



Framingham
STATE COLLEGE

“Learn, Grow, Explore”

**a ten-week program series for lifelong learners sponsored by the
Division of Graduate and Continuing Education & The Alumni Association**

All programs are on Wednesdays, from 7:00-8:30pm, in The Conference Center at Marlboro, 280 Locke Drive, Marlborough, MA.

Week 1: Wednesday, March 24, 2010

Dr. Paul Galvin, “Introduction to Mindfulness Based Stress Reduction (MBSR)”

Mindfulness is living fully in this moment through focused attention without judgment and with compassion. The effect of life stressors can be reduced by accepting and fully engaging in this moment. While this presentation will involve some background information about stress, it will be primarily an experiential class with an introduction to several different mindfulness techniques such as a body scan, guided meditation, and gentle body movements.

Week 2: Wednesday, March 31, 2010

Dr. Ben W. Snyder, “Hormones, Sex and Behavior”

In this presentation we will briefly review how the endocrine system operates in humans. We will then examine the effect of various hormones on the behavior of men and women. Topics covered will include the effect of androgens and estrogens on aggression and cooperatively, libido in men and women, and development of sexually distinct male and female brains. We will also explore the effect of hormones on maternal behavior, monogamy/polygamy, and trust.

Week 3: Wednesday, April 7, 2010

Dr. Virginia Rutter, “Marriage and Divorce and Sex and Love: Myths and Research”

With competing claims about what social science says about things as personal as marriage, divorce, sex, and love, how do we know what to believe? This talk offers a few basic guidelines that don't require a PhD in order to be a good judge of information. We will examine myths about these diverse topics, and focus in detail on the myth making and realities about the impact of divorce on adults and children. This presentation is based on Dr. Rutter's recent article, "Divorce in Media, Divorce in Research," and her recent book chapter, "The Case for Divorce."

Week 4: Wednesday, April 14, 2010

Dr. Erika Schneider, "Toulouse Lautrec and the Art Nouveau"

Inspired by the current exhibition, "Café and Cabaret: Toulouse-Lautrec's Paris," at the Museum of Fine Arts, Boston, this presentation will discuss the art scene in turn of the century France.

Through their bold graphic designs in color lithography, Toulouse Lautrec and his contemporaries revolutionized poster art. Explore the fascinating demi-monde of singers, dancers, and ladies of the night.

Week 5: Wednesday, April 21, 2010

Professor Robert Alter, "A History of the Photography of Paris"

A visual history of the photographers and photographs of Paris, France from the 1800's to the present. Part photographic history, part history of Paris, this presentation presents the work of many photographers who have made memorable and historically and artistically significant images of Paris.

Week 6: Wednesday, April 28, 2010

Ms. Francine Jackson, "A Short History of the Universe"

This presentation will show the very gradual changes from the Earth being the center of the universe to the Earth as part of the Sun's family of planets. The audience will be introduced to the major scientists involved in this change and their inspired contributions.

Week 7: Wednesday, May 5, 2010

Dr. Arthur Nolletti, Jr., "A Reconsideration of SPARTACUS (1960) on its 50th Anniversary"

This year marks the 50th anniversary of Stanley Kubrick's SPARTACUS (1960). One of the most acclaimed and intelligent depictions of the ancient world, it is now considered to be an American

classic. This presentation will examine the film from the following perspectives: its representation of history; its place in film history and in the work of director Stanley Kubrick; its production and post-production history; and its cinematic achievement and continuing appeal. *Participants are encouraged to view the film, SPARTACUS, prior to attending.*

Week 8: Wednesday, May 12, 2010

Mr. Vivek I. Marya, “Some Concepts for Approaching Negotiation and Conflict Resolution

Negotiation and conflict resolution is a basic discipline not only for every business enterprise but in every walk of life. This brief seminar teaches some of the fundamentals of negotiation and conflict management, the importance of thoughtful analysis and preparation, and the importance of appreciating the other party’s point of view. Negotiation is a win-win paradigm, and it must be approached with an open mind and with an eye to the future. Organizational conflicts must be approached with this same philosophy.

Week 9: Wednesday, May 19, 2010

Dr. John Ambacher, “Learning from our Past: Lessons of the American Civil War for America in the 21st Century”

Appearing in Civil War uniform, Dr. Ambacher will provide a living history of his great grandfather, John Christian Ambacher, who served in the Union Army. Dr. Ambacher will show how the immigrant experience is a timeless one in our evolving history, and how we have met and overcome challenges to our democratic values and national security. Civil war memorabilia will be displayed.

Week 10: Wednesday, May 26, 2010

Dr. Rene J. LeBlanc, “Effects of Communication Technology on Young and Mature Minds”

High-tech immersion has been shown to accelerate learning and boost creativity, however, it has also been shown to have different effects on both young growing and more mature adult brains. Current research evidence from neuroscience and psychology will be presented to show how modern technology is altering the way minds develop, function, and interpret information. Ways in which both young and adult brains can avoid “techno” burnout and survive the technological alterations being thrust on the modern mind will be discussed.

FACULTY PROFILES



Robert Alter, Associate Professor of Communication Arts at Framingham State College, is a photographer with a long standing interest in architecture and the city of Paris, France. His exhibit, “La Defense” photographs of the modern office district of Paris has been on display at The Danforth Museum of Art and Fitchburg State College.



John Ambacher is a retired Professor of Government at Framingham State College, where he taught for over 30 years. Dr. Ambacher holds a BA from Lafayette College; the MA, MALD, and PhD from the Fletcher School of Law and Diplomacy at Tufts University; and a JD from New England School of Law.

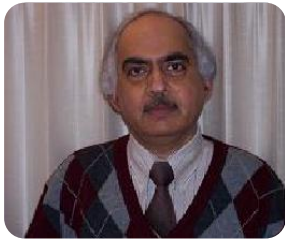
Paul Galvin is Associate Professor of Psychology at Framingham State College (FSC), where he has taught for ten years. He holds a PhD from Texas Christian University and is trained in Mindfulness Based Stress Reduction (MBSR) through the Center for Mindfulness at UMass Medical School. Dr. Galvin is the Director of The Center for Stress Reduction at FSC. His research focuses on Stress Reduction and Positive Psychology topics such as Happiness and Gratitude.

Francine Jackson, an educator focused on teaching astronomy, has written three children’s books on Astronomy. She is currently a Director at Frosty Drew Memorial Observatory in Charlestown, Rhode Island, a staff astronomer at Ladd Observatory at Brown University, and Coordinator at the University of Rhode Island’s Planetarium. She has also taught at, among others, the Hayden Planetarium in New York, the Science Museum of Connecticut, the Museum of Natural History in Providence, and the Peninsula Nature and Science Center in Newport News, Virginia.



Rene J. LeBlanc is Professor Emeritus at Framingham State College, where he taught in the Biology Department for over 30 years. Dr. LeBlanc holds his BS in Biology from Tufts University; MS from Boston College; and PhD from the University of Vermont. Courses that he has taught include *Human*

Anatomy and Physiology, Neuroscience, Drugs and the Brain, Bioethics, Animal Behavior, and seminars on Traumatic Brain Injury: Assessment, Care, and Rehabilitation.



Vivek Marya received his BS in Mechanical Engineering from Kurushetra University in India, his MS in Computer Engineering from Case Western Reserve University, and his MBA from Boston University. He has more than 27 years in the communication and technology sector, including stints with Lucent Technologies, Boston Communications Group, Digital Equipment Corporation, Computer Sciences Corporation, and IBM, and 15 years of management experience. In that capacity, Marya turned around several organizations, and steered his firm's business strategy and organizational structure to secure the foundation of a new business. He has taught at a number of institutions including Framingham State College, Boston University, Bentley University and Harvard University Extension School.



Arthur Nolletti, Jr. is a retired Professor of English at Framingham State College, where he taught from 1971-2009. He is a renowned scholar of Japanese Cinema and the author of numerous publications, including three books: *Reframing Japanese Cinema*, edited with David Desser (Indiana UP, 1992); *The Films of Fred Zinnemann*, editor (SUNY Press, 1999); and *The Cinema of Goshu Heinosuke* (Indiana UP, 2005). In March 2010, Dr. Nolletti will be guest speaker at Suffolk University for the East Asian Institute. Dr. Nolletti conducts The International Film Series and The American Independent Film Series at FSC. He has a PhD in English Literature/Drama from the University of Wisconsin, Madison.



Virginia Rutter is Associate Professor of Sociology at Framingham State College. Her recent article, "Divorce in Research, Divorce in Media," and her book chapter, "The Case for Divorce" in *Families as They Really Are*, offer views on how to interpret research on the impact of divorce, and how sometimes that research gets misinterpreted. Dr. Rutter's research focuses on divorce, and also on gender and sexuality. The second edition of her book with Pepper Schwartz, *The Gender of Sexuality*, will be out later in 2010. She is a columnist and editor at

www.girlwpen.com. Dr. Rutter completed her PhD at the University of Washington in Seattle and her BA at Williams College. She also has a MA in 18th century feminist literature from the University of London.



Erika Schneider is Assistant Professor of Art History and coordinator of the Museum Studies program at Framingham State College. Dr. Schneider holds a Ph.D. in art history from the Tyler School of Art at Temple University. She received her M.A. in art history from Boston University and her B.A. in French at Mount Holyoke College. Her research interests focus on 19th-century and modern art. Her published essays include “The Politics of Tagging: Shepard Fairey’s Obama,” “Against the Tide: Paul Gauguin’s Watery Women and Their Symbolist Legacy,” and “Talisman for the Symbolist Movement: Puvis de Chavannes’ Hope.”



Ben W. Snyder holds his B.A. in Biology from Albion College and Ph.D. in Biology (Endocrinology) from the University of Michigan. He recently retired from Framingham State College, where he served as Associate Professor of Biology from 1995 to 2010. Dr. Snyder also taught at Vassar College, Swarthmore College, and Harvard Medical School. His research in the field of endocrinology and resulted in the publication of approximately 40 papers and abstracts. Courses that he has taught include *Endocrinology*, *Developmental Biology* and *Human Biology*.



Framingham

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Graduate and Continuing Education

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Spring 2010 Registration Form

All programs begin at 7:00pm and are held at The Marlborough Conference Center • Cermax Corporation
280 Locke Drive • Marlborough, MA

Last Name _____ First Name _____ MI _____

Address _____ City _____ State _____ Zip Code _____

Home Telephone (____) _____ Email _____

I would like to register for (please check choices):

- March 24 • Introduction to Mindfulness Based Stress Reduction (MSBR), Dr. Paul Galvin
- March 31 • Hormones, Sex and Behavior, Dr. Ben W. Snyder
- April 7 • Marriage and Divorce and Sex and Love: Myths and Research, Dr. Virginia Rutter
- April 14 • Toulouse Lautrec and Art Nouveau, Dr. Erika Schneider
- April 21 • A History of the Photography of Paris, Professor Robert Alter
- April 28 • A Short History of the Universe, Ms. Francine Jackson
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Mr. Vivek I. Marya
- May 19 • Learning from our Past: Lessons of the American Civil War for America in the
21st Century, Dr. John Ambacher
- May 26 • Effects of Communication Technology on Young and Mature Minds, Dr. Rene J. LeBlanc

Cost: Any 1 Lecture \$15 • Any 5 Lectures Series \$60 • All 10 Lecture Series \$100

Method of payment:

Total amount enclosed \$ _____

- Check payable to *Framingham State College*

A \$20.00 fee will be charged for a check returned unpaid by the bank.

Please complete form and mail with payment to:
Division of Graduate & Continuing Education • Framingham State College
100 State Street • PO Box 9101
Framingham, MA 01701-9101

Any questions, please call the Division of Graduate and Continuing Education at: 508.626.4550

Directions to the Conference Center are online at <http://www.adapttrain.org/marlborough.htm>.