another person's shoes, practice perspective-taking, and experience human connection. Unlike in digital gaming, players experience one another's physical presence and energy. Additionally, our choices as players are not limited to a menu of options in a database, but are bounded only by our imaginations. In this class, we'll use in-person, rules-light gameplay to explore listening, empathy for others who are

unlike ourselves, and the universal human need to be understood.

Prerequisites & Notes

None

Credits: 3

300 Level (1 Unit)

JAN 350-01 - So You Want to be a Lawyer?

Modality: Remote

Level: 300-level

Course Times: 5:45 PM - 8:50 PM

Course will meet:

Tues, Jan 6.

Thurs, Jan. 8

Tues, Jan.13

Tues, Jan. 20

Course Materials Fee: \$0

Instructor(s): Evelyn Minaise Makhoul

Email: evelyn.minaise@yahoo.com

Are you thinking about applying to law school? Have you been told you should consider a career in law? This course is designed to be a play-by-play of how to prepare for law school and what to expect as an attorney. The class will meet four times virtually and is structured in chronological order, starting with considering applying to law school and ending with the practicality of day-to-day practice. You will hear from law students and legal professionals on what to expect as a student and practicing attorney. We will simulate law school and legal practice and engage in meaningful discussions about this profession. The class will end with a final presentation designed to teach you and your classmates about a practical subject within the practice of law.

This course is taught by a practicing attorney and SMC alumna.

Prerequisites & Notes

Prerequisites: SEM 250 or SEM 327

Credits: 1 Unit (Does not fulfill Jan Term requirement)

Grade: Pass/Fail

Credits: 1

JAN 351-01 - Coding is FUN

Modality: Remote

Level: 300-level

This course will be PASS/FAIL

Course Times: Wednesdays + Fri, Jan 23rd, 12:00 PM - 3:05 PM

Course Materials Fee: \$0

Instructor(s): András Margitay-Becht

Email: am17@stmarys-ca.edu

This course is aimed at students who have no experience in programming, but would like to get a quick introduction to the field. This course introduces students to the basics of programming, algorithm development, and computational thinking. These are essential skills for a 21st-century professional life and can complement a student's training in other disciplines. Some students may also continue to pursue further study using a CS or DS minor, CS certificate, etc.

Programming is a highly creative activity that can be rather fulfilling, but the stigma surrounding it can scare people away. This course focuses on a series of fun, interactive activities that will see the students discover for themselves the basics of computational thinking. The aim of this course is to show that programming can be fun and that anyone can do it.

No prior computer programming experience is required.

Prerequisites & Notes

Prerequisites: SEM 250 or SEM 327

ANTI-requisites are CS-201, CS-121 and BSAN-201: students who have taken these classes should not be taking this course.

Credits: 1 Unit (Does not fulfill Jan Term requirement)

Credits: 1

JAN 352-01 - The Psychology of Becoming Happier

Modality: Remote

Level: 300-level (1-unit)

Course Times: Tuesdays, plus Fri, Jan 23rd at 6:30 PM - 9:35 PM

Course Materials Fee: \$0

Instructor(s): Michal Strahilevitz

Email: ms9@stmarys-ca.edu

Students will learn about psychology-based techniques for improving happiness and the benefits to one's health and career of adopting these practices. The course is divided into one-week segments featuring lectures and in-class discussions, and opportunities to share what you have learned from your weekly assignments as well as substantial weekly asynchronous work where you apply what you learn. There will be readings and podcasts assigned. However, the majority of time outside of class will be spent on "happiness practices" from the field of psychology that students will try on their own throughout each week and share and reflect about both in class and on our asynchronous platform.

Prerequisites & Notes

Prerequisites: None

Credits: 1 Unit (Does not fulfill Jan Term requirement)

Credits: 1

JAN 353-01 - Ethical Foundations of Yoga: Understanding the Yamas and Niyamas

Modality: Remote

Level: 300-level

Course Times: 6:15 PM - 7:30 PM

Mon-Thurs first 2 weeks,

Tues & Thurs last/3rd week

- Mon, Jan 5
- Tues, Jan 6
- Wed, Jan 7
- Thurs, Jan 8
- Mon, Jan 12
- Tues, Jan 13
- Wed, Jan 14
- Thurs, Jan 15
- Tues, Jan 20
- Thurs, Jan 22

Course Materials Fee: \$0

Instructor(s): Saroja Subrahmanyam

Email: ssubrahm@stmarys-ca.edu

The primary text for yoga philosophy, Patanjali's Yoga Sutras, outlines an eight-limbed path that has guided spiritual seekers for centuries. At the very foundation of this journey lie the first two limbs: the Yamas (social ethics) and the Niyamas (personal ethics). In this course, students will explore these essential ethical guiding principles within their historical and philosophical context and examine how they form the bedrock for all subsequent steps in the yoga tradition.

Using Deborah Adele's book, *The Yamas & Niyamas: Exploring Yoga's Ethical Practice* and the companion journal *The Yamas & Niyamas Embodied*, students will engage in weekly reflections, journaling exercises, and class discussions. To support a fuller, embodied understanding of these principles, each class will also include brief, accessible physical practices—such as simple yoga postures, breathing techniques, and guided meditations—woven intentionally into the learning experience.

Prerequisites & Notes

Prerequisites: None

Credits: 1 Unit (Does not fulfill Jan Term requirement)

Credits: 1

300 Level (3 Units)

CORE 320-01 - Film Music: Sounding the Screen and the Pursuit of the Extra-Narrative--GIP

Modality: Hybrid

Level: 300 Level

Course Times: 9:15am - 11:55am

Course Materials Fee: \$10

Instructor(s): Helena Michelson

Email: hm4@stmarys-ca.edu

Music lies at the heart of film. It can transcend, subvert, decenter, and refocus the film's narrative space. Yet, its potent presence is at once immediately noticeable and invisible. In this course we will focus on one of the most conspicuous yet often overlooked aspects of film—its accompanying music. Reading from diverse authors with variety of perspectives and viewpoints, we will explore different approaches how music is used in film, the role it plays, and examine how music relates and interacts with other elements of the film such as dialogue and visual elements. Our focus will be an eclectic mix of films produced in the last four decades coming from Hollywood and the international world of cinema, particularly Bollywood.

Musical experience is helpful, but not required.

Prerequisites & Notes

SEM 150 or SEM 327

Credits: 3

JAN 300-01 - Understanding The Body You Live In: A Creative Somatic Exploration

Modality: Hybrid

Level: 300-level

Course Times: 9:15am - 11:55am

Course Materials Fee: \$75

Instructor(s): Rosana Barragan

Email: rb7@stmarys-ca.edu

"Movement is the basis for all life". This course focuses on the movement that determines our vitality. From the first motions that created our human body (in utero) to all the developmental movement patterns that we went through in infancy and childhood, we will examine how specific movement carries the charge for maintaining optimal health. We will move in every session following specific somatic approaches and mindfulness practices. We will have seminar-style discussions and lectures on the field of somatic studies and the existing research about the benefits of this practice. Assignments will include readings, creative projects, journaling, and written reflections. Students must already have a movement practice prior to taking the course, some knowledge of anatomy and physiology, and an interest in expanding the understanding of their own body and applying movement in creative new ways.

Prerequisites & Notes

This course does not require official prerequisites; however, it is recommended that students enroll in the course if they have basic knowledge of anatomy, physiology and have been actively engaged in movement practices like Yoga, Pilates, Dance, Sports. The contents of the course are relevant for any student looking for an Upper Division course from the Performing Arts, Biology, Kinesiology, Psychology, Education, Special Education, Business, and Justice, Community and Leadership, among other programs at Saint Mary's College. It is particularly important that the student is committed to a class that focuses on movement and feels comfortable with moving their body in a hybrid course (most classes happening in-person and some online). Students must be prepared to present movement to the professor and the group.

Students with questions or concerns about their movement experience or the course should reach out to Prof Barragan at rb7@stmarys-ca.edu.

Credits: 3

JAN 301-01 - The Science of Cooking

Modality: Remote (Registration requires Jan Term Office approval)

Level: 300-level

Course Times: 6:00pm - 8:40pm

Course Materials Fee: \$0 (Students will need to purchase their own materials for working at home.)

Instructor(s): Jay Chugh

Email: nchugh@stmarys-ca.edu

Cooking represents one of the earliest forms of scientific inquiry. Through curious observation, followed by careful and repeated experimentation, our recipes have evolved over hundreds of years. But what is the science behind cooking? What molecular changes drive culinary successes (or failures)?

In this remote course, we will reflect on past culinary traditions and critically evaluate the ethical, legal, biological, and political ramifications of current agricultural transformations. We then learn about the science of cooking and apply it while we design and create our own meals through inquiry-driven, hands-on experimentation. We will capitalize on our interdisciplinary understanding of culinary science to shape a new vision of cooking and eating, thereby strengthening our present and future roles as nurturing family members, responsible community members, thoughtful consumers, and productive citizens. Since the course is remote, students in the past have involved friends and family members as both sous-chefs, tasters and evaluators of experimental results.

All students who harbor a genuine enthusiasm for the science of cooking are welcome. A basic understanding of cooking practices is recommended.

Prerequisites & Notes

SEM 250 or SEM 327

Please note: Permission to enroll in this class requires the approval of the Jan Term Office. Please email janterm@stmarys-ca.edu.

Credits: 3

JAN 303-01 - René Girard's Theatre of Envy

Modality: In-Person

Level: 300-level

Course Times: 12:00pm - 2:40pm

Course Materials Fee: \$0

Instructor(s): Patrick Downey

Email: pdowney@stmarys-ca.edu

From Silicon Valley to the White House, probably the most influential thinker in the world today is the late René Girard. What, then, is the best way to understand that thinking? This class will argue that the best way is to see how he reads his Shakespeare. Whether you are familiar with Shakespeare or not, reading these two together should prove an illuminating exercise in understanding ourselves and the world around us. Take, for example, the common human vice

of envy. Girard argues the 10th Commandment against coveting, which is to say, envy, explains every other sin in the Bible, starting with Adam and Eve's coveting of God's knowledge of good and evil. Overcoming that envy is at the heart of Christ's Passion. Shakespeare, he argues, would agree. To see what he means by this, we will attempt to understand Girard's theory of "mimetic rivalry," "triangulation" and scapegoating violence, by reading how he interprets Shakespeare's major plays. From "A Midsummer Night's Dream," through "Julius Caesar" and "A Winter's Tale," we will use these plays to see the otherwise hidden connection between envy, sin, Christ's crucifixion, and his Resurrection.

Prerequisites & Notes

SEM 250 or SEM 327

Credits: 3

JAN 304-01 - The Case for Literary Merit in Video Games

Modality: In-Person

Level: 300-level

Course Times: 6:00pm - 8:40pm

Course Materials Fee: \$50

Please note this course cannot be repeated.

Instructor(s): Erin-Clare FitzPatrick

Email: clare.fitzpatrick88@gmail.com

Video games have evolved from simple arcade distractions into a complex and immersive storytelling medium. Once dismissed as entertainment, games now rival literature and film in their ability to craft compelling narratives, explore deep themes, and engage audiences on an emotional level. This course examines video games as a form of literature, analyzing how they use storytelling, character development, and world-building to create meaning.

Through a combination of gameplay, literary analysis, and seminar-style discussions, we will explore how video games tackle universal themes such as morality, loss, identity, and free will. We will also examine the evolution of storytelling in games, from classic linear narratives to interactive and emergent experiences. By comparing video games to traditional literature, we will challenge preconceived notions about what defines a "literary" work and explore how the gaming industry continues to push the boundaries of narrative design.

In addition to discussing mainstream titles, we will focus on independent and underrepresented voices in gaming, highlighting stories told through diverse perspectives. Students will engage in critical discussions, analyze how different mechanics shape narrative, and develop their own arguments about the place of video games in literary discourse. Ultimately, this course aims to equip students with the tools to critically assess video games not just as entertainment, but as an evolving and influential storytelling medium.

Prerequisites & Notes

SEM 250 or SEM 327

Please Note: This course cannot be repeated. If you took JAN 120 in 2025, you are ineligible for enrollment and will be removed from the course.

Credits: 3

JAN 305-01 - Capoeira: The Brazilian Art of Survival

Modality: In-Person

Level: 300-level

Course Times: 9:15am - 11:55am

Course Materials Fee: \$320

Instructor(s): Samantha Joyce

Email: snj2@stmarys-ca.edu

This course will give students an understanding of Capoeira, a Brazilian martial art that disguises itself as a dance form. Capoeira was developed as a "fight" and a form of resistance by enslaved Africans in Brazil during the 16th Century and still lives on through many rodas around the world today. As far as the theoretical portion of this course, students will learn Brazilian history, but more specifically, Afro-Brazilian history and culture, as well as the terminology for the basic Capoeira movements: the kicks, dodges, the songs, and so forth. Another aspect of this course will be the actual learning of the movements and the Capoeira Circle, or "game" (jogo), which is popularly known as the "fight" with a local Capoeira Instructor. In other words, students will have daily Capoeira lessons. Students should approach this course as a cultural investigation into the historical and cultural roots of Capoeira, as well as a Physical Activity beginner course; therefore, previous martial arts or dance experience is neither necessary nor required. Capoeira is ultimately a Brazilian art form that combines elements of martial arts, dance, and music. Practitioners of the "sport" are often referred to as "fighters that dance" or "dancers that fight". While it is essentially a martial art that uses movements closely associated with Karate (such as the kicks), the practice of capoeira focuses on being able to improvise movements with a partner, keeping a constant flow, and actually avoiding contact, while still feigning it. So there is no touching in Capoeira. In Capoeira Circles, the equivalent of sparring is called "playing", as partners are usually testing each other's skills and creating a "dialogue" through movements, while avoiding actual harm. During this beginner Capoeira Course, students will develop these skills, which require body and space awareness, movement, strategy, and harmony. Additionally, by the end of the semester, students will also have the opportunity to make their own "Berimbau" - the Brazilian musical instrument typically played during Capoeira Rodas.

Prerequisites & Notes

None

Credits: 3

JAN 306-01 - Turning on the Light Bulb: Illuminate, Unleash, and Unlock your Creativity

Modality: In-Person

Level: 300-level

Course Times: 12:00pm - 2:40pm

Course Materials Fee: \$75

Instructor(s): Nancy Lam

Email: nl4@stmarys-ca.edu

Creativity abounds in the world around us. We often misconstrue creativity to exist only in certain realms, such as arts or technology. Yet in our everyday life, creativity is crucial in helping to change the status quo for the better. Creativity, at its most fundamental, can lead to challenging our current conventions and can incrementally or dramatically improve our way of living. Creativity, in essence, can enhance our personal and professional lives. In a recent study of millennials across the globe, millennials identified creativity as the foremost characteristic that will distinguish future innovators, higher than their ratings for academic ability, technical skills, and the ability to challenge. In the same survey, innovation is considered a top three purpose of business and just as important as profits, and 78% believes that innovation is essential for business growth. However, despite the crucial link between creativity and innovation, critical thinking is much developed in the education pathway while creative thinking is less emphasized. That is, creative thinking is often trumped in the classroom by critical thinking.

This Jan Term course focuses on the process of unleashing creativity. This course aims to provide students with a hands-on understanding of how creativity can be injected into everyday problems, and how it can be better facilitated and managed. We will bust the myth of creativity as a mysterious and random process. Through theoretical conceptualizations of creativity and many practical applications involved in fostering creativity and innovation, students will gain knowledge and experience in enhancing their own creativity. This course also aims to develop students' creative thinking skills, hone their idea generation process, and demonstrate ways to stimulate creativity in more meaningful and manageable ways. An understanding of the creative process is not only a necessary prerequisite for successful innovation, but also a basic skill for general management across disciplines. In essence, the course strives to help students better enhance the process of creativity and innovation in their own personal and professional lives.

The structure of the course encourages learning at multiple levels: through in-class lectures, exercises, discussions, small teams carrying out projects, individual assignments, individual reading, study, and analysis, and a visit to the Bedford Gallery. The assigned readings provide basic concepts, theories, and approaches that identify important issues and describe effective and efficient creativity practices. Lectures and class discussions will review and extend this material. Exercises and case analyses will provide rich examples to anchor and guide class discussions. This course-long project involves developing and producing a creative idea. This team-based project challenges the students to utilize course concepts and experience to help jumpstart individual and team creativity. In-class activities, in combination with individual assignments, study, and team projects, are designed to enable students to express their creativity and to develop their creativity mindset.

Prerequisites & Notes

None

Credits: 3

JAN 307-01 - Eco-Drama: Staging Crisis and Transformation

Modality: In-Person

Level: 300-level

Course Times: 2:45pm - 5:25pm

Course Materials Fee: \$30

Instructor(s): Daniel Larlham

Email: dl15@stmarys-ca.edu

Students in this course will examine a diverse set of artistic "eco-dramas": plays, films, and performances that map humanity's relationships with vast systemic processes like climate change and mass extinction. The playwrights, screenwriters, and theatre-makers under discussion find the roots of the planetary ecological emergency in overlapping crises of human imagination, emotion, morality, and action. They also locate within these human dramas the seeds of positive transformation toward a life-sustaining society, one built upon an ethos of stewardship and care for the earth.

Beyond readings, discussions, and written assignments, the course offers students the opportunity to write, rehearse, and/or devise their own ecologically themed mini-plays and mini-performances. This dimension of the course will empower students to use their critical intelligence, imagination, and talent to make a creative contribution to societal conversations about climate, ecology, and environmental justice.

Prerequisites & Notes

SEM 250 or SEM 327

Credits: 3

JAN 308-01 - J is for Justice: Early Childhood Books for a More Just World

Modality: Hybrid

Remote sessions: January 9th (Friday), 16th (Friday), and 20th (Tuesday)

Special required in-person date: Saturday, January 17th

Final course meeting date: Thursday, January 22nd

Level: 300-level

Course Times: 12:00pm - 2:40pm

Course Materials Fee: \$20

Instructor(s): Mary Raygoza

Email: mcr13@stmarys-ca.edu

This course engages a sociocultural analysis of early childhood literature- books for children age 0 through 8. We will begin by exploring our own early childhood experiences with books in relation to our intersecting social identities, acknowledging that our lived experiences shape our perspectives. We will center issues of representation and power, engaging social justice literacy frameworks and examining the historical and present day status quo of early childhood literature. We will read and analyze a variety of children's books that uplift characters of marginalized identities and

focus on themes such as empathy, inclusivity, intersectionality, solidarity, mindfulness and care for the wellbeing of all, activism for social and environmental justice, and children's own capacity to make change in the world. We will investigate current efforts around the country to ban such children's books and resistance to these bans. The course will include children's book author and librarian guest speakers and a field trip to the local library. Students will apply their knowledge from the course to host a Social Justice Storytime at Saint Mary's on Saturday, January 17th. The culminating assignment of the course will be for students to author their own children's book.

Prerequisites & Notes

None

Credits: 3

JAN 309-01 - Tolkien & The Rings

Modality: In-Person

Level: 300-level

Course Times: 6:00pm - 8:40pm

Course Materials Fee: \$100

Instructor(s): Colin Redemer

Email: cr6@stmarys-ca.edu

This generation of students knows of J.R.R. Tolkien as the inspiration for the film series "The Lord of the Rings" and perhaps even more relevantly as the source for the new Amazon series "Lord of the Rings: The Rings of Power." Both the film and the web series find their source in an unlikely place, the text of J.R.R. Tolkien's novel published in 1954. Yet value can be found in unlikely places. It isn't for nothing that Amazon spent over 250 million dollars for the rights, and is promising total production costs to run over one billion dollars. People are fascinated by the world the book creates. Even if folks haven't seen the films, the memes ripped from particular scenes have become part of the lingua franca of social media culture. Where would we be without that image of Sean Bean, playing Boromir, explaining to the council of Elrond the difficulties of walking into Mordor? It has been used as a stand-in to emphasize the difficulty of tasks ever since. But too rarely do we recognize the depth and breadth of the impact that this fusty Oxford Don has had on the English-speaking world.

In this class we will take the time to explore the thinkers and writers who influenced Tolkien. This includes sources as varied as the Tridentine Latin Mass, linguistic studies, the British role in World War I, ancient myths, and the romantic fantasy writers. We will move into a study of his own works, including his academic essays, his major works of fiction, but also trying to glean insights from his personal letters and the lectures he delivered as a professor to his students. Finally, we will take time to consider the impact he has had on the landscape of modern fiction, including the wildly popular Game of Thrones series.

The course will be an immersive experience attempting to draw us as close to Tolkien's ideas as we can, but also attempting to give us a sense of his life and his loves too. Expect to take nature walks, learn how to identify trees, contemplate the origins of language, and explore the arcane connection between obscure Catholic ritual and ancient Greek mythology. As Tolkien might say himself: "It is the job that is never started that takes longest to finish." This January, we may not learn everything there is to know about Tolkien, but we will make a start.

Prerequisites & Notes

None

Credits: 3

JAN 310-01 - Fencing and Swords in History and Popular Culture

Modality: In-Person

Level: 300-level

Course Times: 9:15am - 11:55am

Course Materials Fee: \$75

Instructor(s): Ellen Rigsby & Carl Thelen

Email: erigsby@stmarys-ca.edu & cthelen@stmarys-ca.edu

En Garde! Prepare to enter the world of D'Artagnan, Zorro, and Luke Skywalker. This class is two things: a beginning fencing class (that's the easy part), and an exploration of all things swordplay in film and history, including a medieval duel with 30 people to a side! We will examine the cultural representations of fencing in the western tradition and through popular culture. You will get training in fight choreography using Star Wars lightsabers, and perform a fight for the class. There's even a lesson about the relationship between fencing and communism. There will be a required field trip to observe a sword fighting practice with the Society for Creative Anachronism the second Thursday of class in the evening at Rockridge BART. And through it all, you learn to fence. Athletes, please note this class will feel like an additional workout to your regular schedule.

Prerequisites & Notes

SEM 250 or SEM 327

Credits: 3

JAN 311-01 - Yoga Philosophy & Practice

Modality: In-Person

Level: 300-level

Course Times: 2:45pm - 5:25pm

Course Materials Fee: \$140

Instructor(s): Saroja Subrahmanyam

Email: ssubrahm@stmarys-ca.edu

In this course, students will learn about ancient teachings and practices from India that are still applicable to modern life. The Yoga Sutras of Patanjali-a classical text that outlines the philosophy and step-by-step path of yoga-and

foundational concepts from Ayurveda—a related system of holistic health that complements yoga by focusing on physical and lifestyle well-being—will form the basis for exploring how students can relate to different aspects of their personal, school, and work lives. Yoga philosophy emphasizes practicality—it is concerned with real-life application and personal experience. Yogic traditions value practices that lead to measurable inner change and hold practitioners accountable for their insights and actions.

Students will be introduced to the history, philosophy, and practice of these ancient teachings. Practical techniques arising from the philosophy that can be applied to the physical, emotional/mental, spiritual, work, and financial aspects of one's life will be discussed. Students will have the opportunity to practice these and reflect upon them. The foundational practices will incorporate basic yoga poses, deep relaxation, breathing exercises, exercises for improving mental awareness, focus, and meditation, practice of ethical principles, reflection, and journaling of the experiences.

Students will have the opportunity to deepen their mindful practice through a one-day silent retreat at an urban spiritual center in the last week. Attendance is required for this whole-day retreat, which is scheduled for Wednesday, January 21.

Please Note: Attendance is required for this whole-day retreat.

Prerequisites & Notes

None

Credits: 3

JAN 312-01 - "Nothing About Us Without Us:" Unpacking the History, Policy, and Cultural Implications of the Disability Community

Modality: In-Person

Level: 300-level

Course Times: 9:15am - 11:55am

Course Materials Fee: \$50

Instructor(s): Sarah Tuberty

Email: Stuberty@twu.edu

"Nothing about us without us" became the resounding voice of the Disability Community in the 1990's as a rejection of the systemic oppression of disabled peoples. Disability is the single largest minority group, and the only minority group that anyone can become a member of at any point in their life, yet the landmark civil rights legislation protecting this community was not passed until 1990. Let's dive deep into disability themes and concepts, explore first-person narratives, understand the intersection of being multiple minority communities, and challenge ourselves to critical analysis of our communities - all giving us tools to become agents of change and increase access within our communities.

As an American Society, we have a lot of work to do. We can all be agents of change in our future careers and ensure that we work together for progress. Come to this course ready with an idea of your future career field and an interest in deep self-reflection. We will use these as a contextual framework for understanding the history, policy, and cultural

implications of what it means to be a part of the Disability Community in the United States. You will leave this course with tangible skills and resources that you can bring with you to your future careers to ensure you help make progress for inclusion for all of us.

Prerequisites & Notes

SEM 250 or 327

Credits: 3

JAN 313-01 - Craftivism: When Crafting and Activism Collide

Modality: Hybrid

Remote Days: Jan 7, Jan 14, Jan 20

Level: 300-level

Course Times: 12:00pm - 2:40pm

Course Materials Fee: \$30

Instructor(s): Porsia Tunzi

Email: pnt1@stmarys-ca.edu

What happens when one's interest in handmade crafts collides with their interest in making a better world? There's a word for that! And it's "Craftivism." In this Jan Term course, students will investigate the historical roots and contemporary expressions of Craftivism, as seen in examples like the AIDS Memorial Quilt, feminist embroidery collectives, and climate change protest banners. Through hands-on practice with mediums such as collage, crochet, embroidery, and zine-making, students will create original works that reflect their own commitments to social or political causes; they will also examine how fiber arts and other traditionally "domestic" crafts have been reimagined as tools for resistance and community-building. No previous crafting experience is required-only a willingness to explore creativity and craft-making as a form of social and political activism.

Prerequisites & Notes

None

Credits: 3

JAN 314-01 - Creating a Healthy, Green, Livable World: Sustainability Transitions

Modality: In-Person

Level: 300-level

Course Times: 2:45pm - 5:25pm

Course Materials Fee: \$0

Instructor(s): Kenneth Worthy

Email: kaw9@stmarys-ca.edu

Major environmental crises are afflicting modern society: global warming, rising sea levels, rapid loss of species and ecosystems, toxic chemical contamination human bodies and all of nature, and others. These problems seem overwhelming and frightening. But a more environmentally and socially just, sustainable, fulfilling, and joyous world is possible. This course introduces students to the burgeoning field of sustainability transitions, which studies the changes needed to create a more livable world, and how to attain them. Such a transformation embraces environmentally friendly practices and the forms of social justice necessary to reduce conflict and allow all people the opportunity for healthier, happier lives while respecting and caring for our non-human Earth co-travelers and future generations. We will sample sustainability solutions, sustainability transitions, and ecological utopias that envision more livable worlds. We will critically assess the justice and equity aspects of these various proposals as well as the question of how to democratize change. Students will select a range of solutions to synthesize in a final paper that describes their own imaginary livable world with ideas about how to achieve it.

Prerequisites & Notes

SEM 250 or SEM 327

Credits: 3

300 Level (3 units + 1 unit EL)

JAN 302-01 - Lasallian Service Internship

Modality: In-Person

Level: 300-level

Course Times: 12PM - 3PM on January 5, 6, and 7.

Students will be at their Engaged Learning community partner sites approximately 6.5 hours every other day.

January 14 and 21: 5:30PM-7PM: Dinner and debrief. Attendance at these sessions is included in the final grade.

Course Materials Fee: \$75

Instructor(s): Carrie Davis

Email: cak6@stmarys-ca.edu

The Lasallian Service Internship course, a tradition at Saint Mary's College since 1985, provides opportunities for students to engage reflectively with organizations that directly serve economically poor and marginalized populations, actively participate in community with each other and their assigned organization, and explore these experiences through the lens of the Lasallian mission.

Each student enrolled in the LSI course is matched with one of several local organizations (traditionally including a preschool, middle schools, a high school, a senior center, free dining room, and social service agencies), and prepares for their engagement experience through one site-specific orientation and asynchronous academic/logistic preparations in the fall, and class time and accompanying assignments during the first few days of Jan Term.

All other days (Monday-Friday, usually) during the remaining 3 weeks of Jan Term, students spend approximately 6-7 hours per day at their assigned organization. Students check in at least weekly with their on-site supervisor, complete weekly readings and reflections, and meet as a class once a week for a potluck dinner and discussion. A final paper captures students' experiences and significant learnings connecting the course content with those experiences.

Prerequisites & Notes

Prerequisites: SEM 250 or SEM 327

Visit www.stmarys-ca.edu/LSI for more information about the course and to complete an application. The application and an interview will be used to assist in the Engaged Learning site placement process.

Credits: 3+ 1-unit EL

400 Level (Travel, 3 Units)

JAN 401-01 - History of Science: London & Paris

Level: 400-level: Travel

Course Fee: \$5,150

Learn about the [Jan Term Travel Scholarship](#) for additional funding.

This fee includes:

Airfare, Local Transportation, Lodging, Meals, Excursions (e.g., museums, tours, etc.), Gratuity, Travel Insurance (\$35/student - international classes only), Miscellaneous

Estimated cost outside of course fee:

\$200-900 for passport; transportation to/from SFO; meals in airports; fancy meals in excess of per diem; activities on free days; souvenirs; water-resistant clothing if needed.

Instructor(s): Valerie Burke

Email: vab1@stmarys-ca.edu

We will explore the history of Western science from Copernicus through the 20th century, and visit sites in London and Paris that were central to scientific discoveries and developments in astronomy, chemistry, physics, geology, biology, and more. We will examine some cultural and religious factors that facilitated or hindered scientific development. And we will consider the impact of various scientific discoveries within the framework of knowledge at the time of discovery. Our early travel days will include "classroom" time, to discuss assigned readings. Readings give an account of the history of science for a lay audience, while the discussion will emphasize the relevant scientific concepts. As we gain some understanding about important contributions to science, we will increase our site visits to engage with artifacts of these discoveries. We will visit the home of Charles Darwin; explore the labs of Marie Curie and Louis Pasteur; see equipment used by Lavoisier, Faraday, and Boyle; visit the final resting places of Newton, Rutherford, Herschel, and Hawking; and stand on the Prime Meridian at the Royal Observatory Greenwich.

ITINERARY:

- Saturday, Jan. 3: Depart from SFO
- Sunday, Jan. 4: Arrive in London

Week 1

- Monday, Jan. 5: London
Visit the British Library
Class topics: Astronomy & navigation
- Tuesday, Jan. 6: London
Visit the Tower of London
Class topics: Math & physical sciences
- Wednesday, Jan. 7: London
Visit St. Paul's Cathedral
Class topics: Biology, medicine, & microbiology
- Thursday, Jan. 8: London
Visit Westminster Abbey
Class topics: Chemistry, light, & energy
- Friday, Jan. 9: Oxford
Visit Oxford University
Class topics: Bio, natural history, & evolution
- Saturday, Jan. 10: Downe
Visit Down House
Class topics: Power & thermodynamics

Week 2

- Monday, Jan. 12: Cambridge
Visit Cambridge University
Class topics: Light & electro-magnetism
- Tuesday, Jan. 13: London
Visit the Royal Institution Science Museum
Class topics: Atom structure & radioactivity
- Wednesday, Jan. 14: London
Visit the Natural History Museum
Class topics: Genetics & DNA
- Friday, Jan. 16: London
Visit the Royal Society British Museum
Exam
- Saturday, Jan. 17: Greenwich
Visit the Royal Observatory
- Sunday, Jan. 18: Depart from London, Arrive in Paris

Week 3

- Monday, Jan. 19: Paris
Visit the Eiffel Tower
- Tuesday, Jan. 20: Paris
Visit the Notre Dame Cathedral
- Wednesday, Jan. 21: Paris
Visit the Musée Curie, Panthéon
- Friday, Jan. 23: Paris
Visit the Muséum national d'Histoire naturelle

- Saturday, Jan. 24: Paris
Visit the Musée des Arts et Métiers
- Sunday, Jan. 25: Depart from Paris, Arrive at SFO

Prerequisites & Notes

Complete ANY college science course, attend at least 1 information session, & receive instructor permission

General Travel Requirements

- Attend at least 1 Health & Safety Orientation (October)
- Submit a valid passport (November)
 - Apply or renew no later than September for on-time delivery
- Submit completed & signed health forms + proof of vaccination(s) (November)

Note: Failure to complete one or more of the above requirements will result in an immediate drop from the course. Once registered, all course fees are non-refundable.

Please check the Jan Term Travel website for information session, registration, and deposit information.

Course site

Registration

Jan Term Scholarship

Travel Health

FAQs

Credits: 3

JAN 403-01 - Beyond the Postcard: Engaging Indigenous Hawai'i

On-campus dates: Monday, Jan. 5 - Tuesday, Jan. 6, 2026

Travel dates: Wednesday, Jan. 7 - Friday, Jan. 23, 2026

Instructors: Ynez Wilson Hirst, yhirst@stmarys-ca.edu; Cynthia Van Gilder, cvangild@stmarys-ca.edu

Course Fee: \$3,950

Learn about the [Jan Term Travel Scholarship](#) for additional funding.

This fee includes: Airfare, Local Transportation, Lodging, Meals, Excursions (e.g., museums, tours, etc.), Guest Speakers, Gratuity, Miscellaneous

Estimated cost outside of course fee:

Students will be responsible for 3-5 meals (\$100), laundry-if needed (\$10), course readings (\$60), and any personal incidentals (\$0-\$200).

WEEK 1

Monday, Jan. 5: On campus - SMC

Class topics: Polynesian colonization, Pre-contact overview

Readings: Kumulipo; Mālama I Nā Ahupua‘a (MINA) readings from Dr. Hasager

Tuesday, Jan. 6: On campus - SMC

Class topics: Contact with Captain Cook; Introduction to current issues

Readings: TBD

Wednesday, Jan. 7: Depart from SFO, Arrive in HNL

Everyone is responsible for their own transportation to SFO.

Thursday, Jan. 8: Honolulu (On campus - UH)

Orientation

Readings: TBD

Friday, Jan. 9: Honolulu (On campus - UH)

Class Day

Readings: TBD

Saturday, Jan. 10: Kailua

Field Trip/Community Engagement: Ulupō Heiau

Sunday, Jan. 11: Honolulu

Free Day

Optional: Hike Diamond Head

WEEK 2

Monday, Jan. 12: Honolulu

Field Trip: Mauna 'Ala and 'Iolani Palace

Readings: TBD

Tuesday, Jan. 13: Honolulu

Field Trip/Community Engagement: Fish Pond (He'eia)

Readings: TBD

Wednesday, Jan. 14: Honolulu

Field Trip: Walking tour of 'Old Honolulu'

The Return of Kapaemahu

Readings: TBD

Thursday, Jan. 15: Honolulu (On campus - UH)

Class Day

Readings: TBD

Friday, Jan. 16: Honolulu

Field Trip: Bishop Museum, Walking tour of Chinatown

Readings: TBD

Saturday, Jan. 17: Honolulu

Class Topic: Onipa'a

Field Trip/Community Engagement: Genki Balls

Onipa'a Remembrance Activity

Readings: TBD

Sunday, Jan. 18: Honolulu

Free Day

WEEK 3

Monday, Jan. 19: Waipahu

Field Trip: Hawai'i Plantation Village

Dinner: Aunty Di and Uncle Mike's

Readings: TBD

Tuesday, Jan. 20: Honolulu

Field Trip/Community Engagement: Lo'i at UH

Readings: TBD

Wednesday, Jan. 21: Honolulu

Field Trip/Community Engagement: TBD

Readings: TBD

Thursday, Jan. 22: Honolulu (On campus - UH)

Class Day (Final day on island)

Final Presentations

Farewell Dinner at TBD

Friday, Jan. 23: Depart from HNL, Arrive at SFO

Everyone is responsible for their own transportation home from SFO.

Prerequisites & Notes

Attend at least 1 information session & receive instructor permission.

General Travel Requirements

- Attend at least 1 Health & Safety Orientation (October)
- Submit a valid passport (November)
 - Apply or renew no later than September for on-time delivery
- Submit completed & signed health forms + proof of vaccination(s) (November)

Notes:

- Failure to complete one or more of the above requirements will result in an immediate drop from the course. Once registered, all course fees are non-refundable.
- First-year students **are** eligible to travel with this class, as it is a domestic destination.

Please check the Jan Term Travel website for information session, registration, and deposit information.

Course site

Registration

Jan Term Scholarship

Travel Health

FAQs

Credits: 3

JAN 404-01 - The Dragon in Business: Exploring China's Culture & Commerce

Travel dates: Saturday, Jan. 3 - Friday, Jan. 23, 2026

Instructor: Yuan Li, yl4@stmarys-ca.edu

Course Fee: \$5,500

Learn about the Jan Term Travel Scholarship for additional funding.

This fee includes:

Airfare, Local Transportation, Lodging, Meals, Excursions (e.g., museums, tours, etc.), Gratuity, Travel Insurance (\$35/student - international classes only), Miscellaneous, fees paid to local partner university or educational agency

Estimated cost outside of course fee:

\$500-800

China is one of the cradles of civilization. It has also risen from a third-world country to the second largest economy in the world in the span of 40 years. A famous phrase says that when China the sleeping dragon awakes the world will tremble. So, what is the relationship between the Chinese civilization and the millions of entrepreneurs that make up the vast and vibrant Chinese economy? This travel course introduces students to the history, philosophy, and culture of China, particularly in relation to how they shape the way Chinese start and build companies, engage with business partners and stakeholders, and enact strategic growth and competition. Students will acquire knowledge from the instructor as well as professors and experts in China about core elements of Chinese culture such as Confucianism, Taoism, and Buddhism. The concepts of Benevolence, Justice, Yin-Yang, the Five Phases, Non-Action, and Change will be emphasized. Tours to historical sites of cultural and spiritual significance will complement the learning. Equipped with a deeper understanding of the Chinese mind, students will explore contemporary Chinese businesses by working on case studies of exceptional Chinese companies, visiting business sites, and interacting with Chinese managers and entrepreneurs. Topics include but are not limited to: Chinese management and leadership styles, the role of guanxi and renqing in conducting business, China's legal and institutional systems, corporate culture, growth strategies, domestic competitive dynamics, and opportunities and challenges for Chinese companies to expand internationally.

ITINERARY:

- Saturday, Jan. 3: Depart from SFO
- Sunday, Jan. 4: Arrive at PEK (Beijing)

Week 1

- Monday, Jan. 5: Beijing
Class topics: Course introduction, Text by Confucius
- Tuesday, Jan. 6: Beijing
Class topics: Text by Mencius, Lecture and discussion on Chinese economy and society
- Wednesday, Jan. 7: Visit cultural sites
- Thursday, Jan. 8: Visit cultural sites
Class topics: Text from Dao De Jing by Laozi, Text by Zhuangzi, Lecture and discussion on China's entrepreneurship, business relations, and management styles
- Friday, Jan. 9: Visit cultural sites
Class topics: Reflections on the impact of Confucianism and Daoism on contemporary business practices

Week 2

- Monday, Jan. 12: Beijing
Class topics: Text of Art of War by Sunzi, Lecture and discussion on competitive strategies in the Chinese domestic market
- Tuesday, Jan. 13: Visit cultural sites

- Wednesday, Jan. 14: Beijing
Class topics: Chinese Buddhism, History in Qin, Han, and Tang dynasties, Lecture and discussion on the international expansion of Chinese companies
- Thursday, Jan. 15: Visit Chinese companies
- Friday, Jan. 16: Visit Chinese companies
Class topics: Reflections on the role of Chinese culture and history in Chinese business strategies

Week 3

- Monday, Jan. 19: Visit Chinese companies.
Class topics: Neo-Confucianism, History in Song and Ming dynasties
- Tuesday, Jan. 20: Visit Chinese companies
- Wednesday, Jan. 21: Beijing
Class topics: History in Qing dynasty, the republic era, communist revolution, and post-1949
- Thursday, Jan. 22: Visit Chinese cultural sites
- Friday, Jan. 23: Beijing
Class topic: Team work on final project supervised by co-instructors and local professors
- Saturday, Jan. 24: Depart from PEK, Arrive in SFO

Prerequisites & Notes

Attend at least 1 information session & receive instructor permission

General Travel Requirements

- Attend at least 1 Health & Safety Orientation (October)
- Submit a valid passport (November)
 - Apply or renew no later than September for on-time delivery
- Submit completed & signed health forms + proof of vaccination(s) (November)

Note: Failure to complete one or more of the above requirements will result in an immediate drop from the course. Once registered, all course fees are non-refundable.

Please check the Jan Term Travel website for information session, registration, and deposit information.

Course site

Registration

Jan Term Scholarship

Travel Health

FAQs

Credits: 3

JAN 406-01 - Positive Psychology of Scandinavia

Travel dates: Monday, January 5 - Tuesday, January 20, 2026

Instructors: Makenzie O'Neil, mjo6@stmarys-ca.edu; Emily Hause, eh1@stmarys-ca.edu

Course fee: \$5,700

Learn about the [Jan Term Travel Scholarship](#) for additional funding.

The fee includes:

Airfare, Local Transportation, Lodging, Meals, Excursions (e.g., museums, tours, etc.), Gratuity, Travel Insurance (\$35/student - international classes only), Miscellaneous

Estimated cost outside of course fee:

The cost to students outside the course fee is not expected to be greater than \$400, and in reality should be much less than this. However, the additional cost will be largely dependent on two student-specific factors: (1) The gear and clothing that students already own or are able to borrow. Students will need to provide their own cold-weather clothing, which if they do not own will add an additional cost. We will provide a detailed packing list at the information sessions along with the estimated costs to purchase these items so that students can make informed decisions about the costs they will incur before enrolling. We will also help students identify lower cost options for obtaining the necessary gear. (2) There will be opportunities for students to participate in activities outside of the scheduled itinerary, but these will be completely optional. For instance, in Abisko, students will be able to participate in additional activities if they choose; or in Copenhagen and Stockholm, students may want to buy souvenirs or additional food beyond what is budgeted in. These costs would be additional to the course fee but will again be completely optional.

This course is designed to explore the research methods, principles, techniques, and theories of Positive Psychology as they apply to the tasks and strategies of life in Denmark and Sweden. Scandinavian countries are consistently ranked as the happiest countries in the world. The focus of this course will be to discover what it is about these societies that lead their citizens to be so happy. Two themes will guide our activities: (1) the general principles of positive psychology and (2) cultural differences in their application. In examining the food, culture, art, business practices and daily life in these countries, we will explore the basis for their very high life satisfaction ratings. We will examine current societal challenges taking place in Denmark and Sweden in order to consider the ways in which a happy place does not equate to a perfect place. Activities will include an exploration of "Hygge," the Danish concept of "coziness/contentment" and "arbejdsglæde," the Scandinavian concept of happiness at work. We will also travel north of the arctic circle to experience the darkness of Swedish winter and the winter sports and activities that are integral to it. We will also experience awe at the stark natural beauty of the region. Weather permitting, we will search for the Northern Lights from one of the best vantage points in the world.

ITINERARY:

- October TBD: (required) *Course Overview and Initial Orientation and Gear Information Meeting and Initial Cold Weather Gear Check*
- October TBD: (optional) *Trip to Columbia store*
- December TBD: (required) *Evening outdoor (cold weather) walk in gear/ Final gear check*

Week 1

- Friday, Jan. 2 and Saturday, Jan. 3: Class meetings
Class topics: Positive Emotions and Thoughts, Applications
- Monday, Jan. 5: Depart from SFO
- Tuesday, Jan. 6- Sunday January 11: Copenhagen
Activities will include:
 - *Walking tour*
 - *Baking Class: Danish Pastries*

- *Danish Architecture Center*
- *Canal Tour*
- *Museum Tours*
- *Company visits*

Week 2

- Monday, Jan. 11 - Thursday, Jan. 15: Stockholm
Activities will include:
 - *Food Tour*
 - *Sauna and Spa*
 - *Museum Tours*
 - *Company visits*
- Friday Jan. 16 - Sunday, Jan. 18: Abisko
Activities will include:
 - Overnight train into Arctic Circle
 - *Afternoon walk, Nighttime walk or (possible) chair lift ride*
 - *Seeking the Northern Lights, photo tour*
 - *Choice of various winter activities (e.g., dog sledding, snowmobiling, ice climbing)*

Week 3

- Sunday, Jan 18 - Tuesday, Jan. 20: Copenhagen
 - *Farewell to Scandinavia activities*
 - *Work on final presentation*
- Tuesday, Jan. 20: Depart from Copenhagen, Arrive at SFO
- Wednesday, Jan. 21: On campus/home writing day
Class topic: On making sense of it all
- Thursday, Jan. 22 and Friday, Jan. 23
Student final presentations
- *Final thoughts for the course*

Prerequisites & Notes

Attend at least 1 information session & receive instructor permission

General Travel Requirements

- Attend at least 1 Health & Safety Orientation (October)
- Submit a valid passport (November)
 - Apply or renew no later than September for on-time delivery
- Submit completed & signed health forms + proof of vaccination(s) (November)

Note: Failure to complete one or more of the above requirements will result in an immediate drop from the course. Once registered, all course fees are non-refundable.

Please check the Jan Term Travel website for information on sessions, registration, and deposit details.

Course site

Registration

Jan Term Scholarship

Travel Health

FAQs

Credits: 3

JAN 407-01 - Religion, Culture, & Education in India

Travel dates: Friday, Jan. 2 - Sunday, Jan. 25, 2026

Instructor: Norris Palmer, npalmer@stmarys-ca.edu; Teresa Whiteside, teresamwhiteside@gmail.com

Course fee: \$4,850

Learn about the [Jan Term Travel Scholarship](#) for additional funding.

The price includes:

Airfare, Local Transportation, Lodging, Meals, Excursions (e.g., museums, tours, etc.), Gratuity, Travel Insurance (\$35/student - international classes only)

Estimated cost outside of course fee:

\$400-500. A number of items are not included in the base price though primarily lunch (and meals on the train or in the air); personal expenses (laundry, beverages, telephone, etc.); any additional tip for our escort; camera fees at monuments; and any spending money for souvenirs. Also, students are responsible for the cost of any immunizations, medications, and visa requirements (visas are currently \$25 for US Citizens).

India's long and rich history of religious diversity is both well-known and highly complex. Nearly equally well publicized is the juggernaut that is the Indian educational system. Popularly known for producing stellar graduates in mathematics and the natural sciences, it also boasts the third largest publicly funded higher education system in the world.

During our month in India, the focus of our study will be threefold: education, religion, and culture. Our study of the educational system will bring us into direct contact with a host of educational settings from primary through collegiate in a variety of settings from a village of 2,000 people to a city of 21 million. We'll study a host of religious traditions (Hinduism, Islam, Buddhism, Sikhism, Jainism, Parsi, and Christianity) within a wide variety of their historical and cultural settings. Our study will examine both individual traditions and the complex history of their interaction. We'll also examine how both education and religions interact with political, social, and economic systems in historic and contemporary settings that contribute to Indian culture.

Our study will take us from some of the world's largest metropolises-Mumbai (aka Bombay) and New Delhi-to remote Himalayan villages-McLeod Ganj-to cities, towns, and villages in between. In Mumbai, we'll study Parsis with their dramatic Towers of Silence, which are used in lieu of burial or cremation. Our travels will also lead us to southwestern India, to the relaxed coastal setting of Goa, a state heavily influenced by 15th-century Catholic Portuguese settlers, to investigate the forms of Christianity spawned by these colonists and their interaction with Indian religious and cultural forces. And, we'll have the opportunity to see the "incorruptible body" of Saint Francis Xavier (1506-1552, co-founder of the Jesuit order), whose remains are on display in a glass coffin in the Basilica of Bom Jesus in Old Goa.

Our study will also take us north to investigate exquisite examples of Islamic Mogul architecture and religious syncretism, seen most dramatically in the Taj Mahal in Agra, as well as in striking examples in a number of Rajasthani cities. We'll also enjoy a camel ride in the desert and a leopard safari and overnight stay in the Jawai nature preserve, visiting Jawai, India. In New Delhi, we'll tour the famous Islamic mosque, the Jama Masjid, as well as the vast Hindu Swami Narayan temple complex, and include stops at important sites in the life of Mahatma Gandhi. While in Agra,

we'll visit the incomparable Taj Mahal, known for its stunning elegance and beauty, as well as the Red Fort. An investigation of Tibetan Buddhism in "Little Lhasa" (home of the Tibetan Government in Exile) located in the hill station of McLeod Ganj in the foothills of the Himalaya & a visit to Sikhism's Golden Temple in Amritsar round out our stay in the far north.

We'll move between extremes not only in religious and cultural configurations but also in terms of geography and climate as well. Please note that the itinerary is tentative, and locations are subject to change. With significant walking required, this trip is recommended for hearty travelers with intrepid curiosity and a real sense of adventure.

ITINERARY

- Friday, Jan. 2: Depart from SFO
- Saturday, Jan. 3: Arrive in Mumbai
- Jan. 3-4: Mumbai
Tour of Mumbai (Bollywood, Gateway of India, Elephanta Island)

Week 1

- Monday, Jan. 5: Ellora
Tour of Buddhist caves and Kailash Temple (which took 6 generations to carve from a single rock hillside)
- Jan. 6-8: Goa
Tour Goa: Bom Jesus & Se Cathedrals, Spice Farms, & Cultural Dance, time on beach
- Jan. 9-10: Chandelao
Tours of Chandelao Village (pop. 2,000) and City of Jodhpur (tour of Mehrangarh Fort with ziplining over it)

Week 2

- Jan. 11-12: Jawai Nature Stay
Leopard Safari (and birds and crocodiles)
- Jan. 13-15: Jaipur
Tour of Pushkar Temple (with camel ride) enroute to Jaipur, Amer Palace (with guided elephant ride), Hawa Mahal, Jantar Mantar, Galtaji temple, shopping block printing fabrics
- Friday, Jan. 16: Agra
Tour of Taj Mahal and Red Fort
- Jan. 17-18: Amritsar
Tour of Sikhism's Hari Mandir (Golden Temple), Jallianwala Bagh, and Attari Flag Ceremony

Week 3

- Jan. 19-22: McLeod Ganj
Tour Tibetan Community, Tsuglagkhang Temple Complex, Bhagsunath Shiva Temple, water fall, Tibetan Handicrafts collective
- Jan. 23-24: New Delhi
Tour Raj Ghat, Gandhi Smriti, National Gandhi Museum, Jama Masjid, Old Delhi, Akshardham Temple
- Sunday, Jan. 25: Depart from Delhi, Arrive at SFO
- Friday, Jan. 2: Depart from SFO
- Saturday, Jan. 3: Arrive in Mumbai
- Jan. 3-4: Mumbai
Tour of Mumbai (Bollywood, Gateway of India, Elephanta Island)

Prerequisites & Notes

Attend at least 1 information session, complete a college-level course in theology or religious studies (or receive permission to waive this from the instructor), & receive instructor permission

General Travel Requirements

- Attend at least 1 Health & Safety Orientation (October)
- Submit a valid passport (November)
 - Apply or renew no later than September for on-time delivery
- Submit completed & signed health forms + proof of vaccination(s) (November)

Note: Failure to complete one or more of the above requirements will result in an immediate drop from the course. Once registered, all course fees are non-refundable.

Please check the Jan Term Travel website for information session, registration, and deposit information.

Course site

Registration

Jan Term Scholarship

Travel Health

FAQs

Credits: 3-CU

JAN 408-01 - Decadence in Venice

Travel dates: Friday, Jan. 2 - Wednesday, Jan. 28, 2026

Instructor: Br. Charles Hilken, chilken@stmarys-ca.edu

Course fee:\$4,500

Learn about the [Jan Term Travel Scholarship](#) for additional funding.

This fee includes:

Airfare, Local Transportation, Lodging, Meals, Excursions (e.g., museums, tours, etc.), Gratuity, Travel Insurance (\$35/student - international classes only), Miscellaneous

In his novella *Death in Venice*, Thomas Mann suggested the oppressive problem of decadence for modern culture. What Mann called decadence at the beginning of the 20th century has perhaps become normal life for us today, such that we are no longer aware of modern decadence as a falling away from anything. Can we recover this awareness? What is "decadence", and is there a way to find meaning amid a decadent culture? Or, since much great art and literature has been falsely branded "decadent", is decadence sometimes something to embrace? We will study the

problem of decadence through the art, architecture, and history of Venice, both in lectures and in excursions, as well as through a number of major literary texts and an opera discussed in class.

ITINERARY

- Friday, Jan. 2: Depart from SFO
- Saturday, Jan. 3: Arrive in Venice
Water taxis from Airport to dorms, Orientation

Week 1

- Sunday, Jan. 4: Venice
Optional morning mass in Basilica San Marco (Byzantine Church at the center of Venice). Visit to Ca' D'Oro ("House of Gold", luxurious Renaissance palazzo with art museum). Welcome Reception
- Monday, Jan. 5: Venice
Shakespeare's Merchant of Venice I, Lecture: "Introduction to Decadence and Venice." Visit San Zaccaria (gem of Renaissance Venetian architecture with major paintings). Piazza San Marco (symbolic and political center of Venice).
- Tuesday, Jan. 6: Venice
Shakespeare's Merchant of Venice II. Lecture: "Ghetto and Funduq-Venetian Jewish and Muslim History." Excursion: Ghetto (historically Jewish neighborhood), San Giobbe (Renaissance painting, architecture and majolica reliefs).
- Wednesday, Jan. 7: Venice
Lecture: "The Longest Lasting Government: Republic of Venice (697-1797)." Excursion: Palazzo Ducale (the palace of the Doge, filled with major painting and impressive rooms).
- Thursday, Jan. 8: Venice
Lecture: "Venetian Colorito and the Rise of Modern Oil Painting (Bellini-Giorgione)." Excursion: Accademia (main museum of Venetian painting, major paintings of Bellini, Giorgione, Titian, Veronese, Tintoretto, Tiepolo).
- Friday, Jan. 9: Venice
Mozart's Don Giovanni. Lecture: "Venetian Decadence: Carnival, Opera, Libertinism and Liberalism." Excursion: La Fenice (Historic opera house).
- Saturday, Jan. 10: Trip to Padua
(Beautiful public squares, museums, the ancient university, churches and the best market in Italy...Giotto's Cappella dei Scrovegni, Baptistery, Palazzo della Ragione, Piazza del Orologio, Sant' Antonio, Santa Giustina, Palazzo del Bo).

Week 2

- Sunday, Jan. 11: Venice
Optional morning mass at Basilica San Marco.
- Monday, Jan. 12: Venice
Joseph Brodsky, Watermark I. Excursion: House of Fortuny (Fashion, art, photography, and set design by an early 20th century Spanish designer in his medieval palazzo/studio).
- Tuesday, Jan. 13: Venice
Joseph Brodsky, Watermark II. Excursion: Arsenal, Maritime museum (Center of Venice's military ship production).
- Wednesday, Jan. 14: Sailing Trip, Day 1
The Laguna di Venezia in four racing sailboats all with expert skippers and sailing instructors; sail from Chioggia to Saint Mark's Square, sleep in Venice. (No sailing knowledge required.)
- Thursday, Jan. 15: Sailing Trip, Day 2
Islands, fortifications. Sail to Chioggia.

- Friday, Jan. 16: Venice
Madonna del Orto (paintings of Tintoretto and others). I Gesuiti (paintings of Titian and others).
- Saturday, Jan. 17: Venice
Free day

Week 3

- Sunday, Jan. 18: Venice
Free day. Optional morning mass Basilica San Marco.
- Monday, Jan. 19: Venice
Italo Svevo's "Confessions of Zeno" Lecture: "The Pleasures of Decline in Tiepolo, Byron, Wagner, and Nietzsche." Excursion: Ca' Rezzonico (18th century palace with museum of rococo painting and decorative arts).
- Tuesday, Jan. 20: Trip to Duino and Trieste
*Duino: Cliffside hike over Duino Castle.
Trieste: Museo Rivoletta (20th century Austro-Italian art). Meal in Triestine restaurant. Synagogue (early 20th century architecture). Caffè San Marco (historic Austrian style café).*
- Wednesday, Jan. 21: Venice
Lecture: "Death and Rebirth in Venetian Painting in the time of the Plague (Titian-Tintoretto)." Excursion: Scuola S. Rocco (paintings of Tintoretto on the plague), Basilica dei Frari (Gothic church with major paintings by Titian and many others).
- Thursday, Jan. 22: Venice
Lecture: The Venetian School of Architecture (Byzantine to Baroque). Excursion: Architecture walk, S.M. dei Miracoli (Pietro Lombardo), S.F. delle Vigne (Andrea Palladio); S.S. Giovanni e Paolo (major Gothic church with impressive monuments to the Doges buried there, as well as paintings by major artists); History of Medicine Museum (sumptuous Renaissance meeting house with display of medical instruments and manuscripts).
- Friday, Jan. 23: Venice
Lecture: "Mass tourism and the environment: contemporary problems." Excursion: Basilica San Marco (Mosaics, Pala D'Oro, Treasury, museum and overlook of Piazza.)
- Saturday, Jan. 24: Venice
Lecture: "Venice and 'decadent' art: Biennale and Guggenheim." Excursion: San Sebastiano (illusionism of Veronese), Guggenheim Museum (20th and 21st century art).

Week 4

- Sunday, Jan. 25: Venice
Optional morning mass Basilica San Marco.
- Monday, Jan. 26: Venice
*Excursion: Museo Correr. Farewell Reception.
Depart from Venice. Arrive at SFO.*

Prerequisites & Notes

Attend at least 1 information session & receive instructor permission

General Travel Requirements

- Attend at least 1 Health & Safety Orientation (October)
- Submit a valid passport (November)
 - Apply or renew no later than September for on-time delivery

- Submit completed & signed health forms + proof of vaccination(s) (November)

Note: Failure to complete one or more of the above requirements will result in an immediate drop from the course. Once registered, all course fees are non-refundable.

Please check the Jan Term Travel website for information session, registration, and deposit information.

Course site

Registration

Jan Term Scholarship

Travel Health

FAQs

Credits: 3-CU

JAN 409-01 - Engaging Christian Art: Italy & France

Travel dates: Thursday, Jan. 1 - Monday, Jan. 26, 2026

Instructor: Tom Poundstone, tpoundst@stmarys-ca.edu

Course Fee: \$5,500

Learn about the [Jan Term Travel Scholarship](#) for additional funding.

This fee includes:

Airfare, Local Transportation, Lodging, Excursions (e.g., museums, tours, etc.), Travel Insurance (\$35/student - international classes only), Miscellaneous, Not all meals, but many!

Estimated cost outside of course fee:

There currently are no visa costs for U.S. citizens. All admission fees and in-country transportation is included. Indeed, all course-related costs are covered. For meals that aren't included and souvenirs, I have past students advise them, but many suggest a ballpark figure of \$50 a day, though it is easy to come in well below that.

What shape should a church have, and how should it be decorated? What symbols or scenes from the Bible would you feature, and how would you portray Jesus? What do your answers to these questions say about your understanding of Jesus and theology? Attempting to answer these questions will take us deep into the study of Christian art.

In this course, we will study buildings, paintings, and sculptures in Italy and France that artists over the centuries have created to embody their understanding of the Christian faith. We'll situate the works in various eras of art and architecture, ask what they reveal about how the artists understood the gospel, and consider the influence of these works on our understanding of the Christian faith.

We will go from studying the earliest Christian art in the catacombs to the radically new way of seeing ushered in by the Impressionists and Post-Impressionists. Our primary texts will include some of the most famous churches and museums in the world: the Duomo and the Uffizi in Florence; St. Peter's and the Vatican Museums in Rome; Notre Dame and the Louvre in Paris. Additional areas of study will be the art of the Early Church (the catacombs and Ravenna), Gothic architecture and stained glass in France (Chartres, Bourges, Paris), the Italian Renaissance (Ghiberti and Brunelleschi) and High Renaissance (Michelangelo and Raphael), and the flowering of the Baroque in Rome (Caravaggio, Bernini, Borromini), besides days spent studying art in wonderful towns like Assisi, Siena, and Orvieto.

Don't mistake this course as merely a guided tour. A thorough knowledge of the sites and texts will be required on papers and examinations. In addition, each student will design her or his own review of the masterpieces of the Christian faith. Interested? Come to one of the information sessions and learn more about what it is like to explore these cities - including sampling their gastronomical delights and perhaps trying our hands at making some pasta dishes too.

ITINERARY

- Thursday, Jan. 1: Depart from SFO
- Friday, Jan. 2: Arrive at CDG (Paris)
Depart from CDG, Arrive in FLR (Florence)
- Saturday, Jan. 3: Florence
Visit San Marco & Fra Angelico, The Uffizi (part I)
- Sunday, Jan. 4: Florence
Climb the dome of the Duomo, Museum of the Duomo

Week 1

- Monday, Jan. 5: Siena
- Tuesday, Jan. 6: Florence
Visit the Bargello and the Chapel of the Magi, The Accademia
- Wednesday, Jan. 7: Florence
Visit the Uffizi (part II)
Some places in Florence you might want to see, especially if we haven't slipped any of them into our itinerary: Santa Croce; the Palazzo Vecchio; inside Orsanmichele; Santa Maria Novella; San Miniato; the Baptistery; the Duomo
- Thursday, Jan. 8: Depart from Florence, Arrive in Ravenna
Visit the Arian Baptistery, Sant' Apollinare Nuovo, and Dante's Tomb
Depart from Ravenna, Arrive in Assisi
- Friday, Jan. 9: Assisi
Visit the Basilica of St. Francis, Lower Basilica
- Saturday, Jan. 10: Assisi
Visit the Basilica of Santa Chiara and the Upper Basilica of St. Francis, The Porziuncola in Santa Maria degli Angeli
- Sunday, Jan. 11: Depart from Assisi, Arrive in Deruta
Visit the riverside town of Deruta where the clay from the Tiber is perfect for pottery, then the hill town of Orvieto where we will study the cathedral and its San Brizio Chapel painted by Signorelli
Depart from Orvieto, Arrive in Rome
Walk by Trevi Fountain, the Pantheon, and the Piazza Navona

Week 2

- Monday, Jan. 12: Rome
Visit San Pietro in Vincoli, San Clemente, S. Ignazio, S. Maria sopra Minerva, Caravaggio walk (S. Luigi and S. Agostino)
- Tuesday, Jan. 13: Rome
Visit S. Maria Maggiore and S. Giovanni in Laterano, Borghese Gallery
- Wednesday, Jan. 14: Rome
Papal Audience, Vatican Museums (part I)
- Thursday, Jan. 15: Rome
Visit S. Pietro, Vatican Museums (part II)
Evening cooking class at Enoteca Corsi, 6:00 PM where we eat what we cook! Probable menu: stuffed zucchini blossoms; fettuccine al pomodoro; tiramisu

- Friday, Jan. 16: Rome
This is a great day to visit the Coliseum, the Roman Forum, the Capitoline Museum, and oh, so many more including the nearby Galleria Nazionale d'Arte Antica in the Palazzo Barberini to the Galleria Nazionale d'Arte Moderna on the far side of the Villa Borghese.
- Saturday, Jan. 17: Rome
*Visit Santa Maria del Popolo, S. Maria della Vittoria; S. Andrea; San Carlino
Group dinner at L'Orso 80, 8:00 PM, possibly followed by a walk by the Piazza Navona.*
- Sunday, Jan. 18: Depart from FCO (Rome), Arrive at CDG (Paris), Private bus to Chartres
Opening tour of Chartres Cathedral - sketching!

Week 3

- Monday, Jan. 19: Chartres
Visit Chartres Cathedral
- Tuesday, Jan. 20: Private bus to Bourges
*Visit the Cathedral in Bourges
Depart from Bourges, Arrive in Chartres*
- Wednesday, Jan. 21: Private bus to Paris
Group Lunch: L'As du Fallafel, 34 Rue du Rosiers in the Marais (literally, "The Ace of Falafel," a Kosher restaurant in the Pietzl or Jewish Quarter of the Marais), Visit the Place des Vosges, Saint-Louis-et-Saint-Paul, Aux Merveilleux du Frédéric Vaucamps (a meringue cake), the Avenue of the Just, St-Gervais-et-St-Prottais, Saint-Severin
- Thursday, Jan. 22: Paris
Visit Saint-Étienne-du-Mont and Saint-Sulpice; We will have a chance to stop back in the hotel for a few minutes as we go from the first to the second church. As with all classes, always bring your Whisper Tech.; The Musée d'Orsay (Perhaps you would prefer touring a few more churches and small museums. Indeed, I would love to explore La Madeleine and Le Petit Palais with you.)
- Friday, Jan. 23: Paris
Visit Notre Dame & Sacre Coeur, though perhaps La Madeleine and Le Petit Palais; The Louvre
- Saturday, Jan. 24: Paris
A few suggestions: Versailles; the Eiffel Tower; more time in the Louvre; Sainte-Chapelle; Musée de l'Orangerie (to see Monet's Waterlilies); Le Petit Palais; Musée Carnavalet
- Sunday, Jan. 25: Paris
Visit the Musée Maurice Denis

Week 4

- Monday, Jan. 26: Depart from CDG, Arrive at SFO

Prerequisites & Notes

- Attend at least 1 information session
- Receive a grade of B- or higher in either TRS 281 or TRS 380-TRS 389, &
- Receive instructor permission

General Travel Requirements

- Attend at least 1 Health & Safety Orientation (October)
- Submit a valid passport (November)

- Apply or renew no later than September for on-time delivery
- Submit completed & signed health forms + proof of vaccination(s) (November)

Note: *Failure to complete one or more of the above requirements will result in an immediate drop from the course. Once registered, all course fees are non-refundable.*

Please check the Jan Term Travel website for information session, registration, and deposit information.

Course site

Registration

Jan Term Scholarship

Travel Health

FAQs

Credits: 3-CU

JAN 410-01 - Globalized Mexico

Travel dates: Thursday, Jan. 1 - Saturday, Jan. 24, 2026

Instructor: Álvaro Ramírez, aramirez@stmarys-ca.edu

Course Fee: \$3,000

Learn about the [Jan Term Travel Scholarship](#) for additional funding.

This fee includes:

Airfare, Lodging, Excursions (e.g., museums, tours, etc.), Gratuity, Travel Insurance (\$35/student - international classes only), It includes 3 meals while staying with host families. Otherwise, the fee pays for breakfasts and dinners.

Estimated cost outside of course fee:

\$500

In this course, students will analyze the globalization process that has occurred in Mexico and which has put in doubt the national project initiated by the Mexican Revolution. As they do so, they will travel to famous archeological sites such as Teotihuacan, the colonial cities of Puebla and Oaxaca as well as the postmodern metropolis of Mexico City, where students will visit the Museums of Anthropology, National History, and Frida Kahlo. Monday through Friday from 10:00 am to 2:00 pm. students will have academic activities. During the first two hours, Prof. Ramírez will lead seminar-type discussions in English. We will discuss the post-revolutionary politics that helped to define the national project and its nationalism that created a Mexican identity that had its heyday in the mid-twentieth century and has lately been transformed by the forces of globalization. We will particularly focus on Mexican identity during the NAFTA years and the late cultural transformation of rural communities, in particular traditional Indigenous communities. From 12:00 p.m. to 2:00 p.m. all students will attend conversation workshops according to their level. Most excursions will take place on weekends with some outings on some afternoons. All students will be housed in hotels in Mexico City, Puebla, Oaxaca City, and a weekend in the beach town of Puerto Escondido, Oaxaca. Four meetings scheduled prior to leaving on the trip are considered part of the course.

ITINERARY:

- Thursday, Jan. 1: Arrive in Mexico City
- Friday, Jan. 2: Mexico City
Excursion: Zócalo, Basílica de la Virgen de Guadalupe
- Saturday, Jan. 3: Mexico City
Excursion: Xochimilco

Week 1

- Sunday, Jan. 4: Mexico City
Ballet Folklórico, Museum of National History
- Monday, Jan. 5: Mexico City
Excursion: Museo Soumaya
- Tuesday, Jan. 6: Mexico City
Excursion: Museum of National Anthropology, Lucha Libre
- Wednesday, Jan. 7: Mexico City
Free day
- Thursday, Jan. 8: Mexico City
Museo Frida Kahlo
- Friday, Jan. 9: Depart from Mexico City, arrive in Puebla
Teotihuacán
- Saturday, Jan. 10: Puebla
Puebla Centro, Los Fuertes

Week 2

- Sunday, Jan. 11: Puebla
Cholula
- Monday, Jan. 12: Arrive in Oaxaca
- Tuesday, Jan. 13: Oaxaca
Excursion: Oaxaca Centro
- Wednesday, Jan. 14: Oaxaca
Excursion: Santo Domingo
- Thursday, Jan. 15: Oaxaca
Excursion: Monte Albán
- Friday, Jan. 16: Oaxaca
Cultural Encounter Universidad Vanconcelos
- Saturday, Jan. 17: Oaxaca
Excursion: Mitla

Week 3

- Sunday, Jan. 18: Oaxaca
Free day
- Monday, Jan. 19: Oaxaca
Excursion: Casa Benito Juárez
- Tuesday, Jan. 20: Arrive at Puerto Escondido
- Wednesday, Jan. 21: Puerto Escondido
Spend time at the beach
- Thursday, Jan. 22: Puerto Escondido
Spend time at the beach
- Friday, Jan. 23: Depart from Puerto Escondido, Arrive in Puebla

- Saturday, Jan. 24: Depart from Puebla, Arrive at SFO

Prerequisites & Notes

- Attend at least 1 information session
- Permission of the instructor

General Travel Requirements

- Attend at least 1 Health & Safety Orientation (October)
- Submit a valid passport (November)
- Apply or renew no later than September for on-time delivery
- Submit completed & signed health forms + proof of vaccination(s) (November)

Note: Failure to complete one or more of the above requirements will result in an immediate drop from the course. Once registered, all course fees are non-refundable.

Please check the Jan Term Travel website for information session, registration, and deposit information.

Course site

Registration

Jan Term Scholarship

Travel Health

FAQs

Credits: 1-CU

JAN 411-01 - Coral Reefs, Caves, & Cultural History in Curaçao & Bonaire

Travel dates: Monday, Jan. 5 - Friday, Jan. 23, 2026

Instructor: Roy Wensley, rwensley@stmarys-ca.edu

Course Fee: \$5,650

Learn about the [Jan Term Travel Scholarship](#) for additional funding.

This fee includes:

Airfare, Local Transportation, Lodging, Meals, Excursions (e.g., museums, tours, etc.), Gratuity, Travel Insurance (\$35/student - international classes only), Miscellaneous, Diving costs

Estimated cost outside of course fee:

SCUBA certification costs

Students who are SCUBA certified or will commit to becoming Scuba certified will be given preference. SCUBA Certification can be completed in Bonaire. Students will need to pay an additional \$190 for online coursework + \$375 for pool work and check out dives in Bonaire.

This course combines biology and geology, history and anthropology in a study of coral reefs, cave ecology, and historic and contemporary Caribbean culture. These islands' variety of habitats (mangrove and tropical dry forests, salt flats, marshes, desert, and coral reefs) and diversity of people brought willingly or not are the foundation for the fascinating culture that has emerged on these islands. On January 5, 2026, we will fly to the island of Curacao (there January 6-12) to delve into the history of this once center of the Atlantic slave trade. We will also visit a large cave on Curacao (and later a unique cave on Bonaire) and understand their relationship with coral reefs. Then we fly to Bonaire (January 13 to 22) to explore the best coral reefs, some of the most fascinating habitats, and contemporary culture in the Caribbean. We will return to Curacao the evening of Jan. 22 and return to San Francisco on Jan 23. Arriving on Curacao, students who are not SCUBA certified before the trip will complete the in-water portion of their open water training course and become fully certified SCUBA divers. On Bonaire's reefs, we will develop an understanding of reef development, how biogeochemical cycles impact that development, threats to coral reefs, and how the diverse biota of reefs affect each other. Because of the restrictions on Bonaire, students will need to be SCUBA certified before we get there or finalize their certification when we first arrive in Bonaire. I will work with students to support them in this. Certification costs will be on top of the course costs.

ITINERARY

- Pre-departure: Introduction and doing online portion of PADI Scuba Certification

Week 1

- Monday, Jan. 5: Depart from SFO
- Tuesday, Jan. 6: Arrive in Curaçao
- Wednesday, Jan. 7: Curaçao
Tour Curaçao Museum (art /history) info@thecuracaomuseum.com; Van Leeuwenhoekstraat z/n in Otrabanda and visit Fort Amsterdam.
Class topics: Local, native, and colonial art
- Thursday, Jan. 8: Curaçao
Kura Hulanda Museum-anthropology and history of Slave trade in Curaçao; Afternoon Curaçaoish Museum of Colonial Period
Class topics: Slavery and colonial period in Curaçao
- Friday, Jan. 9: Curaçao
Curaçao Plantation and factory KaGrootst and Chobolobo distillery tour. Go hear island music in the evening.
- Saturday, Jan. 10: CHRISTOFFEL NATIONAL PARK (www.christoffelpark.org)
- Sunday, Jan. 11: Curaçao
Morning tour of Hato Hato Cave
Afternoon flight to Bonaire

Week 2

- Monday, Jan. 12: Bonaire
Rent vans and check in to Captain Don's habitat
- Tuesday, Jan. 13: Bonaire
Students getting water portion of certification all day; Those already certified have boat Dive am; shore dive afternoon.
Class topics: Coral reefs and geology
- Wednesday, Jan. 14: Bonaire
Students getting water portion of certification already certified have Boat Dive am; Shore dive afternoon
- Thursday, Jan. 15: Bonaire
Morning students finish water portion of certification; Afternoon all have boat dive; shore dive afternoon.
Class topic: Coral reefs

- Friday, Jan. 16: Bonaire
Morning boat dive; Night dive in the evening
- Saturday, Jan. 17: Bonaire
Morning and afternoon boat dive; Night dive in the evening
Class topic: Coral reefs
- Sunday, Jan. 18: Bonaire
Morning boat dive; Afternoon shore dive; Go hear music in the evening
Class topics: island history/geology

Week 3

- Monday, Jan. 19: Bonaire
Morning boat dive; Afternoon: Washington-Slagbaai National Park
Class topic: coral reefs
- Tuesday, Jan. 20: Bonaire
Class to Pekelmeer Flamingo Sanctuary, Onima Indian Cave art, Mangrove Center Hike and tour afternoon
- Wednesday, Jan. 21: Bonaire
Do cave tour morning and afternoon
- Thursday, Jan. 22: Bonaire
Morning cave tour
Afternoon flight to Curaçao
- Friday, Jan. 23: Curaçao
Final exam
Depart from Curaçao, Arrive at SFO

Prerequisites & Notes

- Attend at least 1 information session
- Complete any ONE college-level course in Science, Anthropology, Sociology, History, Religion, a Collegiate Seminar, or Economics
- Receive instructor permission. Scuba diving is a very critical component of the course; students who are or will become certified scuba divers will be given preference in enrollment.

General Travel Requirements

- Attend at least 1 Health & Safety Orientation (October)
- Submit a valid passport (November)
 - Apply or renew no later than September for on-time delivery
- Submit completed & signed health forms + proof of vaccination(s) (November)

Note: Failure to complete one or more of the above requirements will result in an immediate drop from the course. Once registered, all course fees are non-refundable.

Please check the Jan Term Travel website for information session, registration, and deposit information.

Course site

Registration

Jan Term Scholarship

Travel Health

FAQs

Credits: 3-CU

JAN 412-01 - Creative Geniuses or Hard Workers: Innovation Insights from South Korea and Japan

Travel dates: Saturday, Jan. 3 - Wednesday, Jan. 21, 2026

Instructor: Tina Xiaotian Zhang, xz4@stmarys-ca.edu; Yung-Jae Lee, ylee@stmarys-ca.edu

Course fee: \$4,950

Learn about the [Jan Term Travel Scholarship](#) for additional funding.

This fee includes:

Airfare, Local Transportation, Lodging, Meals, Excursions (e.g., museums, tours, etc.), Gratuity, Travel Insurance (\$35/student - international classes only), Miscellaneous, Solbridge School of Business lectures, training certificates, company visits, etc.

Estimated cost outside of course fee:

Meals/snack on your own: \$20x19 days=\$380

Visa fees \$0 for US citizens and \$40 for most other countries.

Souvenirs \$100.

South Korea and Japan are currently ranked as one of the world's most innovative countries. This course is designed to raise awareness of the culture of Creativity and Innovation in the East Asian countries. Special attention is placed on what makes South Korea and Japan so innovative - are they a highly creative people or is it rooted in a hardworking Asian culture?

We look at the role of national culture in Korea's best-known creative industries, namely electronics and Kpop, to more deeply understand the local and global business contexts that have made companies like Samsung, Hyundai, MBC some of the most innovative in the world.

It is beneficial to also visit Japan, as the two countries provide distinct yet complementary cultural and technological perspectives. Japan, renowned for its long-standing tradition of integrating cultural heritage with cutting-edge innovation, offers a unique environment where students can examine the influence of historical traditions on contemporary creativity. Students can explore the concept of "incremental innovation," a core principle of the Japanese manufacturing system known as Kaizen.

A visit to both nations enhances students' understanding of global perspectives, fostering critical and creative thinking within an interconnected world. At the end of this course, students will be able to:

1. Develop communication skills in the Korean and Japanese languages, enabling them to navigate daily interactions, seek assistance, and briefly engage with locals through an immersive experience.

- Sunday, Jan. 18: Kyoto
Cultural site visits: Fushimi Inari, Ginaku-ji

Week 3

- Monday, Jan. 19: Depart from Kyoto, Arrive in Tokyo
Cultural site visit: Sensoji
- Tuesday, Jan. 20: Tokyo
Company visit: Nippon Steel Trading Corporation
Cultural site visit: Tokyo Tower
- Wednesday, Jan. 21: Depart from NRT (afternoon)
Free day
- Thursday, Jan. 22: Arrive at SFO

Prerequisites & Notes

- Attend at least 1 information session
- Permission of the instructor

General Travel Requirements

- Attend at least 1 Health & Safety Orientation (October)
- Submit a valid passport (November)
- Apply or renew no later than September for on-time delivery
- Submit completed & signed health forms + proof of vaccination(s) (November)

Note: Failure to complete one or more of the above requirements will result in an immediate drop from the course. Once registered, all course fees are non-refundable.

Please check the Jan Term Travel website for information session, registration, and deposit information.

Course site

Registration

Jan Term Scholarship

Travel Health

FAQs

Credits: 3-CU

400 Level (Travel, 3 units + 1 unit EL)

JAN 400-01 - DIRT-y Work in the Brazilian Amazon

Level: 400-level: Travel

Course Fee: \$4,800

Learn about the [Jan Term Travel Scholarship](#) for additional funding.

This fee includes:

Airfare, Local Transportation, Lodging, Meals, Excursions (e.g., museums, tours, etc.), Gratuity, Travel Insurance (\$35/student - international classes only)

Estimated cost outside of course fee:

meals in airports, souvenirs, possible required travel shots (that may or may not be covered by personal insurance)

Instructor(s): Shawny Anderson Jesse Wheeler,

Email: sanderso@stmarys-ca.edu jwheeler@stillman.edu

This course allows students to live and work full time in a rainforest community in the Amazon basin in Northern Brazil. Our home will be an ecotourism camp in a forest preserve; we sleep in hammocks every night in a screened enclosure; we eat local foods and assist in the kitchen as meals are prepared; we walk to our worksites and participate in projects of our hosts' choosing; and we get to know the community members, their families, and their priorities. Having built strong relationships with the community of Anã in the state of Pará, we will revisit prior projects there, including water and sanitation work, reforestation, food sovereignty efforts, and development of a small ecotourism footprint to support their collective goals. We will also take a mid-trip excursion to visit other rainforest communities to learn about the similarities and differences between those and our Amazon home. We call this program DIRT (Dismantle, Immerse, Reflect, Transform). We take apart our preconceptions about ourselves and our hosts (Dismantle), we live as closely as we can in community onsite (Immerse), we process our experiences through dialogue/deliberation/documentation (Reflect), and we experience positive change in our host community and ourselves (Transform). In order to properly prepare for this adventure, we will need to read and learn about the history and culture of the region, understand the concepts of "conscientious collaboration" (appropriately joining a community that is not our own) and "responsible representation" (how to document our own experiences as well as those of our hosts), and we will establish shared agreements about our own group and how we intend to function as a unit. To do so, we will hold three overnight retreats in the fall of 2025 (most likely on the weekends of October 10-12, November 7-9, and the day finals end in December). In addition to those retreats, we will gather in the two days before our departure to share book reports completed over Christmas break.

ITINERARY:

- Jan. 3-4: On-campus book reports and final packing push

Week 1

- Monday, Jan. 5: Depart from SFO, Arrive at MAO (Manaus)
- Tuesday, Jan. 6: Depart from MAO, Arrive at STM (Santarém)
- Wednesday, Jan. 7: Santarém
Gather materials for on-site projects in Santarém
- Thursday, Jan. 8: Depart from Santarém, Arrive in Anã (by boat)
- Jan. 8-10: Anã
Work in Anã.
- Saturday, Jan. 10: Anã
Soccer game (SMC v. Brazil)

Week 2

- Jan. 11-14: Anã
Work in Anã.
- Jan. 15-16: Excursion to other communities by boat
- Saturday, Jan. 17: Anã
Soccer game (SMC v. Brazil)
Finalize community projects in Anã

Week 3

- Jan. 18-19: Anã
Finalize community projects in Anã
- Monday, Jan. 19: Depart Anã, Arrive in Santarém
- Tuesday, Jan. 20: Santarém
Souvenir shopping and zoo visit
- Wednesday, Jan. 21: Depart from Santarém, Arrive at SFO
- Jan. 22-23: Campus
Computer lab work at SMC to complete final projects

Prerequisites & Notes

Attend at least 1 information session & receive instructor permission

General Travel Requirements

- Attend at least 1 Health & Safety Orientation (October)
- Submit a valid passport (November)
 - Apply or renew no later than September for on-time delivery
- Submit completed & signed health forms + proof of vaccination(s) (November)

Note: Failure to complete one or more of the above requirements will result in an immediate drop from the course. Once registered, all course fees are non-refundable.

Please check the Jan Term Travel website for information session, registration, and deposit information.

Course site

Registration

Jan Term Scholarship

Travel Health

FAQs

Credits: 3 + 1 CU EL

JAN 402-01 - Lasallian Service Internship International: Philippines

Travel dates: Thursday, Jan. 1 - Friday, Jan. 23, 2026

Instructor: Philip Goodwin, pdg2@stmarys-ca.edu

Course Fee: \$4,200

Learn about the [Jan Term Travel Scholarship](#) for additional funding.

This fee includes:

Airfare, Local Transportation, Lodging, Meals, Excursions (e.g., museums, tours, etc.), Gratuity, Travel Insurance (\$35/student - international classes only), Miscellaneous

This course aims to foster both reflective and active engagement in direct service to marginalized communities. Through hands-on experience, students will deepen their understanding of service in the context of the Christian tradition, drawing insights from Scripture, assigned readings, written reflections, and seminar discussions. Building on the foundation of the Lasallian Mission, this course encourages students to critically analyze the root causes of poverty and injustice, as well as the role of the Christian community in addressing-or failing to address-these challenges. Through this immersive experience, students will develop a more profound commitment to social justice and meaningful service. Direct service will be provided at Bahay Pag-asa in the Philippines, a transformative program dedicated to rehabilitating and empowering at-risk youth. Students will live in a community at or near the facility, engaging in meaningful service to support education, personal development, and reintegration efforts. A minimum of 30 hours per week of direct service is required.

ITINERARY:

- Thursday, Jan. 1: Depart from SFO
- Friday, Jan 2: Arrive in Bacolod
Travel to Bahay Pagasa
Class topics: Introductions & tour of facility
- Saturday, Jan. 3: Bahay Pagasa
Explore local area
- Sunday, Jan. 4: Bahay Pagasa
Explore local area

Weeks 1-3

- Monday, Jan. 5 - Thursday, Jan 22: Bahay Pagasa
Direct service with at-risk youth at Bahay Pagasa (service opportunities will vary from day to day & are currently being discussed with on-site supervisor)
- Friday, Jan. 23: Depart from Bacolod, Arrive in San Francisco

Prerequisites & Notes

Attendance at at least one Travel Course Information Session, initial interview with LSI staff member, completion of application form, and two faculty recommendations.

General Travel Requirements

- Attend at least 1 Health & Safety Orientation (October)
- Submit a valid passport (November)
 - Apply or renew no later than September for on-time delivery

- Submit completed & signed health forms + proof of vaccination(s) (November)

Note: Failure to complete one or more of the above requirements will result in an immediate drop from the course. Once registered, all course fees are non-refundable.

Please check the Jan Term Travel website for information session, registration, and deposit information.

Course site

Registration

Jan Term Scholarship

Travel Health

FAQs

Credits: 3 + 1 CU EL

JAN 405-01 - Endangered Australia: Wildlife & Culture

Travel dates: Friday, Jan. 2 - Wednesday, Jan. 28, 2026

Instructor: Derek Marks, dwm1@stmarys-ca.edu

Course fee: \$5,700

Learn about the [Jan Term Travel Scholarship](#) for additional funding.

This fee includes:

Airfare, Local Transportation, Lodging, Excursions (e.g., museums, tours, etc.), Gratuity, Travel Insurance (\$35/student - international classes only), miscellaneous. A per-day meal stipend is included in the course fee. This is not enough to cover all meals, however.

Estimated cost outside of course fee:

\$600 (some meals, some personal transportation)

The mission of this course is to survey and participate in Australian wildlife conservation efforts while developing a hands-on understanding of the relationship it shares with Aboriginal culture. This is a cultural immersion experience where we will live, explore, and work with a diverse array of Australian communities. We will volunteer at several wildlife conservation programs, ranging from grass-roots community-based, to larger non-profit wildlife sanctuaries, to University-based global outreach programs. We will also visit and explore Aboriginal cultural sites in order to gain an appreciation of and witness how the Aboriginal people are contributing to the wildlife conservation movement. Across all of these experiences, conservation professionals, park rangers, environmentalists, biologists, and Aboriginal leaders will provide us with educational and engaging opportunities about how to better understand and be more effective at conserving native Australian wildlife and culture.

Australia is one of the most important nations on Earth for biodiversity as it is home to more animal species than any other developed country. Most of Australia's wildlife is found nowhere else in the world, making its conservation even more important. Sadly, Australia is facing an extinction crisis. It has the planet's worst mammal extinction rate and a high proportion of their surviving animals (over 1,700 species) are listed as endangered! Over the centuries, Indigenous Australians (Aboriginals) have suffered a similar fate as Australian wildlife. They have been mistreated and forced out of their native lands, where they had lived and thrived for millennia. Currently, however, a quiet revolution is growing

where Aboriginals are working to preserve their culture and the natural environment through work with conservation programs throughout the country. This symbiotic relationship is helping bring Aboriginals back to their native lands while playing a critical role in the wildlife conservation movement.

Our journey begins in the ecologically and culturally diverse state of New South Wales, where we will explore rainforests, eucalyptus forests, coastal wetlands, and beaches. A five-day volunteering experience at the Australian Walkabout Wildlife Park, a unique animal sanctuary that combines wildlife conservation with Aboriginal traditions, will highlight the tour of this region. We will also experience a Dreamwalk with Djiribi Waagura Aboriginal elders in the Shoalhaven and explore the white sand beaches of Jervis Bay during this part of the trip. The second half of our journey brings us to the city of Cairns, known as "the gateway to the Great Barrier Reef" in tropical north Queensland. While there, a full-day will be spent on the Great Barrier Reef with marine biologists and Aboriginal Rangers to provide us a unique education on the status of one of the world's quickly diminishing natural wonders. We will visit the Daintree Rainforest, the oldest rainforest on earth, and experience a Dreamwalk led by Aboriginal Elders.

Our trip will conclude with three days on the tropical, rainforest-covered National Park of Fitzroy Island. This pristine island sits on the outer boundary of the Great Barrier Reef and will provide ample opportunity to experience marine wildlife both in and out of the water. We will volunteer with the Save Our Sea Turtles organization as well as the Reef Restoration Foundation on the island and will also work with their marine biologists to gather data for an ongoing marine-life research project. Other activities and opportunities during this course include ample hiking, kayaking, snorkeling, and visiting cultural sites during free time. Accommodations will include fully-equipped self-contained cabins and some hotels. Throughout the course, students should expect to participate in regular, moderate to heavy physical activity, especially during volunteer experiences.

Note: This course fulfills the Engaged Learning core requirement.

ITINERARY

- **Friday, Jan. 2:** Depart from SFO

Week 1

- **Sunday, Jan. 4:** Arrive in Sydney, Travel to Bulli Beach Holiday park
We will spend the day in and around town acclimating to our new environment and time zone. Beach time, grocery shopping, and relaxing are all on the agenda.
- **Jan. 4-6: Bulli Beach Holiday park**
Acclimatization and Exploration Days
Some planned activities will be scheduled Jan. 5 Jan 6 is a free-day for travel to Sydney or other local attractions.
- **Jan. 7-8:** Southern Highlands - Service work with Southern Highlands Animal Rescue and Twill Fall Bush Cottages. Sausage Sizzle on Jan 8 at our accommodations.

Week 2

- **Monday, Jan. 12: Jervis Bay**
After breakfast we will drive to St. Georges Basin at Jervis Bay. (2 hours)! Jervis Bay/St. Georges Basin. We will visit Bandalong Beach and feed the giant sting rays! A large pod of kangaroo resides at this beach as well.

- **Tuesday, Jan. 13: Nowra**
After breakfast, we will take a Dreamwalk with the Djiribi Waagura Aboriginal leaders in Nowra.
- **Wednesday, Jan. 14:** Free day to explore Huskisson, Boderee National Park, or get some beach time
- **Jan. 15-18:** Australian Walkabout Wildlife Park
After an early breakfast, we will drive to the Australian Walkabout Wildlife Park (4 hours). We are spending the week volunteering as 'park rangers' and working with wildlife conservationists and Aboriginal leaders.

Week 3

- **Monday, Jan. 19:** Depart from Sydney, Arrive in Cairns
- **Tuesday, Jan. 20:** Great Barrier Reef
EARLY departure (6:30am) for full-day on the Great Barrier Reef! Dreamtime Dive experience, Scuba dive and/or snorkel the Great Barrier Reef with Marine Biologists from James Cook University and Aboriginal Rangers. This is a seriously awesome opportunity and may be one of the last chances we have to dive the reef due to its accelerated destruction. =(
- **Wednesday, Jan 21:** Hartley's Croc Farm
After breakfast -we will travel north to Hartley's Croc Farm at the edge of the Daintree Forest. We will take a long waterfall hike before entering the park.
- **Thursday, Jan. 22:** Service work with Agile Wallaby Project in Kuranda
- **Jan. 23-24:** Service work with Illuminate FNQ - an Aboriginal Barramundi Farm.
- **Jan 25:** Free day to explore Cairns and surrounds.

Week 4

- **Jan 26-28:** Fitzroy Island. After breakfast, catch the early ferry (9:30am) to Fitzroy Island. Service work with Save Our Sea Turtles Jan 26-27. Free time activities include; hike to island summit, snorkeling, kayaking, SUP, etc.
- **Thursday, Jan. 29:** Flight from Cairns to Sydney.
- **Friday, Jan 30:** Depart from SYD, Arrive at SFO

Prerequisites & Notes

Attend at least 1 information session and receive the permission of the instructor.

General Travel Requirements

- Attend at least 1 Health & Safety Orientation (October)
- Submit a valid passport (November)
 - Apply or renew no later than September for on-time delivery
- Submit completed & signed health forms + proof of vaccination(s) (November)

Note: Failure to complete one or more of the above requirements will result in an immediate drop from the course. Once registered, all course fees are non-refundable.

Please check the Jan Term Travel website for information session, registration, and deposit information.

Course site

Registration

Jan Term Scholarship

Travel Health

FAQs

Credits: 3-CU + 1-CU EL