

ACH: Deep Listening
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We hardly ever listen to the sound of a dog's bark or to the cry of a child or the laughter of a man as he passes by. We separate ourselves from everything, and then from this isolation look and listen to all things. It is this separation that is so destructive, for in that lies all conflict and confusion. If you listened to the sound of bells with complete silence you would be riding on it -or, rather, the sound would carry you across the valley and over the hill. The beauty of it is felt only when you and the sound are not separate, when you are part of it. Meditation is the ending of the separation, but not by any action of will or desire. Meditation is not a separate thing from life; it is the very essence of life, the very essence of daily living. To listen to the bells, to hear the laughter of a peasant as he walks by with his wife, to listen to the sound of the bell on the bicycle of a little girl as she passes by: it is the whole of life, and not just a fragment of it, that meditation opens.

The Only Revolution, 163, Meditations -Krishnamurti

Description:

Deep Listening® is a philosophy and practice developed by Pauline Oliveros that distinguishes the difference between the involuntary nature of hearing and the voluntary selective nature of listening. The result of the practice cultivates appreciation of sounds on a heightened level, expanding the potential for connection and interaction with one's environment, technology and performance with others in music and related arts. The practice of Deep Listening provides a framework for artistic collaboration and musical improvisation and gives composers, performers, artists of other disciplines, and audiences new tools to explore and interact with environmental and instrumental sounds. Dr. Margaret Schedel holds a certificate in Deep Listening which means she has completed three years of training (and actually did five) with the founding teachers of Deep Listening.

Requirements:

NOTE: Timely attendance is MANDATORY. Any unexcused absence will count against you. Attendance will be taken at the beginning of all classes and is required. Your FINAL grade will be dropped ONE LETTER GRADE for every three (3) absences. Any two (2) of either late arrivals or early departures will count as one absence. I strongly urge you to hand assignments in on time as late assignments will be dropped ONE LETTER GRADE for each 24 hour delay.

1. **A** Excellent work exceeding expectations. Outstanding participation, attendance, and assignments. A student producing work in the top 20 % of her or his class.
2. **B** Above average assignments and mastery of tools and concepts, participation and attendance.
3. **C** Average execution of assignments, participation and attendance.
4. **F** Unsatisfactory work, participation and attendance.

Grading:

Class Participation and Attendance 70 %

Journal 30 %

Materials:

You will need some sort of pillow to sit on during the meditation sessions, a notebook and pen to journal in.

Structure:

We will have a meditation session, followed by journaling, followed by partner talking. Afterwards we will do a variety of training exercises including energy work, body work, breath exercises, vocalizing and dreamwork. Attention to listening and ways of listening are seeded and cultivated through repetition, practice and discussion.

Learning Objectives:

Students will learn how to quiet their minds and meditate. By the end of the semester meditation sessions will be 40 minutes long.

Students will report on their listening experiences in a journal.

Students will discuss the results of their meditation in groups and listen and report on their partners' experience.

Course Objectives

- Improve critical thinking by developing evaluative, problem-solving, and expressive skills.
- Enhance group communication skills through discussions, small-group work, presentations or debates.
- Develop intellectual curiosity and better understand the role of a student in an academic community.

Programming Requirements

ACH requires students to attend two events during the spring semester. Go to the ACH website (<http://www.stonybrook.edu/ucolleges/ach/>) for updated information about the events. Attendance will be recorded at each event and shared with faculty. Students who fail to meet the event requirement should receive an absence from their 102 class, which may impact the grade the student receives. ** University Scholar students are strongly encouraged to attend ACH programs, but are not required. Scholars have their own event requirement, which includes at least one Scholars (for-credit) event and one ACH (for-credit) event per semester, or two Scholars (for-credit) events.**

All students in a Freshman 102 Seminar are required to attend a Spring Commons Day Event on Wednesday, March 26, 2014. For more information about this day visit: <http://ucolleges.stonybrook.edu/spring-commons-day>

STUFF STONY BROOK MAKES US PUT ON SYLLABI**Statement on Academic Dishonesty**

Each student must pursue his or her academic goals honestly and be personally accountable for all submitted work. Representing another person's work (in this class this also means using another's images, sounds, or texts) as your own is always wrong. Any suspected instance of academic dishonesty will be reported to the Academic Judiciary. For more comprehensive information on academic integrity, including

categories of academic dishonesty, please refer to the academic judiciary website at <http://www.stonybrook.edu/uaa/academicjudiciary/>

If you incorporate any words/images/sounds and ideas into your own work, it is of the utmost importance that you give credit where it is due. Plagiarism, intentional or unintentional, is considered academic dishonesty and all instances will be reported to the Academic Judiciary. To avoid plagiarism, you must give the original author credit whenever you use another person's ideas, opinions, drawings, or theories as well as any facts or any other pieces of information that are not common knowledge. Additionally quotations of another person's actual spoken or written words; or a close paraphrasing of another person's spoken or written words must also be referenced. Accurately citing all sources and putting direct quotations – of even a few key words – in quotation marks are required. THE BEST POLICY IS TO CREATE YOUR OWN MATERIALS AND ASK IF YOU THINK YOUR USE OF ANOTHERS MATERIAL MIGHT BE OK WHILE BEING SURE TO GIVE CREDIT.

Americans with Disabilities Act:

If you have a physical, psychological, medical or learning disability that may impact your course work, please contact Disability Support Services, ECC(Educational Communications Center) Building, Room 128,(631)632-6748. They will determine with you what accommodations, if any, are necessary and appropriate. All information and documentation is confidential.

<https://web.stonybrook.edu/newfaculty/StudentResources/Pages/DisabilitySupportServices.aspx>.

Academic Integrity

Each student must pursue his or her academic goals honestly and be personally accountable for all submitted work. Representing another person's work as your own is always wrong. Faculty is required to report any suspected instances of academic dishonesty to the Academic Judiciary. Faculty in the Health Sciences Center (School of Health Technology & Management, Nursing, Social Welfare, Dental Medicine) and School of Medicine are required to follow their school-specific procedures. For more comprehensive information on academic integrity, including categories of academic dishonesty please refer to the academic judiciary website at <http://www.stonybrook.edu/uaa/academicjudiciary/>

Critical Incident Management

Stony Brook University expects students to respect the rights, privileges, and property of other people. Faculty are required to report to the Office of University Community Standards any disruptive behavior that interrupts their ability to teach, compromises the safety of the learning environment, or inhibits students' ability to learn. Faculty in the HSC Schools and the School of Medicine are required to follow their school-specific procedures. Further information about most academic matters can be found in the Undergraduate Bulletin, the Undergraduate Class Schedule, and the Faculty-Employee Handbook.