



Short Courses January 2014

“I found the lectures clear, informative, and really interesting. Loved the photographer slot, as well as the technical information. As Stephen promised me at the start of the course, I have become much less frightened of my camera and am slowly getting to grips with the technical aspects of photography.”

Digital Photography I
Jo McCormick

Contents

Foreword	05
Course Fee	06
Registration	06
Contact Information	06
Car Parking	07
Short Courses – January 2014	09

Disclaimer:

Every effort is made to ensure that the contents herein are accurate. This guide is intended only for the guidance of students. It is not in any way to be construed as granting legal rights to any person or as imposing any legal obligation on the National University of Ireland, Cork or the National University. No guarantee is given that courses, fees, regulations, rules or orders may not be altered, cancelled, replaced, augmented or otherwise amended at any time.

“I liked everything about the lectures! The venue was ideally suited to the content of the course and it added so much to the enjoyment. I loved the mixture of formality, the interaction between us and the lecturers. Each lecture was truly memorable- history, art, literature, cuisine were all covered to the highest level. I could have listened to the talks forever!”

The Culture of the Big House at Fota House, Co. Cork

Teresa McCarthy

Foreword



**Adult Continuing
Education, UCC**
*Short Course
Co-ordinator*

Adult Continuing Education, University College Cork, is pleased to present a newly augmented range of short courses for the academic year 2013/2014. Since 2005, Adult Continuing Education (ACE) has been offering an extensive programme of short courses. The number of courses on offer has increased steadily since this time, as has the number of participants that are attracted to our programmes. We are now one of the leading providers of short courses in an Irish university context. The short course programme is an integral part of ACE's identity and our reputation for offering high quality, relevant and topic-diverse courses has gained in the public awareness. The success of our programme can, in part, rest with the fact that each year we strive to add new course subjects to our existing portfolio. This brings a sense of vibrancy and freshness to our programme and encourages, amongst potential participants, a sense of anticipation for what the new academic year might bring. Our selection is guided by the intention to appeal to a broad range of interests, concerns, and needs.

We hope that from the courses on offer, you will find one, if not more, that either serve to strengthen your knowledge in an area of existing interest or perhaps introduce you to a new area of learning or perhaps facilitate your professional development.

Furthermore, these courses showcase the work and interests of the University in a public forum. We would like to thank and acknowledge our many internal and external partners whose participation brings success and energy to our courses.

We are by nature curious for the new, be it new information, new opinions or new viewpoints. We trust that participation in a course of study will enable you to think in new ways. More importantly, we wish that your choice of course brings you enjoyment and intellectual reward in an informal and sociable setting.

While our courses are non-assessed, we see them as a means of engaging you in the rewards of lifelong learning; your participation may be the first step towards committing yourself to a more dedicated programme of education and self discovery in the future.

This year again we have broadened our availability in terms of time and location. Besides the usual evening programmes in UCC, courses are now located in many city libraries, the Crawford Art Gallery, Cork Arts Theatre and in a number of outreach locations in West Cork and East Cork at Fota House.

We wish you very success and enjoyment on our programmes.

A handwritten signature in blue ink that reads "Regina Sexton". The script is cursive and fluid.

Fees and Registration

Course Fee

This is payable when registering. Applicable fees are listed in each course description. Payment can be made by cheque, postal order or bank draft, made payable to UCC. If you are paying by cheque you must write your sort code and account number on the reverse of the cheque. This information will only be used to facilitate a refund by EFT if needed. Students can also register and pay online in three easy steps (see <http://study.ucc.ie/ace> for detailed information).

Payment by credit/debit card can be made by calling to Adult Continuing Education at the Laurels, Western Road during normal office hours.

Completed application forms for courses commencing in January 2014 will be accepted until Wednesday 22 January 2014.

To Regina Sexton, Short Course Co-ordinator, Adult Continuing Education, 'The Laurels', University College Cork.

Registration

Registration will also be accepted by handing in applications with the fee to the Adult Continuing Education between 9.15am and 5.00pm each day or by returning them by mail, prior to the closing date.

Course commencement is subject to sufficient enrolment. In the event of a course not commencing applicants will be informed and their fees returned. Application forms are available in Adult Continuing Education and on page 73 of this booklet.

Short Course Cancellation Policy

- ♦ If students cancel prior to the commencement of a course a full refund will be made.
- ♦ If students wish to cancel after the first lecture an administration fee of €50 will be retained. No refund is applicable after subsequent weeks.
- ♦ In the case of courses which do not commence a full refund will be made.
- ♦ Refunds of cash or cheque payments take approximately two weeks to process, payments made online or by credit card are generally processed within 5 days.

Contact Information

Adult Continuing Education, UCC

Regina Sexton

Short Course Co-ordinator

t. 021 490 4700

e. r.sexton@ucc.ie

e. shortcourses@ucc.ie

f. 021 4276619

w. <http://study.ucc.ie/ace>

**ACE on
YouTube**

<http://www.youtube.com/watch?v=8HMc9indH8g>

Car Parking

Car Parking Conditions

UCC's buildings are located in suburban and city centre areas of Cork City. Site and planning restrictions mean that UCC cannot provide sufficient car parking for all those who would like to drive to work/study or to visit the College. As a result those wishing to access the University are strongly urged to use non-car modes of travel. UCC is well served by public transport and attempts are being made to improve cycle and pedestrian facilities.

- ◆ Those driving and parking on campus should always show consideration for pedestrians who have priority and to be aware that persons with disabilities use the campus.
- ◆ Anybody parking in the environs of UCC should park in legitimate spaces only and respect the needs of local residents.
- ◆ There is a maximum speed limit of 15 km/h (c 10 mph) on the campus and in the car parks.
- ◆ The College car parks are open as follows: 8.00am – 10.30pm. Overnight parking is not allowed. Access to the main campus car parks – rear of the Science building (left hand side, Physics car park), Aras na Laoi and Donovan's Road (Geography), do not require a swipe key after 6.00pm. This facilitates night students and will help relieve congestion in the parking surrounding areas.
- ◆ Access for vehicle parking within the majority of UCC's sites is restricted to staff with a valid swipe key, to the disabled, and to pre-authorised visitors. A swipe key does not guarantee a car parking space. Entry is not permitted to key holders without keys (if you forget your key please do not approach a barrier and attempt to access campus).
- ◆ Parking is only permitted in the marked spaces in all parking areas (between two white lines). In car parks with counting facilities when these spaces are full, no further vehicles will be permitted entry. This is essential for compliance with the Fire Regulations, to facilitate access to the buildings and allow free movement of pedestrians.
- ◆ The marked disabled parking spaces are strictly reserved for vehicles with disabled stickers.

- ◆ All vehicles are parked at the owner's risk and the College does not accept liability for any loss, consequential loss, or damage.
- ◆ UCC reserves the right to remove or clamp any vehicles which obstruct access for emergency vehicles or if not parked in a marked space. A charge of €80 will apply for removal of wheel clamp (payable to clamping contractor). No liability is accepted for any damage resulting from the removal of any vehicle by UCC.
- ◆ UCC will operate a penalty system whereby those who disregard the "Parking Conditions" will receive one warning and thereafter any offence will lead to their swipe key being disallowed for a period of one month. Persistent offenders will have their swipe key disabled for longer periods or withdrawn altogether.

Visitors Parking

Visitor car parking is available at Perrott's Inch and Perrott Avenue car parks (hourly charge) and at Brookfield Health Science Complex (pay & display).

A small number (6) of visitor car parking spaces are provided adjacent to the Reception Centre at the vehicular entrance to the main campus on College Road. Visitor parking should be prearranged by completing the Visitor Parking Permit Form and faxing to the General Services Office at 021-4903560. Applicants must be authorised by a Department Manager and will be allocated on a first come first serve basis. Normally at least 24 hours notice must be given.

Visitors who are unable to obtain parking on the campus are requested to pay due regard to the access needs of the residents in the area surrounding the campus. Most of the on-street parking in this area is controlled by prepaid disc parking. Pay parking is available at Perrott Avenue, Perrott's Inch and Brookfield car parks.

“I wish the course was longer! I recommend it to others. It was excellent. I was lucky to have this as my first course about writing. It was a pleasure to listen to Trevor explain and illustrate different poetic techniques. The lectures had fascinating themes, with an abundance of examples and an articulate and knowledgeable lecturer.”

Parallel Worlds

David O’ Donoghue

Short Courses

January 2014

A City Of Steps And Steeples: Cork's Architectural Heritage	12
A History of Gardens - An Introduction	13
A Lasting Peace – The Struggle to Reconcile a Conflicted World	14
A Psychological Understanding of Childhood and Adolescence	15
An Introduction to Educational Psychotherapy	17
An Introduction to Positive Psychology	18
An Introduction to Psychology	19
Anglo-Irish Poetry and the Irish Landscape	20
Art and Objects: A Social History of Irish Farmhouse Interiors, 1700-1950	21
City of Dreaming Spires:	
Representations of Oxford Through Art and Literature	22
Creative Writing: Reading and Writing the Short Story	23
Digital Photography Part I	24
Digital Photography Part II	25
Employment Law	26
Exploring Children's Experiences with Media and Technology:	
Helping Adults Understand this Ever-changing World	27
Finding Your Voice: A Course in Creative Writing	28
From Beowulf to Virginia Woolf:	
An Illustrated Introduction to English Literature	29
From Crannogs to Courts and Cows to Commerce:	
Daily Life in Early Medieval Ireland	30
From Silence to the Sound-byte: A Brief History of the Media in Ireland	31
Fundraising and Resource Development Course	32
Genealogy: How To Trace Your Family Tree	33
How to Become a Better Negotiator:	
An Introduction to Effective Negotiation	34
How to Make a Radio Documentary	35
How to Make a Video for YouTube	36
How to Read for a Book Club: The Book Club Classroom	37
India: Past, Present and Future	38
Introduction to Irish Folklore	40

Introduction to Medieval Irish Literature	41
Introduction to The Met: Live in HD 2014 season	42
Irish Art from Barry to le Brocquy	43
Irish Literature	44
Irish Literature: Miscellany 2	45
Irish Monasticism, c. 1028 – 1541	46
Jane Austen at Fota House: Austen's Worlds in Novel and Film II	47
Life and Business Coaching	48
Lining Our Thoughts: A Poetry Writing Course	49
Living and Working in Multicultural Ireland	50
Looking at Architecture: Historic Buildings as Expressing Cultural Ideas	52
Masters of the Renaissance	53
Mediation - Help Others To Resolve Conflict	54
Mindfulness Based Stress Reduction	55
Nutrition and Health	56
Opening up a New World Through Education: Learn to Succeed and Thrive as a Mature Student	57
Photographic Lighting: Master Class	58
Science Fiction: A Literature of Ideas	59
The Archaeology of People and Farming: How They Have Shaped the Irish Landscape	60
The Athens of Ireland: Art and Artists in Cork's Golden Age	61
The Criminal Mind: An Introduction to Forensic and Criminal Psychology	62
The Criminal Mind: An Introduction to Forensic and Criminal Psychology	63
The Culture of the "Big House": Art and Culture of the Anglo-Irish	64
The Development of Cinema in Ireland	65
The Historic Cities of Europe	66
The Woods of Ireland – A History	67
Understanding Music: An Introduction to Music Appreciation	68
Venice: An Introduction to the City and its History	69
War in God's Name: A History of the Crusades	70
What is Modern Art?	71

“The course was informative with a good mix of theory and practice. The lecturer’s passion for photography was obvious as was his enthusiasm for his students to learn.”

Digital Photography II
Keith Kenrick

A City Of Steps And Steeples: Cork's Architectural Heritage

Fee:

€200 for 8 weeks

Time/Dates:

Wednesday 7-9pm,
29 January to 19 March 2014

Venue:

West Wing, Room WW6, UCC

Lecturer:

Mr James G.R. Cronin,
Adult Continuing Education and School of History, UCC

Topics will include:

A survey of Cork's built environment from the Middle Ages to the present; Cork during the Tudor and Elizabethan Reformations; the development of Cork during eighteenth century Georgian period; High Victorian Cork; the contemporary city. Buildings surveyed include: Royal Yacht Club, Cobh; St. Colman's Cathedral Cobh; St. Finbarre's Cathedral, Cork, St. Peter & Paul's, Paul St., Cork; Honan Chapel; University College Cork; Butter Exchange; English Market; Shandon and Christ the King, Turner's Cross; the food traditions of Cork with food historian, Regina Sexton. The lecture series ends with a walking tour of Cork.

How do you begin to research and write up a local history project? This course surveys the skills of local history through an exploration of Cork city, its history and its culture.

It was Frank O'Connor who addressed Cork by the epithet "city of steps and steeples". Cork has long been a place of commercial importance, largely due to the excellence of its harbour. The city's narrow alleys, waterways and Georgian architecture give it a distinctly Continental flavour. Many of the cities leading families became known as the 'merchant princes' of Cork due to their power, prestige and money. The city is dominated by the river Lee which separates into two channels creating an island in the centre where most of the city centre is built. This short course offers a survey of Cork's architectural and cultural heritage with an emphasis on acquiring the skills used in local history studies.

This course is ideal for those wishing to further their personal or professional interests in historical and cultural studies.

A History of Gardens - An Introduction

Fee:

€150 for 6 weeks

Time/Dates:

Tuesday 11am to 1pm,
10 June to 15 July 2014

Venue:

Fota House and Gardens, Carrigtwohill, Co Cork

Lecturer:

Dr. Nigel Everett, Adult Continuing Education, UCC

Course Content

1. A Garden History of Ireland
2. Garden Design in the Eighteenth Century
3. The Gardens of Jane Austen
4. The Grand Tour Garden – Bantry House, Co. Cork
5. The Wild Garden – Derreen, Co. Kerry
6. The Garden of Excess – Gardens of the Edwardians and Gilded Age Americans

Gardening, at least in the West, is now rarely regarded as on a level with the traditional fine arts – painting, sculpture, poetry, music, and architecture – but certainly has claims to be so. Historically, gardens have combined more or less intricate structure, form and colour, with literary allusion, and been a frequent setting, as well as inspiration, for music. The modern downgrading of gardening in western culture is not only a significant change from the past, but a notable contrast with its still elevated status in many eastern cultures. It is hoped that by the end of the course, participants will have come to a fuller understanding of what gardens have meant, and might mean again.

In these lectures, we consider gardens both aesthetically and as expressions of the particular cultures that created them. We begin with a general survey of Irish gardening, emphasizing the constant interplay of international and domestic influences, and of the pursuit of pleasure with production for medicinal purposes and food. We then venture into the plantation eras, the rising importance of gardens as expressions of power, and, again, the constant influence of international contacts – chiefly, French, Italian, and Dutch. We then address the Georgian era, its passion for planting and improvement covering every aspect of estate management, and constantly reflected in the more modest endeavours of the middle classes. This theme is then explored in the novels of Jane Austen – works that offer, amongst many other things, profound insights into contemporary horticultural ambitions and controversy. We will pay particular attention to manifestations of these concerns at Regency Fota. The last three lectures focus on rather different forms of gardening. The gardens of Bantry House offer a remarkable display of the interaction of the Grand Tour with the economic circumstances of the Famine. Derreen is an expression of a magnificent setting constantly enriched by the endeavours of the great plant hunters. Finally, we look at examples of the early twentieth century millionaire's garden – the triumphs and difficulties associated with almost unlimited resources.

A Lasting Peace: The Struggle to Reconcile a Conflicted World

Fee:

€230 for 10 weeks

Venue:

Western Gateway Building, Room G17, UCC

Time/Dates:

Thursday 7-9pm,
30 January to 3 April 2014

Lecturer:

Mr Anthony Angelini,
Adult Continuing Education, UCC

This course will examine the processes that drive conflict and human rights abuses and the methods used to resolve them. Current political and social events will be investigated and contrasted to detect any underlying patterns. The development of a global human rights consciousness and its ongoing role in reducing conflict will also be discussed.

Course Content

1. Introduction, From Theory to United Nations -The Human Rights Story
2. The Roots of Conflict in Society
3. Genocide and the Genocide Convention
4. Iraq, Afghanistan and The Theory of Just War
5. Blackhawk down – Somalia and Africa's World War
6. Shifting Sands: The Changing Face of the Middle East
7. From Slavery to Presidency: America's Battle with Racism
8. Rainbow Nation – How South Africa overcame Apartheid
9. The Power of Forgiveness: Gandhi, Non-Violence and Reconciliation
10. Mediating Conflict: A Practical Approach/ Course Summary

A Psychological Understanding of Childhood and Adolescence

Fee:

€230 for 10 weeks

Time/Dates:

Monday 7-9pm,
27 January to 7 April 2014

Venue:

Brookfield Health Sciences Complex, Room 242, UCC

Lecturer:

Dr Elmarie Sage,
Adult Continuing Education, UCC

This course is based on a parenting model that promotes parent's and child's self-esteem. It is based on Positive Psychology and Choice Theory, with Mindfulness and Flourishing at its core. There is an emphasis on self-esteem throughout the course, as well as the healthy expression of constructive anger. The course will be emotionally nurturing and intellectually stimulating. There will be time each week for open discussion. The contents of the course will be very influenced by participants' needs.

Course Content**1 & 2: The Child's History**

Philosophical, historical and cultural definitions of childhood will be explored, as they continue to influence child rearing practices. The child's family is their personal history and many family issues will be addressed. These include: The role of the child's gender, child's position in family, and sibling rivalry; Family Therapy theories - participants will construct their own family genogram; the Transgenerational aspect of family patterns; Various Parenting Styles; and ways to improve family functioning.

3 & 4: Child Development Theory

Several Psychological Developmental Theories will be explored to help in understanding the meaningfulness of children's behaviour. Theories include Bowlby, Freud, Piaget, Montessori, Erikson, Social Learning Theory, Cognitive Behavioural Therapy, Choice Theory and the Nature versus Nurture debate.

5: School

Topics include: School refusal and school phobia, Internet use, Social Media, Intellectual Intelligence (IQ), Multiple Intelligences, Emotional Intelligence, Teasing, Bullying, Cyber bullying, AD(H)D, Learning Difficulties (for example: dyslexia, dyspraxia and dyscalculia) and Giftedness. The importance of high self-esteem and the healthy expression of anger will be emphasized.

6: Adolescence

Topics include: Four Stages of Adolescence; Physical and Psychological changes - including body image; Sexual Development and Identity (including Homosexuality); The role played by parents and family, peers and groups; Moral values and ideals, including Idealism; Addictions - Eating Disorders (bulimia, anorexia and binge eating), alcohol and substance use, Gambling and Internet Addiction Disorder; and Self-Harm.

7 & 8: Childhood Problems

Topics include: Stress, Worry, Phobias, Separation Anxiety, Generalized Anxiety, Post Traumatic Stress Disorder, Sleep Disorders, Disruptive Behaviour, Oppositional Defiant Disorder, Obsessive Compulsive Disorders, Somatic Complaints, Stress-linked physical ailments, Depression, Asperger's Syndrome and Autism.

9: Child Abuse & Neglect

Physical, Sexual and Emotional; Loss: Suicide, Bereavement, Separation and Divorce.

10: Closure

Life Cycle, Mindfulness - Theory and Practice, Honouring our own "Inner Child."

An Introduction to Educational Psychotherapy

Fee:

€200 for 8 weeks

Time/Dates:

Tuesday 7-9pm,
28 January to 18 March 2014

Venue:

Western Gateway Building, Room G15, UCC

Lecturer:

Ms Marie Delaney,
Adult Continuing Education, UCC

Educational Psychotherapy is a branch of child psychotherapy which focuses on improving a child's educational achievement. This 8-week course will give an introduction to Educational Psychotherapy and the emotional factors affecting the learning processes and behaviour of children. Learning can be affected by trauma such as loss, separation, bereavement, domestic violence, parental mental illness, parental drug or alcohol addiction and displacement from the family home. Other children may experience none of these major traumas but have underlying and often unconscious concerns inhibiting their learning.

The course will offer theoretical insight and practical strategies for helping children and young people overcome blocks to learning. It will be of interest to those working with young people in education, youth work and care settings as well as parents and carers.

Please note the course does not qualify participants to work as Educational Psychotherapists.

Course Content

1. Introduction: what is Educational Psychotherapy? Its origins, theoretical influences and applications to learning. Effects of loss and trauma on learning
2. Psychodynamic theories: Understanding the theory of unconscious processes blocking learning and affecting behaviour; Anna Freud and Bion
3. Attachment, Behaviour and Learning: Attachment theory and how it can help understand a child's behaviour and approach to learning; the triangle of adult, task and relationship; Bowlby and Main
4. Dealing with challenging behaviour and the 'unteachable child' : practical strategies for the classroom ; links with emotional literacy
5. Therapeutic Storywriting: how to use published stories and create stories with children to explore difficult feelings and facilitate change; Bettelheim and Sutherland. Emotional blocks to reading, helping the child who cannot learn to read
6. The Uses of Play: Winnicott's theories of play; the importance of recognising and developing stages of play to give 'second-chance' learning. Work based discussion group – discussion of a student case study
7. Beginnings, Transitions and Endings: understanding the deep feelings aroused at times of change and how to help children deal with these. Work based discussion group – discussion of a student case study
8. An Educational Psychotherapy approach to assessment: Putting it all together and devising future work. Integrating the ideas into your own practice

An Introduction to Positive Psychology

Fee:

€200 for 8 weeks

Venue:

Western Gateway Building, Room G17, UCC

Time/Dates:

Tuesday 7-9pm,
28 January to 18 March 2014

Lecturer:

Mr Mark A. Barry,
School of Applied Psychology and Adult Continuing Education, UCC

Course Content

1. Introduction to Positive Psychology
2. The Science of Happiness
3. Happiness & Well-Being
4. Positive Emotions
5. Positive Thinking
6. Positive Relationships
7. Character Strengths
8. Life Satisfaction

An Introduction to Positive Psychology is specifically designed for those wishing to be introduced to the cutting-edge branch of psychology dedicated to exploring the science of happiness and well-being. Over the course of eight weeks, a range of related topics will be addressed, including positive thinking, positive emotions, character strengths, and life satisfaction. All lectures will actively seek to facilitate class discussion, while cultivating a friendly learning environment. Each session will also utilise audio and visual materials, with a view towards stimulating course participants and facilitating learning.

An Introduction to Psychology

Fee:

€200 for 8 weeks

Time/Dates:

Thursday 7-9pm,
30 January to 20 March 2014

Venue:

Brookfield Health Sciences Complex, Room 242, UCC

Lecturer:

Ms Sinead Devine,
School of Applied Psychology, UCC

Course Content

1. The History of Psychology
2. An Introduction to Social Psychology
3. An Introduction to Developmental Psychology
4. Memory and Perception
5. Personality
6. Principles of Behaviour Analysis
7. Research Methods in Psychology

The Introduction to Psychology course is specifically designed for those wishing to gain an introductory insight into the area of Psychology. A diverse number of topics shall be addressed over the eight weeks. All lectures will provide the opportunity to generate class discussion in a friendly and relaxed learning environment. All classes shall be complimented with the use of audio and visual materials to make learning more interesting.

Anglo-Irish Poetry and the Irish Landscape

Fee:

€150 for 6 weeks

Venue:

West Wing, Room WW8, UCC

Time/Dates:

Thursday morning 10am – noon,
30 January to 6 March 2014

Lecturer:

Dr Tom Mullins formerly School of Education
and Adult Continuing Education, UCC

Course Content

1. Nineteenth century poets: Callanan, Mangan and Lawless Nationalism and sentimentality
2. Yeats and Clarke: Legendary Landscapes
3. Kavanagh and Kinsella: the Parochial and the Local
4. Heaney and Montague: Landscape and Irish Identity
5. Longley et al: Nature Untouched
6. Contemporary poets: Alienation and Affirmation: Hewitt, O'Donoghue and Durcan

The natural and human landscapes of Ireland have played significant and varied roles in the poetry of many Anglo-Irish poets from the late nineteenth century up to the present day. This course will survey and contrast the work of a number of these poets and illustrate the different approaches that each of the poets has taken to the landscape. This will give an insight into the imaginative and symbolic world which informs their work and so help course participants understand more fully the specific poetic outlook and style of each poet.

Art and Objects: A Social History of Irish Farmhouse Interiors, 1700-1950

Fee:

€150 for 6 weeks

Time/Dates:

Thursday 7-9pm,
30 January to 6 March 2014

Venue:

West Cork Development Partnership, Unit D,
Business Technology Park, Clonakilty

Lecturer:

Dr Claudia Kinmonth, Adult Continuing Education, UCC

Course Content

1. Bringing Home the Bride: Marriage through Art in c19th Rural Ireland
2. Ways of Sleeping: Bedtime stories & beds through art & objects
3. Straw, Turf & Shipwreck Timber: Seating in the c19th Irish cabin
4. Pride of an Irish Kitchen: the evolution and dressing of the Irish Dresser
5. Painting the Irish c.19th interior: the influence of c17th Dutch Art
6. Fairs, Patterns, Markets & Festivities: Artists' insights into Irish gatherings

Life in and around the Irish farmhouse is explored through a series of richly illustrated talks. Based on extensive fieldwork into the evolution and diverse ingenuity of vernacular furniture, these highly visual sessions trace how people survived, ate, slept, gathered, arranged their marriages and waked their dead, inside rural homes. Extensive studies of furniture forms and their regional variation throughout Ireland, provide a basis for understanding and recognising paintings and illustrations of interiors. Visiting artists, and some native Irish artists, were drawn to the rugged beauty of the west of Ireland, and to the coastal districts on their Victorian tours. Most went to paint landscapes, and many of them at some point focused on the domestic activities in the homes that they stayed in along the way. The resulting variety of images provides a contrasting and often highly insightful view of social history, interpreted against a background of contemporary written accounts, poetry and diaries. Juxtaposing photographs of traditional furniture with early paintings makes an easily accessible path into social history. Images of festivals and wakes, weddings and women as mothers and at work, help trace the most intimate and fascinating details of our working rural ancestors, until electrification and modernisation inevitably swept old traditions aside. Using furniture history combined with art history as combined pathways, and revealing many recently discovered paintings and illustrations en route, Irish genre painting is seen against the influence of the earlier Dutch masters.

City of Dreaming Spires:

Representations of Oxford Through Art and Literature

Fee:

€200 for 8 weeks

Venue:

Central Library, Grand Parade, Cork

Time/Dates:

Wednesday, 10.30am to 12.30pm or
2.30pm to 4.30pm, 29 January to 19 March 2014

Lecturer:

Mr James G.R. Cronin,
Adult Continuing Education and School of History, UCC

Oxford is known as the “city of dreaming spires”, a term coined by Victorian poet Matthew Arnold in reference to the harmonious architecture of Oxford’s university buildings. The University of Oxford is first mentioned in 12th century records. During the English Reformation the so-called Oxford Martyrs were tried and burnt at the stake, on what is now Broad Street, for their religious beliefs and teachings. During the English Civil War, Oxford housed the court of King Charles I in 1642, after the king was expelled from London. In the 19th century, the controversy surrounding the Oxford Movement in the Anglican Church drew attention to the city as a focus of theological debate.

Oxford has been represented through the writings of authors such as Evelyn Waugh, author of *Brideshead Revisited* and *Inspector Morse* creator, Colin Dexter. Oxford is associated with Charles Dodgson, better known as Lewis Carroll, author of *Alice in Wonderland*. Two highly popular university lecturers and authors, friends J.R.R. Tolkien and C.S. Lewis wrote some of the most popular books of the 20th century. This eight-week course will explore how Oxford has been projected through arts and literature over the centuries.

Lectures will survey a history of Oxford as a university city and will then focus on a selection of themed case studies, which will discuss, in more depth, representations of Oxford through the themes of education, architecture, the visual arts, literature and film. This short history will read Oxford against its university rival, Cambridge. Together, these two universities have fashioned the idea of what a university is and what learning should aspire to be. The series will conclude with a study tour of Oxford in April 2014. This tour is optional and a small supplementary fee will apply which is exclusive of the course fee.

Please note: class size is limited to 25 participants.

Creative Writing: Reading and Writing the Short Story

Fee:

€200 for 8 weeks

Time/Dates:

Wednesday 7-9pm,
29 January to 19 March 2014

Venue:

Western Gateway Building, Room G14, UCC

Lecturer:

Dr Hilary Lennon, School of English, UCC

Over the course of the 8 weeks, participants will engage in exploring their own creative writings through a variety of exercises, on-going tips, advice and feedback on their work. Opportunities to practice reading their work in front of an audience will also be provided, and information will be given on how to succeed in getting a short story published.

Suitable for the beginner as well as the more experienced writer, the class provides a fun and stimulating introduction to writing short stories. Participants are given the opportunity to explore their own creative imaginations and the focus of the class includes:

Course Content

1. Practical advice and examples on how to write effective short stories
2. Participants engaging in examining examples of modern-day short story masterpieces, exploring the art and appeal of these short works of fiction
3. Participants given the opportunity to develop their own short story writing skills, using in-class writing exercises
4. Take-home writing ideas being provided. This written work can be brought to class for feedback
5. Class writings supported by group discussion
6. Advice and information on how to get your story published
7. Tips on how to read your stories to a public audience

Digital Photography Part I

Fee:

€230 for 10 weeks

Time/Dates:

Thursday 7-9pm,
30 January to 3 April 2014

Venue:

Western Gateway Building, Room G09, UCC

Lecturer:

Mr Stephen Bean,
Adult Continuing Education and Audio Visual Media Services, UCC

Course Content:

1. History of photography
2. Camera equipment and components
3. Light
4. Exposure. Assignment 1
5. Depth of field/focus
6. The camera/computer interface. Editing images
7. Aspect ratio and the frame
8. View point
9. Assignment 2
10. Three photographers

As research becomes more interdisciplinary, communicating and visualising research to a larger audience has become important. This short course introduces participants to the topic of Digital Photography, and will allow them to gain knowledge of the relevant tools used. Participants will receive practical hands-on lab-based tutorials with relevant image-editing software. There will also be a number of studio based lighting tutorials. The module also includes two assignments/exercises.

Requirements:

What you need to bring with you:

- A camera - a DSLR is recommended but an SLR or a compact that includes a manual mode can also be used
- If you have any extra lenses or an external flash bring them with you
- A note pad and pen to record notes, tips and camera settings etc.
- Your camera instructions, you may need them
- Ensure you have sufficient charged batteries/spare batteries and memory cards

Own camera essential.

Please note: class size is limited to 20 participants.

Digital Photography Part II

Fee:

€230 for 10 weeks

Time/Dates:

Monday 7-9pm,
27 January to 7 April 2014

Venue:

Western Gateway Building, Room G09, UCC

Lecturer:

Mr Stephen Bean, Adult Continuing Education
and Audio Visual Media Services, UCC

Course Content

1. Lighting overview
2. Camera subject distance
3. Keystone and perspective
4. Lighting part 2
5. Vectors
6. Night photography
7. Lighting part 3
8. Time lapse and medium length exposures
9. Chroma Key
10. Lighting part 4

Advanced Digital Photography is about understanding technology, effective implementation and achieving the results one envisions. Skills are necessary to overcome the barrier that machinery poses between you and great results. This short course allows you develop, in practical terms, the concepts of photography learnt in the Digital Photography Part I course.

Requirements:

What you need to bring with you:

- It is advisable that students have completed The Digital Photography Part I short course or a course of similar standard
- A camera - a DSLR is recommended but an SLR or a compact that includes a manual mode can also be used
- If you have any extra lenses or an external flash bring them with you
- A note pad and pen to record notes, tips and camera settings etc.
- Your camera instructions, you may need them
- Ensure you have sufficient charged batteries/spare batteries and memory cards

Own camera essential.

Please note: class size is limited to 20 participants.

Employment Law

Fee:

€230 for 10 weeks

Venue:

Brookfield Health Sciences Complex, Room 122, UCC

Time/Dates:

Wednesday 7-9pm,
29 January to 2 April 2014

Lecturer:

Ms Angela Liddy,
Adult Continuing Education, UCC

Course Content

1. The law in context
2. Court structure
3. The contract of employment
4. Termination of the contract of employment
5. Unlawful Dismissals Legislation 1977 – 1999
6. Redundancy
7. Employment Equality Act, 1988. Equal Status Act, 2000
8. Other protective legislation
9. The employer's duty to care for their employees
10. Detailed study of a statute and a case report

This ten-week course will familiarise students with the contents, sources and relevant procedures in Employment Law and will enable them to access and evaluate new legislation or case law. In turn, participants can advise management on the relevant issues, assist in development of new policies and procedures for their organisations in an evolving legal environment.

Exploring Children's Experiences with Media and Technology: Helping Adults Understand this Ever-changing World

Fee:

€200 for 8 weeks

Time/Dates:

Wednesday 7-9pm,
29 January to 19 March 2014

Venue:

Brookfield Health Sciences Complex, Room 242, UCC

Lecturer:

Dr Patricia Radley, School of Education, UCC

The contemporary world, as we know, is saturated with media and technology. In recent times, children's media and technology use has come under much scrutiny. They have many and various interactive forms of media and technology at their disposal and, furthermore, they are exposed every year to thousands of advertisements and marketing messages for a wide range of products and services.

Many adults, particularly parents and teachers, find it very difficult to help children navigate this ever-changing digital world. They, unlike children, have not grown up with these forms of media and technology and, therefore, do not feel comfortable using them.

This course, therefore, provides an overview of the contemporary digital world that children now inhabit. It looks, specifically, at children's own personal experiences in using these forms of media and technology and discusses how these have changed childhood, both positively and negatively. Finally, it will suggest ways that adults can help ensure that children's experiences with media and technology are positive, safe, enriching and enjoyable.

Course Content

1. What is Media and Technology and a Brief Introduction to Child Development: This lecture will ask what is media and technology and how over the years the definitions have changed and evolved. It will also provide a brief overview of some of the main theories of child development which will act as a backdrop to the proceeding lectures
- 2-4. Media and Technology in Contemporary Childhoods: These three lectures will look at the contemporary media and technology world that children now live in. Issues relating to television, the Internet and video games will be explored together with the many concerns that parents and teachers now having about social networking sites and iPhones
5. The Influence of Advertising and Marketing: The lecture looks at advertising and marketing and the influence it has on children's lives
6. Play in the Digital Age: This lecture will look at the important role of play in childhood and will discuss how play has changed as a result of children's use of media and technology
7. Helping to Bridge the Generational Divide: This lecture will discuss the generational divide that exists between adults and children in terms of media and technology knowledge. It discusses the difference between being knowledgeable and being competent digitally and suggests ways in which adults can help bridge the divide
8. Looking Towards The Future: The final lecture will provide a summary of the previous lectures and look at the future of media and technology and how it will influence and impact upon children's lives

Finding Your Voice:

A Course in Creative Writing

Fee:

€230 for 10 weeks

Time/Dates:

Wednesday 10.15am to 12.15pm,
29 January to 2 April 2014

Venue:

Douglas Library, Douglas Village Shopping Centre, Cork

Lecturer:

Dr Kathy D'Arcy, Adult Continuing Education, UCC

Course Content

1. What does 'creative writing' mean to you?
2. Idea machines! How to generate ideas
3. Telling a story
4. Work in progress
5. Portraits: descriptive and biographical writing
6. Work in progress
7. Beautiful words: writing poetry
8. Work in progress
9. Creating the universe of the imagination
10. Work in progress and reading

This short course is a fun, gentle introduction to creative writing for people of all levels of experience. We'll take a look at the techniques often used by actors and writers to enhance their creativity, and put them into practice so that the process of having an idea, picking up a pen and beginning to write becomes enjoyable and effortless.

In the 'Work in Progress' sections of the course, participants will have the opportunity to bring their work to the group to be discussed in a friendly, open environment. In this way you can improve and develop your work throughout the course. We will conclude the course with a reading of work for friends and family.

Please note: class size is limited to 15 participants.

From *Beowulf* to Virginia Woolf:

An Illustrated Introduction to English Literature

Fee:

€200 for 8 weeks

Time/Dates:

Tuesday 7-9pm,
28 January to 18 March 2014

Venue:

Brookfield Health Sciences Complex, Room 301, UCC

Lecturer:

Mr Hugh O' Neill, Adult Continuing Education, UCC

This short entertaining course takes the student on a tour of English literature from the turbulent Anglo Saxon days of the great epic poem *Beowulf* to the modern world of Virginia Woolf's poetic and daringly experimental novels. Each era has its characteristic art, music, architecture, social history, etc. and this course will enable the student to consider key works against such an illustrated cultural and historical background. Thus for example when considering the Romantic period the revolutionary works of Wordsworth and Coleridge will be put into context by reference to the French Revolution, the paintings of Constable and the music of Beethoven. The student will gain an overview of English literature and a sense of what each period contributed to the western intellectual tradition.

Course Content

1. Anglo Saxon England and the World of *Beowulf*. The world of the Great Hall and storytelling, of monsters and heroes, of elemental forces battling against each other
2. Chaucer's *Canterbury Tales* and the Medieval World Picture. A procession of 29 pilgrims set out for Canterbury and their stories reveal the medieval world in all its intricacies
3. Shakespeare: 'all the world's a stage'. Shakespeare's plays were written during the Elizabethan Renaissance and reflect a 'brave new world' of discovery and exploration
4. The Elizabethan Renaissance. This period was one of those rare periods when there was both a literary renaissance as well as great changes and achievements in art, science, music, geographical exploration, etc.
5. *Gulliver's Travels* and the Age of Satire. 'He lashed the vice but spared the name'. Swift and his contemporaries wrote the most incisive satires on human nature during an age where writers had patrons and their preoccupations were often political
6. The Romantics and the Age of Revolution. The late 18th century was an age of revolutions and this is equally seen in literature as Wordsworth and Coleridge's Lyrical Ballads herald a new vision of human nature
7. The 19th Century and the Rise of the Novel. The novels of Emily Bronte, Charles Dickens, Thomas Hardy and George Eliot span the Victorian age bringing the novel form to new heights
8. Virginia Woolf, James Joyce and the Modern Age. 'About 1910 human nature changed'. The early years of the 20th century brought about a revolution in the arts and sciences. The novels of Woolf and Joyce reflect this new world

From Crannogs to Courts and Cows to Commerce: Daily Life in Early Medieval Ireland

Fee:

€150 for 6 weeks

Time/Dates:

Wednesday 7-9pm,
29 January to 5 March 2014

Venue:

Brookfield Health Sciences Complex, Room 301, UCC

Lecturer:

Dr Rebecca Boyd, Adult Continuing Education, UCC

This course is designed for people who simply want to know more about how we used to live. The emphasis is on exploring how early medieval Irish people understood their world and their neighbours. No previous knowledge of Ireland's past is required: all we will need is a curiosity about life in Ireland a thousand years ago.

Archaeology is about discovery: about learning how people used to live through the remains of their material worlds, their homes, possessions, and bodies. The early medieval period (8th to 12th centuries) is one of the richest periods of Ireland's history and presents us with family homes and royal courts, cemeteries and farms, rich and poor, and everything in between. Magnificent works of art such as the Tara Brooch and the Cross of Cong display the rich technical and artistic ability of early craftsmen while Brehon Law records the fines and punishments, entitlements and rewards of Irish society. The historical texts note plagues and famine, wars and divorces, the deaths of saints and kings, and the arrival of the Vikings and the Normans. Alongside all of this, the triumphs and tragedies of birth, life and death continued in homes across the country, and in Ireland's

early towns. This lecture series will explore the daily lives of people in Ireland as uncovered by archaeologists and historians. We will learn answers to questions such as: why were cows better than money; did we import olive oil; what toys did children play with; and why was moss so important in 11th century Dublin?!

Course Content

1. Entering the World of Early Medieval Ireland. Early medieval Ireland was very different to Ireland today: this lecture will bring us back to 8th to 12th century Ireland to explore its archaeology and history
2. No Place Like Home: Being at Home in Ireland. What sort of houses did people live in, and what can that tell us about how families and communities lived, worked, and played together?
3. A Matter of Life and Death: The Power of the Church. The medieval church was an immensely powerful force in Irish society, affecting all levels of society but how was it affected by the arrival of Viking paganism?
4. The Cattle Raid of Cooley – Farmers, Farming, and Raiding. Cows were the most important and valuable animals in medieval Ireland, but what other crops and animals were cultivated?
5. From Crafts to Commerce – Making, Buying and Selling. Archaeology can also tell us about Ireland's economy – what objects were made or imported, how they were bartered or sold, and whether we imported olive oil?
6. We Built this City – Ireland's First Towns. Ireland's first towns emerged during the tenth and eleventh centuries, but how did former farmers adapt to urban living? (this lecture includes the answer to the moss question!)

From Silence to the Sound-byte: A Brief History of the Media in Ireland

Fee:

€200 for 8 weeks

Time/Dates:

Wednesday 7-9pm,
29 January to 19 March 2014

Venue:

Brookfield Health Sciences Complex, Room 302, UCC

Lecturer:

Dr Finola Doyle O'Neill, School of History, UCC

A Fianna Fáil TD once dismissively referred to the onset of radio in Ireland as a 'load of hurdy gurdy'. De Valera compared the power of TV to that of an atomic bomb. Today many people have forsaken the confession box for the radio soap box and everyone wants to be on tabloid, both in print and on reality TV.

This course will explore how the culture of a small Catholic island nation was irrevocably influenced by the spread of newspaper technology and by the advent of radio and TV and much later, social media. From the rise and demise of the Irish Press, to the modern day phenomenon of talk radio, to the portrayal of the 'oirish' on screen, this course will offer a rollercoaster overview of Ireland's media history.

Course Content

1. Ireland calling: 2RN and the advent of national and local radio in Ireland
2. What it says in the papers: newspapers/ De Valera and the Irish Press
3. Chewing gum for the eye: Television in Ireland
4. Dear Frankie, Gaybo and Joe: Talk radio and the public confessional
5. 'Get up the yard': The Riordans to Fair city; the development of drama serials in Ireland
6. If you're Irish come into the parlour: The portrayal of the Irish in Film
7. Let's talk a bit of treason': history and politics in Irish film
8. Reality bites: Reality TV, the social media and twittergate

Fundraising and Resource Development Course

Fee:

€230 for 10 weeks

Venue:

Brookfield Health Sciences Complex, Room 102, UCC

Time/Dates:

Wednesday 7-9pm,
29 January to 2 April 2014

Lecturer:

Ms Rola Hamed Abu Zeid-O'Neill,
Department of Sociology and Adult Continuing Education, UCC

Course Content

1. General introduction, and overview of course
2. Resource development and relationship to money
3. Social marketing
4. Establish budgets and resources development
5. Using available technology and possibilities for funding
6. Fundraising from the community
7. Creating partnerships with business
8. Networking with national and international foundations
9. Maintaining and fostering relations with funders
10. Concluding Remarks and Evaluation

The financial issues are of the paramount importance to organizations, particularly those in their initial stage of preferment. Competition for funding is growing and becoming much more competitive. In order to move forward, to develop and to achieve its organizational goals, it must familiarize itself more with fundraising and resource development and become more “professional”. During this course participants will learn how to link the planning and preparation of a work plan to the elements of a resource development plan. It will help them identify resource opportunities from various sources and deliver practical tips for referencing various funding sources for the stability of an organization. This course will also provide the participants with tools how to locate sources of available funding and how to use them.

Genealogy:

How to Trace your Family Tree

Fee:

€230 for 10 weeks

Time/Dates:

Tuesday 7-9pm,
28 January to 1 April 2014

Venue:

Western Gateway Building, Room 304, UCC

Lecturer:

Mr Tony McCarthy, Adult Continuing Education, UCC

This course aims to equip attendees with the skills and information necessary to set out confidently on the ancestor trail. There are three strands to the course. Firstly, twelve important genealogical sources will be described in detail, with a focus on how to locate and use them to get information on your own ancestry. Secondly, a methodical approach to family history research will be outlined, advising how to tackle a mass of documentary material, and also suggesting how to produce a finished family tree document. Thirdly, the historical and social context necessary for a deeper understanding of our ancestors and our genealogical records will form a continuous backdrop to the course. The three strands will be intertwined to form a practical, informative and entertaining experience.

Course Content

1. General Introduction: Source: Census Returns; Project Plan; History: First People in Ireland
2. Source: State Registration of Births, Deaths and Marriages; Start research with the live ones; History: The Bronze Age to the Celts
3. Sources: Catholic and Church of Ireland Parish Records; Administrative Divisions; History: St Patrick to the Vikings
4. Source: Valuation and Poor Law Records; The Easy Options; History: The Norman/British Conquest of Ireland
5. Sources: Wills and Administrations, Records of the Graveyard; The Matheson Report; History: The Plantations
6. Source: Estate Records; Parliamentary Papers; History: The 1641 Rebellion to the Battle of the Boyne
7. Source: The Registry of Deeds; Intensive Investigations; History: The Ascendancy
8. Sources: Tithe Applotment Books and the Land Commission; Finishing the Job; History: O'Connell's Ireland
9. Sources: Hearth Money Rolls and the Religious Census; Assessment of Material; History: Parnell's Ireland
10. Source: Miscellaneous other sources; The Final Document; History: de Valera's Ireland

How to Become a Better Negotiator: An Introduction to Effective Negotiation

Fee:

€200 for 8 weeks

Venue:

Western Gateway Building, Room G18, UCC

Time/Dates:Tuesday 7-9pm,
28 January to 18 March 2014**Lecturer:**Mr Feargal Killoury, School of Management & Marketing
and Adult Continuing Education, UCC

This course will provide an introduction to the basic principles of negotiation as well as giving practical advice on negotiating with difficult people. Almost everyone negotiates something every day. You may negotiate with your children to eat their breakfast. You discuss a raise with your boss. You try to agree with a customer to buy your product or service.

What if the other side's answer is "No". How do you overcome this?

Course Content

1. Introduction & course overview – Positional versus principled negotiation. Endangering the relationship. Being nice is not the answer
2. The people versus the problem – Negotiators are people first. Untangle the relationship from the problem. "Trust is a separate issue". Perception. Don't deduce their intentions from your fears. Blame. Communication. Emotion. Pay attention to core concerns. Allow the other side to let off steam
3. Interests versus positions. Compatible & conflicting interests behind opposed positions. The question "Why?" has two different meanings. Be hard on the problem & soft on the people
4. Invent options for mutual gain – Searching for a single answer. Assumptions. How to solve their problem. Separate inventing from deciding. Brainstorming. Change the scope of the proposed agreement
5. Objective criteria – Don't decide on the basis of will. Developing objective criteria. Fair Standards & procedures. Agree first on principles. Be open to reason. Never yield to pressure
6. BATNA – Best alternative to a negotiated agreement. Protecting yourself. Formulate a trip wire. The better your BATNA, the greater your power. When the other side is powerful
7. What if the other side won't play? – Look behind their position. Don't attack it. Ask questions & pause. The importance of using the correct language. "Please correct me if I am wrong"
8. What if they use dirty tricks – The rules of the game. Common tricky tactics. Deliberate deception. Psychological warfare. Last minute demands
9. Difficult people – Go to the balcony. The side step. Reframing. The golden bridge. Make it hard to say no

How to Make a Radio Documentary

Fee:

€200 for 8 weeks

Time/Dates:

Tuesday, 7-9pm
28 January to 18 March 2014

Venue:

Áras Na Mac Léinn, Bearra Room, UCC

Lecturer:

Mr Kieran Hurley, Adult Continuing Education
and UCC 98.3 FM, UCC

From the role of the Broadcasting Authority of Ireland to producing a radio documentary and sourcing funding this 6 week course will equip you with the practical skills and knowledge to understand radio in Ireland. Each week the course will be broken down into 2 parts with a lecture and an interactive demonstration using industry standard equipment with the class gaining hands on experience.

Course Content

1. History of Irish Radio and the role of the BAI regarding the Broadcasting Act of 2009. Examining the difference between defamation and libel and how to protect yourself/Introduction to different portable recorders and proper use. Transferring material and how to review and adjust levels.
2. How to write a running order, writing for the ear, producing script, inverted pyramid style of writing, sourcing press releases, how to find breaking news, the contacts book, interview skills, what is a Voxpop/ how to record a Voxpop, microphone technique, recording in difficult environments, digital editing, what software to use.
3. Light entertainment research to documentary research , overview of the house styles of different radio stations, Interview checklist, how to organise an interview and what to do during your interview/creative and technical production skills, how to add texture to your recording.
4. Editorial content for programme genres, from culture and arts, sports to current affairs, how to conduct a panel discussion programme/multi track recording and editing, producing adverts and stations ID's.
5. Documentary making , examples of funded work conducted in Cork Prison, the use of copyrighted material, what is a podcast/how to podcast, promoting your work on social networking sites.
6. What is a podcast/how to podcast, promoting your work on social networking sites/studio session, how to present a panel show.
7. How to source funding for your idea, examples of successful funding applications/Studio session, recording individual reads.
8. How to write a proposal/treatment for funding, studio session, informal studio time.

Please note: class size limited to 12 participants

How to Make a Video for YouTube

Fee:

€200 for 8 weeks

Venue:

Computer Lab, Western Gateway Building, UCC

Time/Dates:

Wednesday 7-9pm,
29 January to 19 March 2014

Lecturer:

Dr Elizabeth Folan, School of Applied Social Studies
and Adult Continuing Education, UCC

Course Content

1. Overview of film and digital video industry, illustration of video techniques, overview of Final Cut Express and exploration of the software
2. Importing media
3. Organising clips in an event
4. Crafting the story
5. Working with sound
6. Completing the cut
7. Applying multimedia effects
8. Finalising your project, exporting your finished video and uploading to YouTube

This is a practical course and the goal is for participants to have their own completed digital video at the end of the course which can then be uploaded to YouTube, if desired. Thus, good familiarity with computers is recommended. Each session is designed to begin with specific instruction, followed immediately afterward by supervised hands-on practice as students work at a dedicated computer workstation developing their own project over 8 weeks.

Using guided-instruction each week, this course will explore how video and editing techniques are used to create meaning as well as train students how to use software tools for digital video content creation. Designed primarily to provide students with a practical introduction to leading digital software techniques, this course, which has been designed in keeping with Apple's Pro Training Series, will teach students how to use Final Cut Express to develop their own digital video over 8 weeks for personal, professional or creative use. Students may then choose to upload final video to YouTube.

How to Read for a Book Club: The Book Club Classroom

Fee:

€150 for 6 weeks

Time/Dates:

Friday 10am – noon
31 January to 7 March 2014

Venue:

West Wing, Room WW4, UCC

Lecturer:

Ms Elaine Fitzgerald, Adult Continuing Education, UCC

Course Content

1. Introduction, examination and exploration of themes and preparation for the first authors. Themes of change and resilience, sexuality, escape and nature run through all the works
2. Author v character (where is the line?) Themes of identity and national prescription are examined in Edna O'Brien's, *The Girl with Green Eyes*
3. The Innocent Eye: Exploration of this theme with particular focus on *Room* by Emma Donoghue, *The Art of Racing in the Rain* by Garth Stein, *The curious incident of the dog in the night* by Mark Hadden, *The Go-Between* by L.P. Hartley
4. The consequence of choice: Exploration of this theme with the works of Colm Tóibín in *Brooklyn* and *Cutting for Stone* by Abraham Verghese
5. The Place of Belonging: Question this idea by considering *The Lacuna* by Barbara Kingslover, *Cats Eye* Margaret Atwood and *She's come undone* by Wally Lamb
6. Conclusion and recommendations exercise (further reading)

Do you enjoy reading and discussing books? Are you part of a book club? Would you like to learn more about English literature? This short course will provide you with the knowledge and skills to analyse the writings of authors whose works are consistently highly rated by book lovers and reviewers all over the world.

The course will explore the social and historical context in which these writers worked. It will help you develop analytical skills by assessing the relevance of their work today. This course will require each participant to read material in advance of each session. This will then provide a platform for rich and informed discussion and debate. We will practice our analytical skills from the outset and learn to recognise themes and symbols in literature. In the final session each participant will be asked to provide a detailed recommendation of a story or novel for the rest of the class to read. Participants will leave this course with knowledge to enrich your reading experience and new writers to discover.

The eclectic selection of writers has been chosen as their work challenges and inspires readers. In *The Girl with Green Eyes*, O'Brien gives us an honest and poetic portrayal of a woman escaping an oppressive life in rural Ireland in the 1960s and the subsequent choices and compromises she must make. Mark Hadden and Emma Donoghue articulate the uncompromising child's perspective. Margaret Atwood in *Cats Eye* tells the story of female competition and manipulation. Colm Tóibín's and Abraham Verghese's work share themes of loss, duty and the consequences of choices.

India: Past, Present and Future

Fee:

€200 for 8 weeks

Time/Dates:

Wednesday 7-9pm,
29 January to 19 March 2014

Venue:

Brookfield Health Sciences Complex, Room 243, UCC

Lecturer:

Mr Michael Murphy,
Department of Management and Marketing, UCC

This is an eight-week evening course which is open to the general public, as part of UCC's Adult and Continuing Education Short Courses series. This lecture series has been designed to give participants a good understanding of the dynamics that are driving India to become one of the world's leading super-powers. In order to contemplate India's future, we will begin by examining India's history, to see how it emerged as the political and economic entity that it is today. We will also focus on the very unique aspects of Indian culture that make this country such a fascinating place to visit, but also, sometimes, a frustrating place to do business. This course would be relevant to anybody with an interest in Indian culture, travel, or in global political and economic affairs. It should be of particular interest to those who might be considering doing business in India, or to those who are planning to visit India for leisure / tourism / health / educational purposes.

Course Content

Lecture One: What is 'India'? How did the India we know today emerge from the social and geographical boundaries that previously delineated one of the world's most significant economic and cultural powers?

Lecture Two: We continue our look at India's history, including the arrival, and departure, of the British, and we examine some of the key historical figures that have helped to shape modern India, such as Gandhi and Nehru.

Lecture Three: Indian Culture and Identity: how has Hinduism influenced the culture of India? What have been the influences of the other minority religions in India? What are the other factors shaping Indian culture and Indian identity today?

Lecture Four: 'Modern' India: we will examine life in India today, and look at the lives of ordinary Indians living in different castes and social strata. How do hundreds of millions of people live on a salary of one euro a day, or less? Why has India more billionaires than Japan and the UK combined?

Lecture Five: India and politics: how is the world's largest democracy governed? Is there a free press? What has been Gandhi's legacy? How are India's relations with other nations (including Ireland)?

Lecture Six: India and business: why have global marketing giants like Coke, McDonald's and Kellogg's made costly mistakes in India, one of the world's most important emerging markets? Why have other international companies failed to gain any foothold in the Indian market? What Indian companies are doing well internationally?

Lecture Seven: Ireland and India: what have been the significant, and surprising, historical links between Ireland and India, and how can Ireland and India now benefit from their friendly relations?

Lecture Eight: India and the future: will India soon become one of the world's most powerful nations? Will India survive as a single democratic nation, given its significant internal cultural diversity and social inequality? How will India fare against China in the future? What is India's global strategy?

We will conclude the final lecture with a discussion on visiting India, highlighting some important factors to be considered by those who might be planning a visit to India in the future (either for leisure / health or business purposes).

Introduction to Irish Folklore

Fee:

€200 for 8 weeks

Venue:

Western Gateway Building, Room G17, UCC

Time/Dates:

Wednesday 7-9pm,
29 January to 19 March 2014

Lecturer:

Dr Jenny Butler, Roinn an Bhéaloidis,
Department of Folklore and Ethnology, UCC

Course Content

1. Introduction – Defining “Folklore”
2. The Otherworld and Fairy Folklore
3. The Wake: Death and Dying in Traditional Worldview
4. Pattern Days and Rag Trees: Ireland’s Sacred Landscape
5. Festivals: May Day, St. Brigit’s Day and Lúnasa
6. Samhain and Halloween
7. Folklore Collection: The Irish Folklore Commission
8. Urban Legends and Folklore Collection in the City

This course provides an introduction to the subject of folklore, including the history of folklore collection in Ireland. The class covers Irish folklore as well as aspects of the folklore of other countries, particularly in relation to some supernatural beliefs, which can be compared to other cultural contexts. The focus is on belief, custom and narrative traditions in the Irish context.

Introduction to Medieval Irish Literature

Fee:

€230 for 10 weeks

Time/Dates:

Thursday 7-9pm,
30 January to 3 April 2014

Venue:

Western Gateway Building, Room G16, UCC

Lecturer:

Dr Gavin Dillon, Roinn na Sean agus na Meán Ghaeilge/Dept. of Early and Medieval Irish, UCC

Course Content

1. Stories in stone: Ireland's first literacy - Ogam
2. Poetry and the development of the manuscript tradition
3. The Ulster Cycle – overview, themes and key texts
4. Táin Bó Cuailnge – “A window on the Iron Age?”
5. The Mythological Cycle – overview, themes and key texts
6. Cath Maige Tuired – Development of Irish ‘pseudo-history’
7. Religious Literature and the Saints’ Lives Hagiography I
8. Religious Literature – Doomsday – The End of All Things
9. Legal Literature – Introduction to Early Irish Law
10. End of an Era – Cultural change and the arrival of the Normans

The Irish were the first in Western Europe to begin writing in their own language at a time when Latin was the standard language of the written word. Rich oral culture had been preserved in Ireland and was eventually written down in the medieval period, leading to a unusually rich wealth of literature concerning gods, goddesses, kings, druids, poets and heroes, poetry and religious material. Despite their Christian faith, the Irish never lost a keen and consuming interest in the traditions of their ancestors. This course seeks to investigate some of this literature with a view to discussing its genesis and how it compares European literature of the same period. A wide range of texts will be studied to provide an introduction to the rich field of Early Irish literature and culture. All material will be studied in translation. The course is primarily designed to be enjoyable and interesting learning experience. Numerous beautiful images will be shown of Ogam stones, Celtic stone inscriptions and the illuminated manuscripts which survive to us today. These images will help to develop an appreciation for Medieval Irish literature as something that is more than mere words printed in modern books, but a vibrant art form in its own right.

Introduction to *The Met; Live* in HD 2014 season

Fee:

€150 for 6 weeks

Venue:

Cork Arts Theatre, Camden Court, Carroll's Quay, Cork

Time/Dates:

Tuesday 10.30am – 12.30pm,
4 February to 11 March 2014

Lecturer:

Mr Nyle Wolfe Dip R.A.M., Adult Continuing Education, UCC

The lectures will introduce 6 forthcoming operas from the *The Met: Live in HD broadcast series*.

1. Dvořák's *Rusalka*
2. Borodin's *Prince Igor*
3. Massenet's *Werther*
4. Puccini's *La Bohème*
5. Mozart's *Così fan tutte*
6. Rossini's *La Cenerentola*

The Introduction to “*The Met; Live*” will examine the personal and professional lives of each individual composer of the 6 forthcoming operas from the *The Met: Live in HD broadcast series*, as well as supporting information about the featured opera. The discussion will include the musical content, stories and characters of the operas. Audio extracts will be used to enhance the enjoyment of the presentation. The course will also introduce techniques used by working singers including vocal production, basic musicianship and acting skills.

Irish Art from Barry to le Brocquy

Fee:

€150 for 6 weeks

Time/Dates:

Tuesday morning, 10.15am to 12.15pm,
28 January to 4 March 2014

Venue:

Crawford Art Gallery, Emmet Place, Cork

Lecturer:

Dr Liam Lenihan, Adult Continuing Education and
School of English, UCC

Course Content

1. James Barry, 1741 – 1806: History Painting and Civic Humanism
2. Daniel Maclise, 1806 – 1870: Irish Genre Painting and British Nationalism
3. John Hogan, 1800 – 1858: Neoclassical Sculpture and Irish Nationalism
4. John Lavery, 1856 – 1941: Portraiture, Celebrity and Politics
5. Jack B. Yeats, 1871 – 1957: Landscape, Ireland and Expressionism
6. Louis le Brocquy, 1916 – 2012: Continual Re-invention

This course explores the history of Irish art from 1760 to the present day through the careers of six Irish artists: James Barry, Daniel Maclise, John Hogan, John Lavery, Jack B. Yeats and Louis le Brocquy. The course will cover these artists over the course of three centuries, moving through different artistic styles from Neoclassicism and Romanticism to Impressionism to Modernism.

Irish Literature

Fee:

€230 for 10 weeks

Venue:

Bishopstown Library, Wilton, Cork

Time/Dates:

Thursday morning 10.30am to 12.30pm,
30 January to 3 April 2014

Lecturer:

Mr Frank West, Adult Continuing Education, UCC

Course Content

1. The 'Calypso', 'Lotus Eaters', 'Hades' chapters from Joyce's *Ulysses*. Dublin
2. A selection of poems by Carson, Mahon, MacNeice, Muldoon, Hewitt. Belfast
3. *The Lieutenant of Inishmore*, Martin MacDonagh. Aran Islands
4. *The Butcher Boy*, Patrick McCabe. Navan
5. A selection of poems by Michael Longley. Mayo
6. *Translations*, Brian Friel. Ballybeg
7. *Valley of the Squinting Windows*, Brinsley MacNamara. Westmeath
8. A selection of poems by W B Yeats. Coole Park
9. *The Seafarer*, Conor McPherson. Baldoyle
10. *The Blackwater Lightship*, Colm Tóibín. Wexford

The object of the course is to provide an introduction to a series of significant texts in Irish drama, fiction and poetry.

In the main, we will focus on each work's themes and techniques, noting the contribution that it makes to the development of Irish literature as well as to the imaginative rendering of particular places.

The aim of each class will be to enjoy and appreciate that week's chosen works. Each class will begin with an introductory lecture, placing the work and the artist in their historical and cultural contexts.

This will be followed by class discussion. Experience has shown that these are lively and stimulating affairs and I would hope that this tradition will continue.

Where extra material is necessary or where 'selections' are indicated, this material will be made available either online or will be provided in the form of handouts.

Irish Literature: Miscellany 2

Fee:

€230 for 10 weeks

Time/Dates:

Wednesday, 7-9pm,
29 January to 2 April 2014

Venue:

O'Rahilly Building, Room 244, UCC

Lecturer:

Mr Frank West, Adult Continuing Education, UCC

Course Content

1. Bram Stoker, *Dracula*
2. Tom Murphy, *The Gigli Concert*
3. The art of Robert Ballagh, Patrick Ireland, Willie Doherty
4. A selection of poetry by Boland, McGuckian, Ní Chuilleanáin, Meehan, Groarke
5. James Joyce, *Portrait of the Artist as a Young Man*
6. Early Irish Cinema, Irish Destiny and a series of early documentary films
7. Conor MacPherson, *The Weir*
8. John Banville, Benjamin Black, *The Book of Evidence and Holy Orders*
9. The music of Seán Ó Riada
10. Edna O'Brien, *The Country Girls*, culture and censorship

Though the focus of this course is primarily on Literature, we will consider works in other media. To date, this approach has proved popular and productive and has helped ensure that all sessions are lively, stimulating affairs.

The works have been chosen for their quality and for their influence as well as for the broad range of social and cultural issues that they raise. Hopefully, the variety of the works will allow us to form a broad picture of recent Irish culture as well as of the relations between artists contributing to it, offering us plenty of scope for discussion.

As always, our primary objective will be to come to an appreciation and enjoyment of these works. Each session will begin with an introductory lecture dealing with the work's main themes and techniques and with the artist's and work's historical and cultural contexts. This will be followed by discussion. It has been the case that the classes also deal with material related to the main work of the week. For example, treatment of Seán Ó Riada music can usefully incorporate discussion of collaborations and tributes from Thomas Kinsella, Seamus Heaney and John Montague as well as the Chieftains and Stanley Kubrick. Where necessary, handouts containing relevant material will be provided. Where 'selections' from works are indicated, some are available online, others will be provided as handouts. In the case of film, artworks and music, all relevant works or excerpts will be screened or played using the lecture room's audio visual facilities.

Irish Monasticism, c. 1028 – 1541

Fee:

€150 for 6 weeks

Venue:

Western Gateway Building, Room G16, UCC

Time/Dates:

Tuesday 7-9pm,
28 January to 4 March 2014

Lecturer:

Dr Colmán Ó Clabaigh, Glenstal Abbey and Adult Continuing Education, UCC

Course Content

1. Introduction: Sources and methodology, The Canons Regular and the Cistercians to 1215
2. Knights and Nuns; Monasticism and the Two Nations; the Black Death
3. Monasteries on the landscape; Monastic Architecture and Art
4. The Monastic Lifestyle
5. Serving Men and Fleeing the World
6. Dissolution and Reformation

This course surveys the various ways in which medieval Irish men and women led the monastic life from the establishment of a community of Benedictine monks at Holy Trinity Cathedral in Dublin c. 1028 to the Henrician campaign to dissolve the monasteries in 1540–1541. It focuses on forms of religious life that are classified as ‘monastic’ primarily because of their juridical status as Canons Regular following the Rule of St Augustine or as Irish Benedictine and Cistercian monks following the Rule of St Benedict both in Ireland and on the Continent. The reliance of each order on an economy based on agriculture and real estate, in contrast to the mendicant lifestyle of the friars, also provides a common defining characteristic and justifies the inclusion of the Military and Hospitaller orders in the survey. The experience of medieval Irish nuns is also examined, as are such quasi-monastic expressions of the religious life as hermits, anchorites, vowesses and the inmates of medieval hospitals.

Jane Austen at Fota House: Austen's Worlds in Novel and Film II

Fee:

€200 for 8 weeks

Time/Dates:

Tuesday 11am to 1pm,
18 February to 8 April 2014

Venue:

Fota House and Gardens, Carrigtwohill, Co Cork

Lecturer/s:

Dr Bernie McCarthy and Dr Emma Bidwell,
Adult Continuing Education, UCC

Course Content

1. Introduction: Austen's Regency England; novels and screen adaptations.
2. *Emma*: Austen's antiheroine
3. Film adaptations of *Emma*: Comedy to Clueless
4. *Northanger Abbey*: A Gothic romance
5. Film adaptations of *Northanger Abbey*: Andrew Davies' screenplay
6. *Persuasion*: Anne Elliot - Austen's last heroine
7. Anne Elliot on screen
8. The world according to Austen

This is the second of a pair of associated but self-contained courses that explore the regency dramas represented in the novels of Jane Austen and screen adaptations of her works. Those who took part in the Autumn course, together with new participants are welcome to enrol. In Austen's Worlds II we will read three further novels: *Emma* (1815), *Northanger Abbey* (1818), and *Persuasion* (1818), and study Austen's representations of romance, of class, and of the political concerns of her age. We will discuss the nature of the novel, and why this particular genre offered Austen, and other women writers of her era, a convenient medium for artistic, emotional, and political expression. We will also watch film and television adaptations of Austen's novels and consider how the stories are reshaped for 20th and 21st century tastes and interests. This course promises evenings of lively discussion, learning, and entertainment for admirers of Austen's writing. Following this eight week course, an optional study tour to Chatsworth House in Devonshire and the Peak District in England will be offered. Chatsworth House represented Pemberley (Mr Darcy's home) in the 2005 film adaptation of *Pride and Prejudice*, and there are many associations with the Peak District in Austen's novels.

Please note: class size is limited to 20 participants

Life and Business Coaching

Fee:

€230 for 10 weeks

Time/Dates:

Thursday 7-9pm,
30 January to 3 April 2014

Venue:

Brookfield Health Sciences Complex, Room 104, UCC

Lecturer:

Mr Peter Finch, Adult Continuing Education, UCC

Course Content

1. Defining coaching
2. Coaching qualities, skills and competencies
3. Coaching and communication
4. Values, beliefs and goal setting
5. Cognitive-Behavioural coaching
6. Emotional Intelligence
7. Career Coaching
8. Business Coaching
9. Coaching Psychology
10. Coaching and Education
11. Coaching ethics and best practice

Planning or adapting to change in life or in business is a challenge that is very prevalent in today's society. Many face the prospect of career change, retirement, business challenges or significant life adjustments. How we handle such events in life often defines what the years ahead will be like as it challenges us to look at life in order to assess our priorities, values and goals.

Coaching, in both life and business, provides us with a structure to address change in an effective and clear manner. It empowers us to set new goals, clarify options and provide solutions to complex issues. While these skills can be put to good effect in the workplace or in assisting others to look at change in their own personal lives, self-coaching is also a very effective tool that people use in their own lives in order to address change.

In addition to learning a number of coaching skills, individuals will also be provided with an opportunity to see the benefits of coaching at a practical level by experiencing the coaching process in a structured and objective way.

Lining Our Thoughts: A Poetry Writing Course

Fee:

€230 for 10 weeks

Time/Dates:

Tuesday 7-9pm,
28 January to 1 April 2014

Venue:

Brookfield Health Sciences Complex, Room 102, UCC

Lecturer:

Ms Leanne O'Sullivan, Writer in Residence,
UCC and Adult Continuing Education, UCC

This workshop is for those who would like to begin to write poetry or those who would like to develop poems they have already started. The main aim of the workshops is to encourage writers through discussion and exercise-based and free writing, while also allowing them to take risks in a supportive environment. Everything a writer needs is inside of them, and these workshops will help participants to refine the beauty and subtlety of their poems. The sessions will include: a reading of poems by established writers (which will be supplied); a discussion of what makes these poems move us; and how we can draw creatively upon these insights for our own work.

Course Content

1. What makes a poem work? Everyone is encouraged to bring a poem or two that they admire to the first session for group-discussion
- 2 & 3. Imagery is a reader's foothold into the world of the poem. We will look at how imagery works to build the foundations for an expressive piece of writing
4. Perspective and Tone
In this session we will look at how poets use subtlety, nuance and persona to allow readers interpretation within the poem
- 5 & 6. Metaphor and Simile
This workshop is about how to use metaphors to enliven and make the language of our poems more unusual
7. Ekphrasis
From the Greek ek (out) and phrasis (speak), this form of poetry uses art, furniture, or any inanimate object as inspiration
8. Storytelling
The Irish poetic tradition is rich in narrative and we will explore how stories work within the context of the poem
9. Rhythm and Form
We will look at not just the ways we use rhythm and form in poetry, but also how we can lend our ear to the music within free verse, becoming more sensitive to the words we choose
10. Revision and Editing
When are poems finished? How do you know when to let go?

Living and Working in Multicultural Ireland

Fee:

€200 for 8 weeks

Time/Dates:

Tuesday 7-9pm,
28 January to 1 April 2014

Venue:

Brookfield Health Sciences Complex, Room 304, UCC

Lecturer:

Mr Olaniyi Kolawole, School of Applied Social Studies
and Adult Continuing Education, UCC

Living and working in multicultural Ireland is designed to help students understand the growing cultural diversity in present Irish society and workplaces. Research has proven that diversity contributes to organisation's richness. This is because diverse employees bring diversity of approach and actions into strategic and tactical planning, problem solving, and decision-making. Subsequently, organisations and societies which embrace and promote diversity and inclusion are able to leverage differences to their benefit. These societies become more productive and prosperous and organisations become more effective and profitable in serving and growing their clients' base.

Within organisations, managing cultural diversity policies does not only cater for the employees, but also benefits the organisation in terms of increased job satisfaction and greater organisational commitment among employees.

This course will not only introduce students to the latest debates about multiculturalism, but also to the added advantages of multiculturalism. At the end of the course, students will be better prepared to understand and to facilitate cross-cultural interaction in their future careers, as well as in their general life experiences.

Course Content

1. **History of Multiculturalism:** This topic discusses perspectives on the historical development of multiculturalism as a model of immigrant integration and as official policy of managing cultural diversity in societies.
2. **Multiculturalism in Ireland:** This topic will examine the historical development of globalisation in Ireland and the changing demographics that globalisation has brought to Ireland. The development of Interculturalism: Ireland's cultural diversity management model and the social and economic case for interculturalism in Ireland will also be explored.
3. **Understanding Social and Cultural Groups Identities:** This topic will explore concepts such as culture, national belonging, diversity, inclusion, identity, and social power in a globalized world generally and specifically in Ireland.
4. **Benefits and Criticism of Multiculturalism:** This topic introduces students to some of the contemporary debates on benefits of multiculturalism and its criticism as well globally and specifically in Ireland.
5. **Managing Multicultural Workplaces in Ireland:** This topic introduces students to how best to harness the present cultural diversity in Ireland to the advantage of organisations by discussing concepts such recruitment, retention, resistance, and renewal. Participants will review best practices, benchmarks, standards, and current research on global diversity and inclusion to learn how best to recruit and retain a diverse talent pool. The difference between a diverse and an inclusive workplace will be probed, as well as the roles that resistance and conflict play in any change effort, especially those dealing with workplace differences. Additionally, legislations such as Equality Legislation and its role will be discussed.

6. **Multiculturalism and Effective Communication:** This course will cover the use of effective communication skills such as giving and receiving feedback, and the art of influencing and empowering others, to examine the subtle differences between living and working in a multicultural society to managing and leading cultural and diversity initiatives.

Looking at Architecture: Historic Buildings as Expressing Cultural Ideas

Fee:

€200 for 8 weeks

Venue:

West Wing, Room WW9, UCC

Time/Dates:Monday 7-9pm,
27 January to 24 March 2014**Lecturer:**Mr James Cronin,
School of History and Adult Continuing Education, UCC

What can buildings reveal about the ideas of past cultures? This series will introduce you to the history, style and language of architecture by closely looking at ten significant building projects. Questions we will survey throughout the series will include: What is the relationship between the function and the form of buildings? What role does space play? Which structural elements made a leap forward in the context of world architecture? Why, throughout history, have specific buildings been the focus of national pride or the target for attack?

This course will be of interest to anyone wishing to learn the specific language of architecture. It will be a useful introduction to those interested in art history, historical and cultural studies.

This series will examine the following iconic building projects: Roman Pantheon; Hagia Sophia in Istanbul; Notre Dame Cathedral in Paris; Florence Cathedral; St. Peter's Basilica in the Vatican; Palladio's Villa Rotunda near Venice; Royal Pavilion, Brighton inspired by the arts of India; Le Corbusier's Villa Savoye; Frank Lloyd Wright's Fallingwater, Pennsylvania and the World Trade Center in New York.

Masters of the Renaissance

Fee:

€230 for 10 weeks

Time/Dates:

Wednesday 7-9pm,
29 January to 2 April 2014

Venue:

Western Gateway Building, Room G09, UCC

Lecturer:

Ms Elaine Hoysted,
History of Art and Adult Continuing Education, UCC

Course Content

1. Introduction. The roots of the Renaissance
2. Sacred Images - Masaccio's Brancacci Chapel and da Fabriano's Strozzi Altarpiece. Renaissance Architecture- the works of Alberti, Brunelleschi and Bramante
3. Ghiberti's Gates of Paradise. The Davids- Donatello and Andrea del Verrocchio
4. Donatello: Orsanmichele, the Duomo and San Lorenzo
5. Botticelli's Birth of Venus and La Primavera. The Court Artists- Della Francesca, Mantegna and Pisanello
6. Leonardo da Vinci-Artist, sculptor, architect and inventor
7. Raphael and Rome
8. Michelangelo and the Sistine Chapel
9. The Venetian Masters- Bellini, Giorgione and Titian
10. Conclusion. The impact of the Renaissance

What is the Renaissance and how should we characterise this period of art? Who were the masters of the Italian Renaissance and why? What makes a work a masterpiece? This course aims to explore these issues in detail through the examination of the works of a number of key artists, sculptors and architects of the period. The selected works represent the seminal pieces created in the various artistic centres in Renaissance Italy including Florence, Rome and Venice. Through the analysis of these works, it will be possible to map out the evolution of the artistic developments in this highly productive period of art history.

Mediation:

Help Others To Resolve Conflict

Fee:

€260 for 10 weeks

Time/Dates:

Thursday 7-10pm,
30 January to 3 April 2014

Venue:

Brookfield Health Sciences Complex, Room 102, UCC

Lecturer:

Mr Thomas Riedmuller, Adult Continuing Education, UCC

During this course participants will be trained to mediate conflicts and help their family members, neighbours, colleagues and people in their care to resolve their conflicts. The teaching style is practical and experiential. Lecturing and theory will be kept to a minimum. Role play will be used to practice skills. This course will help people to build their mediation skills for their private lives and also for their engagement with the community. It will also help participants to decide if they would like to further pursue a career in mediation.

Course Content

1. Conflict awareness, escalation, de-escalation, overview of different dispute resolution approaches
2. Creating safe space, ground rules, managing issues such as confidentiality, impartiality, trust
3. Mediation demonstration, stages of the mediation process
4. Practicing techniques for active listening, paraphrasing, summarising, reframing and moving from positions to underlying needs
5. Mediation role play
6. Introduction to community mediation as a service that engages volunteers trained to mediate conflicts in their community
7. Introduction to peer mediation in schools - approaches and activities designed to train children and teenagers to be peacemakers
8. More mediation practice and role play
9. Limits of the mediation process and other methods for conflict management and reconciliation
10. Mediation role play, course evaluation and outlook for further learning and training opportunities

Mindfulness Based Stress Reduction

Fee:

€200 for 8 weeks

Time/Dates:

Wednesday 7-9pm,
29 January to 19 March, 2014

Venue:

Western Gateway Building, Room G13, UCC

Lecturer:

Ms Merdeth Hawe, Adult Continuing Education, UCC

Course Content

1. Introduction to Mindfulness:
Body scan – participants can be seated whilst doing this practice. Those preferring to lie down will need to bring a yoga mat with them
2. Handling stress
3. Being present
4. Stress response
5. Responding rather than reacting to stress
6. Stressful communication
7. Self care
8. Keeping mindfulness practice alive

This course will follow a similar format to the Mindfulness Based Stress Reduction (MBSR) course as devised by Dr Jon Kabat-Zinn, who originally designed the programme for pain management. His approach was subsequently applied to stress management. Mindfulness is about being awake to the present moment. Mindfulness helps develop awareness of the mind-body connection, helping the individual to respond rather than react to stress.

Classes will consist of both formal mindfulness practices (body-scan, sitting meditation, and mindful movements) and informal mindfulness practices (applying mindfulness into one's daily life, e.g. brushing your teeth, driving, etc.). To help develop one's mindfulness practice there is a commitment from participants to practice daily using the CDs and course handouts provided. Discussions are welcomed and will focus on one's experiences/application of mindfulness.

Whilst this group will primarily be experiential (looking at thoughts, feelings, and behaviours as a reaction to stress) it is not a counselling group, therefore participants are advised to have their usual supports in place while undertaking the course.

Please note: class size is limited to 14 participants

Nutrition and Health

Fee:

€200 for 8 weeks

Venue:

Western Gateway Building, Room G13, UCC

Time/Dates:

Tuesday 7-9pm,
28 January to 18 March 2014

Lecturer/s:

Dr Jacqueline Lyons, School of Food and Nutritional Sciences,
Dr Janette Walton, School of Food and Nutritional Sciences,
Ms Sinead O'Donovan, School of Food and Nutritional Sciences, UCC

Course Content

1. Macronutrients
2. Micronutrients
3. Nutrition through the life-cycle
4. Obesity and overweight
5. Diet and disease
6. Food labelling
7. Food allergy and intolerance
8. Nutrition controversies

This 8-week course aims to teach participants about the science of nutrition (how food gets from our plates into our tissues and cells), the relationship between nutrition and health (covering issues like obesity, diabetes, heart disease and cancer) and our changing nutritional needs from infancy to old age. The course also deals with the importance of physical activity, how to read and understand nutrition labels, and the scientific evidence behind some controversial nutrition questions (e.g. is organic food more nutritious?). Practical activities such as calculating caloric requirements, studying food labels and learning how to accurately take height, weight and blood pressure measurements form an important aspect of the course. The course is suitable for anyone wishing to achieve a deeper understanding of the principles of nutrition and healthy eating.

Opening up a New World Through Education: Learn to Succeed and Thrive as a Mature Student

Fee:

€150 for 6 weeks

Time/Dates:

Wednesday 7-9pm,
29 January to 5 March 2014

Venue:

O Rahilly Building, Room 101, UCC

Lecturer:

Dr Denis Staunton, Adult Continuing Education, UCC

Course Content

1. Making the transition to a new learning environment
2. Learning how to learn – three strategies for listening and taking notes
3. Are you ready to study – four methods for using your study time
4. The A.D.U.L.T. way to read quickly and successfully
5. Five strategies for preparing and writing assignments
6. Using learning resources and where to get support

The course is open to anybody thinking of returning to education. Replacing two hours of television time with two hours of learning will return to you a more memorable experience. Learning will have a greater impact in your life and the life of those around you. It is never too late to return to education. As a foundation programme, this course may also be taken in conjunction with a Certificate, Diploma or Degree. It will provide you with the practical skills to learn more effectively as well as save time, avoid unnecessary stress and cope with a new learning environment.

Returning to education will broaden your horizons, develop your confidence and open up new worlds of both personal and career opportunities which may not have been available to you before. College can offer you the necessary educational qualifications required to enter specific professions or careers, such as law, engineering, accountancy, nursing, archaeology, sport science, social work, to name but a few. Every year thousands of adults take such a journey. What may start as an idea or indeed a dream can actually become a reality if you follow the steps laid out in this course.

Developing your learning skills is one of the best investments you can make. More and more adults are returning to education to learn these skills and take a new direction in their life. This six-week course will cover the different aspects of returning to the classroom with a particular focus on the concerns and interests of the adult student. The course will provide you with the knowledge and skills to successfully complete any course of study by exploring such topics as: reading textbooks, concentrating during lectures, constructing and writing essays as well as thinking about how you learn and the different strategies available to you to improve your academic performance. The content of the course will cover the main themes as presented in a book: *Going to College as a Mature Student: the next step in your Academic Journey* by Dr Denis Staunton and published by the Adult Continuing Education, UCC.

Photographic Lighting: Master Class

Fee:

€290 for 12 weeks

Time/Dates:

Wednesday 7-10pm,
29 January to 16 April 2014

Venue:

Western Gateway Building, Room G15, UCC

Lecturer:

Mr Stephen Bean, Adult Continuing Education and
Audio Visual Media Services, UCC

Photographic Lighting Master Class is a hands-on, practical workshop that teaches students professional-level lighting skills. This series of highly practical workshops will provide hands-on experience for any photographer wanting to learn the basics of how to use photographic lighting. Numbers are limited to allow close personal attention. Through practical demonstrations, hands-on exercises, assignments and in-class activities, students master the art and science of photographic lighting, shadow, contrast, diffusion and colour. Students will be guided to a new level of competence in creative lighting under a variety of real world circumstances, including commercial, pack shots, specialized lighting effects, etc.

Course Content

The course is entirely hands-on. Skills learnt during this course will be gained during the weekly work-shops. Work-shop content will include:

1. The differences between tungsten and strobe lighting
2. Softboxes, umbrellas, spots and French flags
3. Why automatic exposure does not always work and why use manual mode using a light meter to determine the exposure and using the histogram
4. Taking strobe light pictures

5. How to control shadows with various lighting options
6. Practical approaches to product lighting
7. Tips on how to get started on a budget will be provided during the course
8. General studio design and safety
9. Questions and answers

Requirements: What you need to bring with you:

- A camera – a DSLR is recommended but an SLR or a compact that includes a manual mode can also be used.
- If you have any extra lenses or an external flash bring them with you
- A note pad and pen to record notes, tips and camera settings etc.
- Your camera instructions, you may need them
- Ensure you have sufficient charged batteries/spare batteries and memory cards.

1. Technical overview
2. Dark objects
3. Silver
4. Glass
5. Product lighting
6. Day for night
7. Daylight and Tungsten/mixed lighting
8. Jewellery
9. The polarize
10. Time of day and mixed lighting and how to balance daylight with flash
11. Shadow
12. Experimental lighting

Please note: Participants must have previously taken an Adult Continuing Education Digital Photography course.

Please note: class size is limited to 20 participants.

Science Fiction: A Literature of Ideas

Fee:

€200 for 8 weeks

Time/Dates:

Wednesday 7-9pm,
29 January to 19 March 2014

Venue:

Western Gateway Building, Room G16, UCC

Lecturer:

Dr Liam Lenihan, Adult Continuing Education
and School of English, UCC

This course investigates six classic science fiction novels and debates the relative merits of the genre as a whole. The course asks if science fiction is a serious literary genre and if it can be judged by conventional literary standards. In addition, it examines the literary, social and scientific contexts for the evolution of science fiction from the late nineteenth century to the early twenty-first century. The course asks questions about the relevance of science fiction and investigates why the genre is so entertaining and fascinating to this day.

Course Content

1. Introduction to Science Fiction as a Literary Genre
2. Time Travellers: *The Time Machine* by H.G. Wells (1895)
3. Police States: *We* by Yevgeny Zamyatin (1921)
4. Civilizations: *Foundation* by Isaac Asimov (1951)
5. Blade Runners: *Do Androids Dream of Electric Sheep?* By Philip K. Dick (1968)
6. Rebellions: *The Dispossessed* by Ursula K. Le Guin (1974)
7. The Uncanny: *The City & The City* by China Miéville (2009)
8. Conclusions: What is science fiction for and what can it do?

The Archaeology of People and Farming: How They Have Shaped the Irish Landscape

Fee:

€200 for 8 weeks

Venue:

Brookfield Health Sciences Complex, Room 121, UCC

Time/Dates:

Tuesday 7-9pm,
28 January to 18 March 2014

Lecturer:

Mr Mick Monk, Adult Continuing Education and formerly with
Department of Archaeology, School of the Human Environment, UCC

Course Content

This course will be of interest to anyone thinking of pursuing archaeology at degree level.

1. Ireland after the ice melted and before the farmers
2. The impact of the first farmers – farming in the forest?
3. As climate changes the early metal using farmers extend themselves across the landscape
4. Success and decline in later Bronze Age and Iron Age farming
5. The resurgence and expansion of farming in early historic times – origins and development
6. The impact of social change and the beginnings of urbanism in Viking Age into later medieval Ireland
7. Producing food for the market – the attempt at the transformation of Irish agriculture by Anglo-Normans and its transient impact on the landscape
8. The lessons from the past – for farming as well as landscape change and social change

This course will use archaeology to demonstrate how people and farming have left a lasting legacy on the Irish landscape. It sets out to explore the story of Ireland's changed landscape from the time of the first farmers up to Medieval times. The case will be made that the main force for change in Ireland's landscape over that period has been farming. Drawing primarily from the most recent archaeological and palaeoenvironmental evidence the impact of agriculture is explored.

The evidence would suggest the type of agricultural practice has transformed at least four times over 5,000 years. With each change there has been a detectable impact on the landscape. Archaeology can map these changes. While the type of farming pursued has varied in response to choices made by different human communities at different times across the island there has been an apparent influence from climate change. It will be evident that the coincidence of climatic/environmental change and social change has at different times both brought communities close to collapse or to a peak of cultural achievement. The evidence for both is present in the Irish landscape.

The Athens of Ireland: Art and Artists in Cork's Golden Age

Fee:

€150 for 6 weeks

Time/Dates:

Thursday 6-8pm,
30 January to 6 March 2014

Venue:

Crawford Art Gallery, Emmet Place, Cork

Lecturer/s:

Dr Shane Lordan, School of History, UCC and Mr Michael Waldron,
School of English and Adult Continuing Education, UCC

To coincide with the forthcoming Samuel Forde exhibition, Adult Continuing Education in association with the Crawford Art Gallery is offering this special short course.

The exhibition runs from 17th January to 1st March 2014.

In the first half of the nineteenth century, Cork city enjoyed a period of economic prosperity and, through the accomplishments of merchants, writers and artists, it came to be known as 'the Athens of Ireland.' This appellation was significantly justified by the culture of civic patronage and the foundation of a school of art formed around a collection of Greco-Roman sculptural casts. This climate proved to be instrumental in nurturing a generation of artistic geniuses, namely three of nineteenth-century Ireland's most notable artists: John Hogan (1800-59), Samuel Forde (1805-28), and Daniel Maclise (1806-70). This six week course will explore the world of Cork's merchant princes, the foundation of the Cork School of Art, and this trio of artists who would become its initial students. Classes will be held in the Crawford Art Gallery where each week we will draw on the collection to examine the life and work of one of these artists in context, tracing their artistic and literary influences, and how their art contributed to Cork's Golden Age.

Course Content

1. **Merchant Princes:** In week one we will place the course in context by taking a look into the lives and houses of the great merchant families of Cork, including the Crawfords, Deanes, Newenhams, Morgans, and the Penroses of Woodhill.
2. **Canova Casts:** In week two we will consider the extraordinary impact of the arrival of this collection of Greco-Roman sculptural casts from Rome via London in 1818 which was to stimulate the academic study of art in Cork and the South of Ireland for the first time.
3. **John Hogan (1800-59):** In week three we will trace the life and career of this sculptor who was born in Tallow, Co. Waterford but was raised in the south parish of Cork. Having trained in the city, he would subsequently make his name in Rome and become known as 'the Irish Sculptor.'
4. **Samuel Forde (1805-28):** In week four we will examine the tragically short life and career of this artist who was born and raised in the city, and emerged from a broken home to embody the spirit of genius of his age, earning him the nickname 'the Young Raphael.'
5. **Daniel Maclise (1806-70):** In week five we will follow the great success story of this painter who, having come from lowly beginnings became the great favourite of Victoria and Albert, and whose works adorn the Houses of Parliament in Westminster and the National Gallery of Ireland.
6. **Other Artists:** In this final week we will consider the legacies of these three artists in addition to the work of other local artists of the period, including George Mounsey Wheatley Atkinson (1806-84), Daniel MacDonald (1821-53) and Edward Sheil (1834-69).

The Criminal Mind:

An Introduction to Forensic and Criminal Psychology

Fee:

€230 for 10 weeks

Time/Dates:

Tuesday 7-9pm,
28 January to 1 April 2014

Venue:

West Cork Development Partnership, Unit D, Business Technology Park,
Clonakilty, Co. Cork

Lecturer:

Ms Sinead Devine, School of Applied Psychology
and Adult Continuing Education, UCC

Course Content

1. Introduction to Violent, Criminal and Deviant Behaviour
2. Understanding Mental Disorders and Criminal Behaviour
3. Understanding Personality and Disorders of Personality
4. Psychopathy & Psychopaths
5. The Crime of Rape, Rapists and the Irish Legal System
6. Paedophiles and Child Molesters
7. A Special Look at Female Sexual Abusers
8. The Psychology of Stalking and Harassment
9. The Psychology of Serial Killers and Mass Murderers
10. Investigating Crime using Behavioural Investigative Advice

This course will be of interest to anyone from novices to professionals who has an interest in violent and criminal behaviour. Over 10 weeks, the course will consider the criminal mind from a psychological perspective by addressing the various theories presented by criminology and forensic psychology. Participants will gain an understanding and insight into the relationship between psychology and crime by considering the deviant behaviours of child molesters, paedophiles, rapists and murderers.

The Criminal Mind:

An Introduction to Forensic and Criminal Psychology

Fee:

€230 for 10 weeks

Time/Dates:

Tuesday 7-9pm,
28 January to 1 April 2014

Venue:

Brookfield Health Sciences Complex, Room 243, UCC

Lecturer:

Dr Ciara Staunton, School of Applied Psychology and Adult Continuing Education, UCC; Dr Sharon Lambert, Matt Talbot Adolescent Services (MTAS); Ms Margaret Brennan, School of Applied Psychology and Adult Continuing Education, UCC, and Dr Patricia Gallagher, School of Applied Psychology, UCC

Course Content

1. Introduction to Violent, Criminal and Deviant Behaviour
2. Understanding Mental Disorders and Criminal Behaviour
3. Understanding Personality and Disorders of Personality
4. Psychopathy & Psychopaths
5. The Crime of Rape, Rapists and the Irish Legal System
6. Paedophiles and Child Molesters
7. A Special Look at Female Sexual Abusers
8. The Psychology of Stalking and Harassment
9. The Psychology of Serial Killers and Mass Murderers
10. Investigating Crime using Behavioural Investigative Advice

This course will be of interest to anyone from novices to professionals who has an interest in violent and criminal behaviour. Over 10 weeks the course will consider the criminal mind from a psychological perspective by addressing the various theories presented by criminology and forensic psychology. Participants will gain an understanding and insight into the relationship between psychology and crime by considering the deviant behaviours of child molesters, paedophiles, rapists and murderers.

The Culture of the “Big House”: Art and Culture of the Anglo-Irish

Fee:

€200 for 8 weeks

Time/Dates:

Tuesday 10.30am to 12.30pm,
15 April to 3 June 2014

Venue:

Fota House, Carrigtwohill, Co Cork

Lecturer/s:

Mr James G.R. Cronin, Adult Continuing Education and School of History, UCC, Dr Dagmar Ó Riain-Raedel, Adult Continuing Education, UCC, Ms Regina Sexton, Adult Continuing Education, UCC and Dr Eibhear Walshe, School of English, UCC

Course Content

1. The Irish “Big House” in historical context
2. The Anglo-Irish class
3. Irish Grand Tourists
4. The art of collecting
5. House, kitchen, and garden
6. Diet, dining and the food economy
7. “Big House” literature: from Maria Edgeworth to Somerville and Ross
8. “Big House” literature: Elizabeth Bowen and Molly Keane
9. The re-emergence of the “Big House”

This course is run by Adult Continuing Education in partnership with the Irish Heritage Trust. The restored Fota House, Co. Cork, ancestral home of the Smith-Barry family is the venue for the lecture series. Course participants will have the opportunity to enjoy the house and its gardens during this lecture series.

The Irish “Big House” has a long-established history, made familiar by the fiction of Somerville and Ross, Elizabeth Bowen, and others. The Big House was a tribute to the Anglo-Irish ascendancy, and many of these homes were destroyed during the Irish Civil War.

The earliest of the great houses were built during the early eighteenth century. A half century later, Ireland’s golden age of Palladianism saw the construction of magnificent homes such as Castletown in Co. Kildare and Strokestown Park, Co. Roscommon, later followed by a return to the gothic style such as Castle Ward, Co. Down and Glin Castle, Co. Limerick. The Adam style of interior design found in many of the homes is associated with Scottish architect Robert Adam (1728–1792) and became popular in Ireland from the 1770s. One of the best-known proponents of this style was James Gandon (1743–1823), designer of Dublin’s Custom House and the Four Courts. Abbey Leix in Co. Laois (1773) is a fine example of the Adam style. The beginning of the nineteenth century ushered in the Regency style of architecture and dignified homes such as Mount Stewart, Co. Down. By mid-century, the Victorian Age ruled, and we find the grand style epitomised by Kylemore Abbey.

This short course aims to introduce the public to cultural aspects of the Irish “Big House” tradition through a broad thematic survey of the culture of the Irish Country House in historical context; The Anglo-Irish class; Irish Grand Tourists; Art of Collecting; Gothic Revivalism; House, kitchen, and garden; Diet, dining and the food economy; “Big House” Literature: from Maria Edgeworth to Molly Keane; the re-emergence of the “Big House”.

Please note: class size limited to 20 participants.

The Development of Cinema in Ireland

Fee:

€200 for 8 weeks

Time/Dates:

Tuesday 7-9pm,
28 January to 18 March 2014

Venue:

Brookfield Health Sciences Complex, Room 104, UCC

Lecturer/s:

Dr Emma Bidwell Director of Film Ireland, International Summer School, UL and Adult Continuing Education, UCC and Dr Bernadette McCarthy, Film Ireland, International Summer School, University of Limerick and Adult Continuing Education, UCC

Course Content

1. From Silence to Sound: Sidney Olcott and the Kalem Film Company to The Man of Aran
2. John McDonagh and Tom Cooper: Hollywood and Independence
3. The Quiet Man and Ryan's Daughter
4. Sex, Drugs and Poitín
5. The Troubles
6. Stereotypes or Depictions
7. Violence and Laughter: In Bruges and Disco Pigs
8. What Makes A Film Irish?

This eight week course will familiarise students with the rich history of Irish film since its inception at the beginning of the 1900s to the present day. The first sessions will take us from the earliest American depictions of Ireland, such as The Man of Aran (1934), to the home-grown talents of Tom Cooper and how Kerry almost became a film destination to rival Hollywood. We'll discuss the way sex and politics have been represented and linked in films, and how stereotypes of the Irish have been upheld or challenged. The sessions will culminate with explorations of violence and humour in films such as In Bruges and Disco Pigs. By the end of the course the students will have an understanding of the wide breadth of Irish film and what makes a film Irish. This is not a technical film production course but an opportunity to critique and explore film. Various film segments will be shown, and students will be expected to watch the core films outside of class time.

This course is suitable for those with an interest in film, people involved in film production who wish to gain a broader knowledge of the medium, and anyone who has connections or interest in Irish visual media.

The Historic Cities of Europe

Fee:

€230 for 10 weeks

Time/Dates:

Wednesday 7-9pm,
29 January to 2 April 2014

Venue:

Brookfield Health Sciences Complex, Room 104, UCC

Lecturer:

Dr Kevin Hourihan, formerly of the Department of Geography, UCC

Course Content

1. Athens and the Greek legacy (1 lecture)
2. Rome and its Empire (2 lectures)
3. The Medieval Period (2 lectures)
4. The Renaissance (3 lectures)
5. The Industrial Revolution (1 lecture)
6. The Nineteenth Century and the Emergence of Planning (1 lecture)

Why was Athens the birthplace of European civilisation ? (and what has happened to it since)? Was there more to Rome than bread and circuses? Were Medieval cities the 'jewels' of popular imagination? If they were, why did the Renaissance reject them so completely and replace them with entirely new types of city? Was the Industrial Revolution a disaster for cities? These amongst other questions are the concerns of this course.

The historic cities of Europe are recognised as one of humanity's greatest achievements, with many inscribed on UNESCO's World Heritage Listing. Beautiful cities like Bruges, Carcassonne and Venice attract millions of tourists every year, with great benefits to their countries' economies.

This course is concerned with understanding the development of these cities: the artistic, technological and political conditions which formed them. It will examine their development over the past three thousand years, using slides, maps and diagrams to illustrate various cities and features. It is also concerned with appreciating these cities as works of art in their own right.

The course will examine great monuments like temples, churches and palaces, the kinds of features which normally get most attention in guide books and other media, but it will also consider everyday features like houses, streets and squares and the ways these have developed over time and space. Open space and landscape design will also feature, as will fortifications which have been a major influence on cities through the ages.

The course should be of interest to people visiting historic cities in Europe, or to anybody interested in this part of our heritage.

The Woods of Ireland – A History

Fee:

€150 for 6 weeks

Time/Dates:

Wednesday 7-9pm,
29 January to 5 March 2014

Venue:

Brookfield Health Sciences Complex, Room 304, UCC

Lecturer:

Dr Nigel Everett, Adult Continuing Education, UCC

Woods are famously centres of romance, liberty, and escape from the pressures of the city. They are also places of danger, retreat, and defeat. These are the typical characteristics of woodland in western culture. The Irish experience is made yet more intriguing by the almost universal perception that the country was once covered with woods until the English came and wantonly chopped them down. The study of Irish woods is inseparable from an ample consideration of the theory and practice of colonialism.

In this series of lectures we review the development of Irish woodlands over thirteen centuries, drawing on a broad range of disciplines, and, especially in the later lectures, a wide variety of illustrative materials. The lectures will focus on poetry, art, anecdote, and folklore as much as official records and statistics. It is hoped that by the end of the course, participants will look on Ireland's woodland heritage in a thoroughly new light. In particular, they should have gained a fuller appreciation of the reasons why Ireland was transformed from the *Fíodh Inis* of nationalist history into the lamentable condition, by the late nineteenth century, of having the fewest trees in Europe apart from Iceland. We shall also touch on the development of modern forestry techniques in Ireland.

Course Content

1. Working the Wildwood – the Irish woods under the Gaels
2. Woods, Fastnesses, and Deserts – Irish woods in the Middle Ages
3. What Shall we do for Timber? – the rise of woodland scarcity under the Tudors and Stuarts
4. A Passion for Planting – Woods in the Age of Improvement – 1698-1798
5. No one Planted – Irish Woods from the Union to Independence – the Famine and the Land Acts
6. Only Good for Coffins – the culture of hardwoods in the Irish State and the rise of modern forestry

In these lectures, we shall contemplate the long history of Irish woods as centres of myth and legend, anecdote, higher truths, and deception. In the first two lectures, we consider the vital significance of woods to the food, wider economy, industry, and defence of the Gaelic and medieval Irish; also, their role as places beyond civilisation, replete with mystery, romance, and danger. In lecture three, we note how, in the Tudor and Stuart eras, a rising consciousness of woodland scarcity led to mixed feelings of insecurity and complacency on the part of the various military establishments and a good deal of concern on the part of governments, faced with the rapid diminution of a once abundant resource. In lecture four, we see how the Age of Improvement brought a passion for planting, exemplified in the activities of private landowners and the Dublin Society. Lecture five describes how the curtailment of the Ascendancy through the Union, the Famine, and the Land Acts produced a planting deficit only narrowly met by the State. In the final lecture, we consider how independent Ireland long paid lip-service to its lost patrimony of forests but has only recently addressed the matter with appropriate seriousness.

Understanding Music:

An Introduction to Music Appreciation

Fee:

€230 for 10 weeks

Venue:

Western Gateway Building , Room G02, UCC

Time/Dates:

Wednesday 7-9pm,
29 January to 2 April 2014

Lecturer:

Dr Eva McMullan, School of Music, UCC

Course Content

1. Introducing Medieval music
2. Rituals and Royalty: music, power and ceremony in the Baroque Period
3. The reign of Bach and Handel
4. Introducing the symphony
5. Mozart: the man and the artist
6. An invitation to opera
7. The last romantic: the piano music of Rachmaninoff
8. Classical music in the Twentieth Century: tradition and innovation
9. Understanding contemporary society through popular music
10. Music and other arts (visual art, architecture, literature)

This course is designed to introduce contrasting musical styles and genres that have existed throughout the history of Western Classical Music. The aim of the course is to create an awareness of the particular musical styles themselves, and to identify the contrasting cultural contexts in which the selected works were composed. Each lecture will comprise of two parts. The first part will be dedicated to learning about a particular period in musical history, while the second part will include listening and responding to some of the most popular works from the genre being studied.

Venice: An Introduction to the City and its History

Fee:

€230 for 10 weeks

Time/Dates:

Tuesday 10.00am – 12.15pm,
21 January to 25 March 2014

Venue:

Central Library, Grand Parade, Cork

Lecturer:

Professor Emeritus Éamonn Ó Carragáin, School of English, UCC

This short course provides a practical introduction to the history and layout of the City of Venice. Venice, one of the most beautiful cities in the world, has some fourteen hundred years of history behind it. Because Venice has always had a close relationship with Greece, Byzantium and Constantinople, the course will begin with the great buildings and mosaics of Constantinople and Ravenna. We then cover all the major buildings and works of art in Venice itself, placing them in their historical and political settings. We will look at the accounts of Venice by major writers such as Dickens, Ruskin, Henry James, Seán Ó Faoláin. The course will be illustrated by some 3,000 PowerPoint images of the city and its monuments. Depending on demand, it is hoped to organise a week-long Study Tour of the city in May 2014.

The course is designed for those who have been to Venice and want to make sense of what they saw; for those who have never been to Venice and want to prepare for a visit; and for armchair travellers who simply want to imagine what the major monuments of the city look like, and the ideas (political and religious) which inspired them. The morning lectures will be supplemented by two evening lectures (dates to be announced) on St Marks, and on the buildings of the Grand Canal.

The two evening lectures will be open to members of the course, and also to a wider public. Professor Ó Carragáin offers this course “pro bono publico”: all profits to be donated to the Boole Library Special Collections, UCC.

Please note: class size is limited to 25 participants.

War in God's Name: A History of the Crusades

Fee:

€150 for 6 weeks

Time/Dates:

Wednesday 7-9pm,
29 January to 5 March 2014

Venue:

Brookfield Health Sciences Complex, Room G18, UCC

Lecturer:

Mr John Ware, Adult Continuing Education, UCC

This will recount the story of the dramatic collision between Christendom and Islam, and the savage two-hundred-year contest for the Holy Land, the echoes of which can still be heard today.

Using the words and the images of the time, the scope of the lectures will range from the greater historical picture to the more telling personal stories of the men and women who lived and died as 'God's War' was fought.

Course Content

1. Rome, Byzantium, Baghdad. Cross and Crescent on the eve of the Crusades. The lure of Jerusalem – pilgrimage and apocalypse at the centre of the world. 'God wills it!' – the call to Crusade
2. The First Crusade. The first victims. Warfare in the age of miracles. The sack of the Holy City
3. The Kingdom of Jerusalem: A twelfth-century romance. The land of Overseas. Warrior monks – Templars and Hospitallers. Christians and Muslims. Princesses and adventurers
4. Saladin: Righteousness of the Faith. The retaking of Jerusalem. The Third Crusade
5. The Crusading ideal: Christian against Christian. Innocent III, the Cathars, and the taking of Constantinople. The emperor on the Mount of Olives
6. The end of the Crusades. The fall of Outremer. The legacy

What is Modern Art?

Fee:

€230 for 10 weeks

Time/Dates:

Thursday 7-9pm,
30 January to 3 April 2014

Venue:

Brookfield Health Sciences Complex, Room 243, UCC

Lecturer:

Ms Kirstie North, School of Art History
and Adult Continuing Education, UCC

This course will provide students with an introductory overview of Modern/ Contemporary art exploring the theory and practice of art after 1945 with an emphasis on Western Europe and America. The course is organised chronologically and will begin by examining the aftermath of World War 1 and the impact that this had on the arts and society more broadly. This course will then go on to give an overview of the most important art movements and artists from 1945 onwards, concluding with the conditions of artistic production in today's globalised world. Over the duration of the course we will examine in detail the works of the most famous and most controversial modern/ contemporary 'art stars' such as Jackson Pollock, Andy Warhol, Marcel Duchamp and Damien Hirst.

Course Content

1. The Traumatized Self Art after World War I. Case Study: Francis Bacon and Violence
2. Abstract Expressionism. Case Study: Jackson Pollock and Action Painting
3. Pop Art. Case Study: Andy Warhol and Consumer Culture
4. Minimalism and Industry. Case Study: Eva Hesse and 'Eccentric Abstraction'
5. Conceptual Art. Case Study: A Tale of Two Marcel's: Marcel Duchamp and Marcel Broodthaers
6. The Neo- Avant- Garde. Case Study: Robert Rauschenburg and Jasper Johns
7. Art after the Holocaust. Case Study: Gerhard Richter and Joseph Beuys
8. Pastiche and Appropriation. Case Study: Cindy Sherman and the Pictures Generation
9. 1990s Art as Sensation: The YBAs (Young British Artists). Case Study: Damien Hirst
10. Installation Art and Archiving. Case Study: Tacita Dean



For more information please contact:

Lorna Moloney

*Genealogy Summer School
Co-ordinator*

E: l.moloney@ucc.ie

T: +353-(0)85 872 1184 or

T: +353 (0)21 490 4702

Lindy Meldon

*Executive Assistant
Programme Assistant*

E: l.meldon@ucc.ie

T: +353 (0)21 490 4700

ANCESTRAL CONNECTIONS: NAMES, PLACES AND SPACES UCC IRISH GENEALOGY SUMMER SCHOOL

29 JUNE – 6 JULY 2014



This genealogy summer school offers a complete course in the latest Irish genealogy research, as one would expect from a summer school held in UCC, that is already ranked among the top 2% of universities worldwide.

All aspects of the subject are covered by a series of presentations and 'hands on' workshops given by a selection of Ireland's leading genealogical lecturers and experts. The latest online and offline sources are described and explained in presentations which will be of great interest to the seeker of Irish roots and family history, whether beginner or expert.

The panel includes Dr Dagmar Ní Riain-Raedel, Dr Paul MacCotter, Brian Donovan & Fiona Fitzsimons (Eneclann), Eileen & Sean O'Dúill, Dr David Butler, Steven Smyrl, Nicola

Morris, Dave Enright, Lorna Moloney, Stuart Rosenblatt, Dr Jane Lyons, John Hamrock, John Nangle, John Goodman, Dr James G. Ryan, Tony Hennessy, Aiden Feerick, Maeve Mullin, Hilary McDonagh, Rosaleen Underwood, Kyle J. Betit.

Genealogy sources, and approaches are described and explained in presentations which will be of great interest to the searcher of Irish roots and family history. It is suitable for genealogy enthusiasts.

Thankfully, it is not all work. A number of trips are offered featuring sites and locations in Waterford, Dungarvan and Youghal. Not forgetting, optional evening tours to sites of interest in Cork itself, 'the Venice of Ireland' and the harbour town of Kinsale.

For more information please go to www.ucc.ie/en/ace-summer

January 2014 - Short Courses Application Form

Tear out and return to:
**Short Course Co-ordinator,
Adult Continuing Education at UCC**

Application for Courses Commencing **January 2014**
will be accepted until **Wednesday 22 January**

Name
Address
Telephone/Mobile No.
Email Address
Course Title
Second Course (if first is full or not proceeding)
How did you hear about the course
Payment accepted by Cheque/Postal Order/Bank Draft (made payable to University College Cork). Payment by Credit/Debit Card can be made by calling to the Centre during normal office hours.
Amount €
OFFICE USE ONLY
Amount
Date
Receipt notes

Tear out and return to:
Short Course Co-ordinator,
Adult Continuing Education at UCC

Adult Continuing Education in association with the Irish Heritage Trust is offering **three courses @ Fota in Spring and Summer 2014**



3 @ Fota is a series of short courses that will look in detail at the literature, society and culture of the Big House. This year we are also pleased to announce that we move our attention to the outdoors with a new short course on the history of gardens and garden design. The line-up is as follows:

- **Jane Austen at Fota House** (see page 47)
- **The Culture of the 'Big House'** (page 64)
- **A History of Gardens: An Introduction** (page 13)

Participants can choose one or more of these courses thereby immersing themselves in the rich and varied cultures of literature, garden history, art history, social history, food history and architectural history all in the wonderful surrounds of Fota house.



Christmas Gift Vouchers also available

t. (021) 4904700

e. shortcourses@ucc.ie





4 GOOD REASONS

TO STUDY AT ACE AT UCC

1

Almost 70 years delivering
Lifelong Learning
Programmes

2

Opportunity to study
at one of Ireland's 5*
Universities

3

Highly motivated staff
dedicated to maximising your
learning experience

4

Diverse range of courses
leading to recognised NFQ
qualifications



ADULT CONTINUING EDUCATION AT UCC



UCC

University College Cork, Ireland
Coláiste na hOllscoile Corcaigh

LEARN MORE ABOUT ACE

Christmas Gift Vouchers

are now available for
all our short courses.

t: (021) 490 4700

e: shortcourses@ucc.ie

As well as the Short Courses detailed in this publication, ACE offers longer, accredited courses at Masters, Postgraduate Diploma, Higher Diploma, Diplomas and Certificate Levels - all leading to National University of Ireland awards on the National Framework of Qualifications (NFQ). Many programmes in the area of Executive Education and Continuing Professional Development also have dual recognition with relevant professional body accreditation.

ACE offers:

1. Certificate and Diploma courses
2. Masters programmes
3. Post-graduate Diplomas
4. Higher Diplomas
5. Programmes in Continuing Professional Development
6. Bespoke programmes for community, business, third sector organisations/voluntary groups and the public sector

The new 2013/2014 ACE at UCC prospectus (long courses) is now available in hard and soft copy. Call us now or email us to request one or go online at www.ucc.ie/en/study/ace

Contact us at:

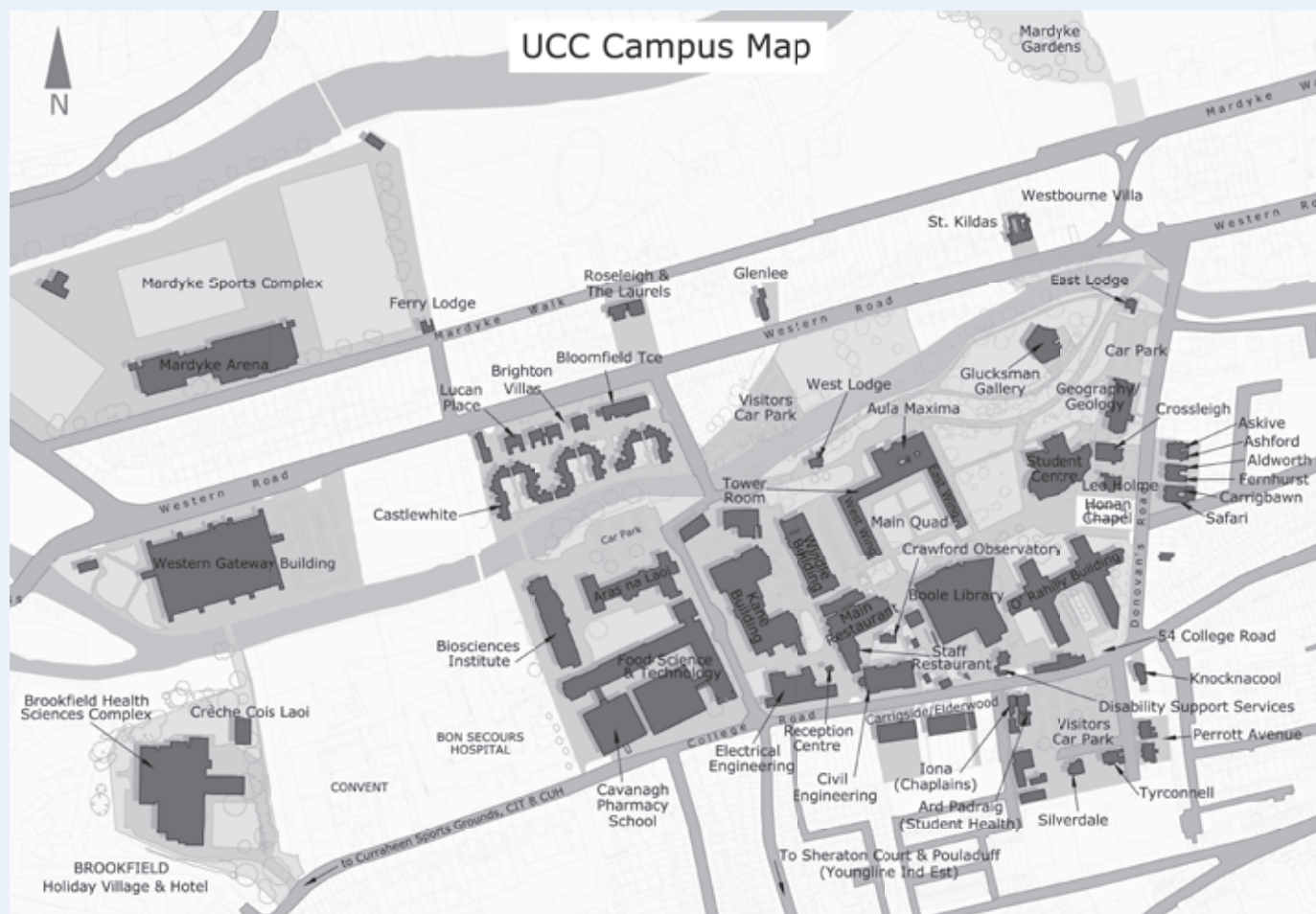
t: (021) 490 4700

e: ace@ucc.ie

w: www.ucc.ie/en/study/ace

“I thoroughly enjoyed the course. I was able to familiarise myself with the contents, sources and relevant procedures in Employment Law. The presentation was excellent and the classes were delivered by our lecturer with great knowledge. Her experience and method of delivery added to a great experience, she also included discussions on up-to-date cases which were currently in the courts which added to our learning of the relevant areas. I found the whole course to be informative, structured and relevant. Also the course literature was excellent and we received it by email and it is great to have that information to refer back to.”

Employment Law
Aoife O Leary





ADULT CONTINUING EDUCATION AT UCC

ADULT CONTINUING EDUCATION

'The Laurels'

University College Cork

Western Road, Cork

T: +353 (0)21 490 4700

E: ace@ucc.ie

<http://www.ucc.ie/en/study/ace>



Please scan this QR code to go to the ACE section of the UCC website.