



Gen Z at Work:

An Introduction to Empathy & Emotional Intelligence

COURSE SYLLABUS - FALL 2023



COURSE INSTRUCTORS

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Preparing for the Course

- Before the start of the course, you need to download the app Voxer. We will be using this app to communicate with you - announcements, responses, and reflections.
- You will use Voxer to send your reflections on the lesson exercises.
- Pre-determined office hours will be communicated and made available to you for further feedback and guidance as needed.
- Once you return a signed contract, you will be given login information for the online course component.
- You will complete each lesson online but submit your verbal assignments via Voxer and your written assignments via email.
- Each lesson (with all components) is due by Friday 12PM EST of that week.
- The coursework can be completed and submitted early.

Course Lessons

- Each lesson will include:
 - A pre-recorded video where we will go through the week's topic, slide deck, and exercises.
 - Access to the slide deck for further study.
 - A list of assignments for each week.
 - All assigned responses/reflections to this material will be due on Fridays by 12PM EST.
 - Optional resources for further study for each topic.



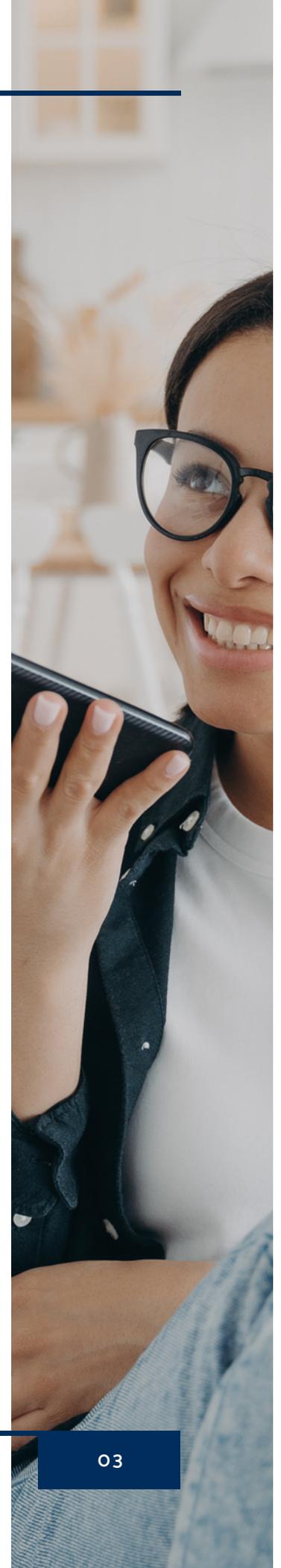
Course Assignments

VOXER REFLECTIONS

- Due every Friday by 12PM EST
- Using the Voxer app (like a walkie talkie) you will submit verbal reflections on the exercises covered in the course lessons.
- Reflections must be more than a review or a recap of the material.
- Reflections are meant to be your personal thoughts on the material - responding to the questions asked and the exercises assigned.
- These reflections can be informal. We encourage you to respond as if you were talking directly to us.
- We want you to challenge yourself by not writing prepared remarks ahead of time.

DOCUMENTARY REFLECTIONS

- Due every 3 weeks on Friday by 12PM EST
- Reflections can be written in an informal, personal format, but they must be more than a summary or review of the documentary.
- Reflections should show how you engaged with a different perspective than your own or a challenging topic.
- Each document must be titled with the following format: Students last name, documentary title, and week of submission. EG: Baldwin - Beyond All Boundaries, Week 6 Reflection.
- See end of syllabus for the Documentary Bank - at least two of your selections must be from the bank, if you choose to select from outside of the Documentary Bank you will need to submit a request for approval at least one week prior to the due date.



Course Assignments

WEEK	DATES	ASSIGNMENTS
WEEK 1 INTRODUCTION TO THE COURSE	SEPT 5TH - 8TH	Due by Sept 8th at 12PM: your written reflection on the 'Taste the Nation' episode 'The Gullah Way.'
WEEK 2 THE IMPORTANCE OF EMOTIONAL INTELLIGENCE	SEPT 11TH - 15TH	Due by Sept 15th at 12PM: your Voxer reflection on the lesson content.
WEEK 3 THE POWER OF VULNERABILITY	SEPT 18TH - 22ND	Due by Sept 22nd at 12PM EST: Voxer reflection on the lesson content and Documentary Reflection 1.
WEEK 4 THE COURAGE TO QUESTION	SEPT 25TH - 29TH	Due by Sept 29th at 12PM: your Voxer reflection on the lesson content.
WEEK 5 DEFENSIVE LEADERSHIP	OCT 2ND - 6TH	Due by Oct 6th at 12PM: your Voxer reflection on the lesson content.

Course Assignments

WEEK	DATES	ASSIGNMENTS
WEEK 6 OUR VALUES AT WORK	OCT 9TH - 13TH	Due by Oct 13th at 12PM EST: Voxer reflection on the lesson content and Documentary Reflection 2.
WEEK 7 EMPATHY & UNDERSTANDING	OCT 16TH - 20TH	Due by Oct 20th at 12PM: your Voxer reflection on the lesson content.
WEEK 8 THE PRACTICE OF CURIOSITY	OCT 23RD - 27TH	Due by Oct 27th at 12PM: your Voxer reflection on the lesson content.
WEEK 9 EMOTIONAL LITERACY & THE STORIES WE TELL	OCT 30TH - NOV 3RD	Due by Friday, Nov 3rd at 12PM EST: Voxer reflection on the lesson content and Documentary Reflection 3.
WEEK 10 THE AMERICAN CULTURE OF BURNOUT	NOV 6TH - 10TH	Due by Nov 10th at 12PM: your Voxer reflection on the lesson content.

Documentary Idea Bank

- Period. End of Sentence. (Netflix)
- 13th (Netflix)
- Athlete A (Netflix)
- Beyond All Boundaries (Netflix)
- Crip Camp - A Disability Revolution (Netflix)
- Whose Streets? (Netflix)
- One of Us (Netflix)
- Black Pink: Light Up the Sky (Netflix)
- I am Not Your Negro (Netflix)
- Pray the Devil Back to Hell (Prime Video)
- Through Deaf Eyes (PBS)
- The Way Down: God, Greed and the Cult of Gwen Shamblin (HBO Max)
- Notes on Blindness (Netflix)
- Disclosure (Netflix)
- Unsettled: From Tinker to Traveler (Vimeo)
- Fake Famous (HBO Max)
- What the Constitution Means to Me (Prime Video)
- Poor No More (YouTube)
- Do I Sound Gay? (Rent on Prime Video and YouTube)
- Rewind (PBS)
- A Broken Trust: Sexual Assault on Tribal Lands (YouTube)
- American Red and Black: Stories of Afro-Native Identity (YouTube)
- Love and Fury (Netflix)

NOTE: You can also substitute 3 TED Talks for 1 Documentary (we understand availability for streaming is sometimes tricky).

Some suggested TED Talks:

- Why I, As A Black Man, Attend KKK Rallies
- My Two Mums
- No You Cannot Touch My Hair
- The Muslim on the Airplane
- Sex Trafficking Isn't What You Think It Is
- Plus Size? More Like My Size
- Casually Suicidal
- Why Everything You Know About Autism is Wrong
- Being an Introvert is a Good Thing
- I Am Not A Monster: Schizophrenia Lessons from the Mental Hospital
- Why I'm Done Trying to be "Man" Enough
- Indigenous in Plain Sight
- The Standing Rock Resistance and Our Fight for Indigenous Rights
- Food Sovereignty
- I am Not Your Asian Stereotype