



# Lawrence at Night

**WINTER 2025**

**Lawrence at Night** features evening seminars, workshops, and talks led by faculty, alumni, and expert guest speakers. Lifelong learners engage in opportunities for intellectual exploration and community connection.



# Lawrence at Night



## Effective Communication Workshop

**Prof. Rachel Dyer**

This workshop aims to equip attendees with basic skills in effective communication – skills that are used by therapists, clinicians providing quality bedside manner, and the most effective and supportive managers. Workshop attendees will learn about these skills, as well as participate in roleplays to practice them. Attendees will leave this workshop better equipped to ask effective questions, reflect content and emotions, and summarize information - all from a place of empathy and engagement.

**February 17, 6:30-7:30 PM**

**February 20, 6:30-7:30 PM**

Warch Campus Center, L4, Runkel Room | Workshop Price: \$120



## The Mindful Brain

**Prof. Lori Hilt**

Mindfulness meditation involves paying attention nonjudgmentally. Rooted in Eastern religion and philosophy, it has been applied to well-being, stress reduction, and the treatment of various physical and mental conditions in contemporary Western cultures. This workshop will provide an introduction, including effects of mindfulness-based interventions. Participants will engage in experiential learning (i.e., practice).

**February 18, 6:30-7:30 PM**

Warch Campus Center, L2, Hurvis Room | Seminar Price: \$60



## Chinese Calligraphy and Lunar New Year Culture Workshop

**Prof. Claire Chen**

This interactive workshop introduces participants to the artistry of Chinese calligraphy and the cultural traditions of Lunar New Year, particularly the way it's celebrated in China and Taiwan. Attendees will engage with two main themes: the historical and cultural significance of Chinese calligraphy, and the creation of Spring Festival couplets, a key tradition during the Lunar New Year. Participants will receive a personalized Mandarin name, which will be created and given based on their preferences. They will also learn some expressions for blessings and wishes used during Chinese New Year. At the end of the workshop, they will craft their own Spring Festival couplets, blending cultural knowledge with artistic expression.

**February 21, 6:30-7:30 PM**

**February 27, 6:30-7:30 PM**

Warch Campus Center, L4, Runkel Room | Workshop Price: \$120

# Lawrence at Night



## Moving from War to Peace Seminar: The Russia-Ukraine War

**Prof. Claudena Skran**

How do we move from war to peace? This seminar examines transitions from violent conflict to lasting peace using case studies, particularly within the Russia-Ukraine war. It analyzes the roles of leaders, international involvement, and institutions, offering insights into conflict resolution, and explores different ways in which the Russia-Ukraine war may end.

**February 22, 10:00-11:00 AM**

Virtual (Zoom) | Seminar Price: \$60



## Cosmology: Something from Nothing Seminar

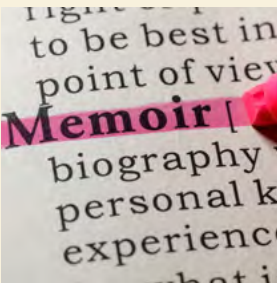
**Prof. Megan Pickett**

Delve into the origins of the universe in this three-part seminar exploring the Big Bang, galaxy formation, and the possibility of extraterrestrial life. Through discussions and lectures, participants will gain insights into the early universe and modern cosmology. Ideal for anyone fascinated by cosmic mysteries.

**February 24, 6:30-7:30 PM**

**February 26, 6:30-7:30 PM**

Youngchild Hall, RM 115, Level 1 | Seminar Price: \$120



## Writing Your Life Seminar + Workshop

**Prof. Helen Boyd Kramer**

The *Writing Your Life* workshop is about how to write memoir – your own story – in a way that is useful, educational, and (possibly) healing. Alongside this immersive writing workshop participants will explore memoirs written by marginalized writers such as Gloria Anzaldua, Eli Clare, James Baldwin, and others.

**February 25, 6:30-7:30 PM**

**February 27, 6:30-7:30 PM**

Memorial Hall, RM 105, Ground Level | Seminar Price: \$120

# Lawrence at Night



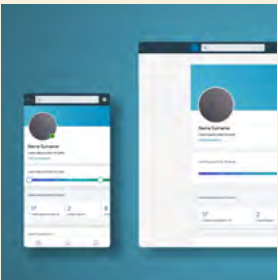
## Monsters, Miracles, and Myths of the Middle Ages Seminar

**Prof. Danielle Joyner**

Grendel and dragons, speaking sculptures and healing waters—the Middle Ages (c. 450-1450) abound in tales of the extraordinary. This course focuses on the arts, sites, and stories that preserve some of these remarkable notions. While exploring colorful manuscript illuminations, grimacing stone sculptures, astounding architecture, and even candle-lit caves, we will also consider current “myths” about this long, fascinating millennium. What preconceptions do people today hold about these centuries, and why? How might a closer consideration of their imaginative monsters and pious miracles help to dispel some of our assumptions about the so-called “Dark Ages”?

**February 28, 6:30-7:30 PM**

Memorial Hall, RM 105, Ground Level | Seminar Price: \$60



## How to Build Your LinkedIn

**Jill Manuel '84**

Build a strong LinkedIn profile in six simple steps in this hands-on workshop. Learn to enhance your personal brand, job hunt effectively, or position yourself as a thought leader. Ideal for professionals at all levels seeking to boost their online presence and open new career opportunities.

**March 3, 6:30-7:30 PM**

Virtual (Zoom) | Workshop Price: \$60



## Journalism in Crisis Seminar

**Jill Manuel '84**

Examine the challenges facing journalism amid economic pressures and changing media consumption in this seminar-style course. Explore the future of journalism and discuss ways to preserve its integrity in society. Ideal for anyone passionate about the role of journalism in democracy.

**March 6, 6:30-7:30 PM**

Virtual (Zoom) | Seminar Price: \$60

# Lawrence at Night



## The Chemistry of Art Workshop: Exploring the Science Behind the Creativity

**Prof. Allison Fleshman**

Explore the chemistry behind artistic techniques in this course covering light, color, pigments, paints, dyes, and glassmaking. Discover how science shapes art in this unique blend of creativity and chemistry, perfect for artists, scientists, and anyone curious about the intersection of these fields.

**March 11, 6:30-7:30 PM**

**March 18, 6:30-7:30 PM**

**March 25, 6:30-7:30 PM**

Stietz Hall, RM 127, Level 1 | Workshop Price: \$180



## The Night Sky: Our Celestial Heritage Seminar

**Prof. Megan Pickett**

Explore the wonders of the night sky in this three-part seminar. Learn to identify constellations, discover cultural stories behind them, and observe celestial objects through telescopes. Perfect for astronomy enthusiasts, cultural historians, and anyone interested in humanity's cosmic connection.

**March 11, 6:30-7:30 PM**

**March 13, 6:30-7:30 PM**

Youngchild Hall, RM 115, Level 1 | Seminar Price: \$120



## Up the Ease in Your Everyday Life: Applying the Alexander Technique Workshop

**Prof. Kathy Privatt**

Apply the Alexander Technique to everyday activities like sitting, standing, and working in this hands-on workshop. Learn to move mindfully, reduce strain, and improve posture. Ideal for anyone seeking to enhance physical well-being and ease in daily life. Return attendees welcome; we'll take on different activities in these sessions!

**March 17, 6:30-7:30 PM**

**March 19, 6:30-7:30 PM**

Warch Campus Center, Hurvis Room, L2 | Workshop Cost: \$120

# Lawrence at Night



## The JFK Assassination: An American Legacy Seminar

**Prof. Jerald Podair**

Explore the 1963 assassination of President John F. Kennedy and its effects on American society. This seminar examines its influence on politics, race relations, media, foreign policy, and the rise of conspiracy theories, shaping widespread government distrust.

**March 21, 6:30-7:30 PM**

Warch Campus Center, Runkel Room, L4 | Seminar Price: \$60

# Lawrence at Night

## Meet the Instructors and Facilitators



### **Prof. Helen Boyd Kramer**

Helen Boyd is the author of *My Husband Betty* and *She's Not the Man I Married*, book chronicling contemporary crossdressing culture, relational gender, and her own marriage to a trans woman. She graduated Phi Beta Kappa with a degree in English and Masters in Writing from City College of New York. She is a prolific writer with many essays published in anthologies, journals, and magazines. Her commitment to the rights of women and the LGBTQ community is extensive. You can find her at [www.helenboydbooks.com](http://www.helenboydbooks.com).



### **Prof. Claire Chen**

Claire (Ching-Chia) Chen is the Mandarin Instructor at Lawrence University, dedicated to fostering language proficiency and cultural understanding. Through interactive lessons and engaging activities, she helps students connect with Mandarin Chinese and Chinese culture, creating an immersive learning experience that supports both language skills and global awareness.



### **Prof. Rachel Dyer**

Rachel L. Dyer, PhD is an Assistant Professor of Psychology at Lawrence University. Dr. Dyer is a counseling psychologist—both an academic researcher and a practicing mental health clinician. She earned her BS (Neurobiology, Psychology), MS (Counseling), and PhD (Counseling Psychology) from the University of Wisconsin-Madison.



### **Prof. Allison Fleshman**

Dr. Allison Fleshman, a physical chemist at Lawrence University, explores ion motion in ionic liquids for advanced battery applications and analyzes pigments in medieval manuscripts using Raman spectroscopy. She teaches Quantum Chemistry and Thermodynamics, sharing her passion for science. Outside academia, she co-owns McFleshman's Brewing Co. and enjoys yoga and cello.



### **Prof. Lori Hilt**

Lori Hilt is the Milwaukee-Downer College and College Endowment Association Professor of Liberal Studies and Chair of Psychology. Hilt's research involves understanding and preventing the development of psychopathology. She has recently developed a mindfulness-based intervention, the CARE app, to reduce rumination in adolescents and tested it in multiple clinical trials.



### **Prof. Danielle Joyner**

Dr. Danielle Joyner explores the intersections of medieval studies and art history, focusing on how medieval visual arts reflect cultural and environmental understandings. Author of *Painting the Hortus Deliciarum: Medieval Women, Wisdom, and Time* (2016), she teaches on topics spanning medieval to Islamic art, enriching students' insights into diverse artistic traditions.

# Lawrence at Night



## **Jill Manuel '84**

Jill Manuel '84, a Lawrence University Philosophy graduate, is an award-winning news executive and creator of TikTok's @jillthenewslady. Founder of JCat Group, Jill's storytelling expertise has earned her Peabody and Murrow awards. A dedicated alumna, she received the 2024 Gertrude Breithaupt Jupp Outstanding Service Award and holds an MA from Syracuse University.



## **Prof. Megan Pickett**

Megan Pickett is an associate professor and chair of the Physics Department at Lawrence University. She earned her BA in Physics from Cornell University and a PhD in Theoretical Astrophysics from Indiana University. After a National Research Council Fellowship at NASA's Ames Research Center, she taught at Valparaiso and Purdue Universities before joining Lawrence in 2006. Her research focuses on the origins of Solar Systems, black holes, and science pedagogy. A passionate advocate for preserving the night sky, she gave a TEDx talk in 2022 and is writing a biography of Manhattan Project scientist Elda Anderson the first woman to chair the physics department at Milwaukee Downer College.



## **Prof. Jerald Podair**

Jerald Podair is Professor of History and Robert S. French Professor of American Studies Emeritus at Lawrence University, where he has taught since 1998. He introduced the university's first course on the JFK assassination and is the author or editor of seven books, including *The Routledge History of the Twentieth-Century United States*. A two-time winner of Lawrence's Award for Excellence in Scholarship, he received the Allan Nevins Prize from the Society of American Historians. He is currently writing *Promised Lands*, to be published by Princeton University Press.



## **Prof. Kathy Privatt**

Kathy Privatt is a certified Alexander Movement Technique (AT) teacher, associate professor of theatre arts and the James G. and Ethel M. Barber Professor of Theatre and Drama. She received a Ph.D. from the University of Nebraska-Lincoln, specializing in 20th-century American theatre. Privatt is in her 25th year at Lawrence, teaching acting, AT, theatre literature and history, and directing departmental productions. She also teaches AT workshops and currently serves as Communications Co-Chair for Alexander Technique International.



## **Prof. Claudena Skran**

Claudena Skran is a Professor of Government and Chair of the Innovation & Entrepreneurship program. Her teaching emphasizes international politics, social entrepreneurship, and global issues. An expert on refugees, she has published extensively and founded KidsGive, a scholarship program in Sierra Leone. She also leads experiential learning trips worldwide.