

## Syllabus/Workshop Activities

### Critical Perspective: Understanding an Opinion That's Not Your Own

4 weeks online Wednesday PM

Facilitator: Joe Conner

April 30, 2024

1:00 – 3:00 PM Introduction to class by facilitator Dr. Joe Conner

- a. How does asking better questions impact your mental health & selfcare? The focusing questions are derived from Gary Keller's "The One Thing."
- b. What are the options that could have occurred if someone answered questions in a kind vs. a rude or snapped manner? What would the day be like if no action were taken after a stimulus (positive or negative)?
- c. AEO = assumptions, expectations, and observations.

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Homework – 30 minutes or less. Fill out your personal focusing question and email the form to Dr. Joe Conner by Saturday, May 4th, 2 pm.

May 7, 2024

1:00 – 3:00 PM review homework in class and discuss representative samples

- a. What are samples of the focusing questions?
- b. What are sample questions and their kind, rude or snap answers? Discuss the situations that could have occurred if someone answered questions in a particular way?

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Homework – 30 minutes or less. Email the filled-out form to Dr. Joe Conner by Saturday, May 11th, 2 pm. Pick a personal or current event topic of disagreement and apply the AEO tool. What did you learn about yourself and the other person?

May 14, 2024

1:00 – 3:00 PM review homework in class and discuss representative samples

- a. (HW) What are samples of a personal or current event topic of disagreement and applied AEO tool. Ask volunteers "What did you learn about yourself and the other person?" Discuss the outcome with the class and share their feedback.
- b. Discuss the interval between a stimulus and response; who controls what happens in this period?
- c. Discuss how an individual's experience may differ from someone with the

same sociodemographic background or age?

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□ Homework – 30 minutes or less. Email filled out form to Dr. Joe Conner by Saturday, May 18th, 2 pm. Pick one topic to explore:

1. Create a stimulus and response situation with a positive or negative impact on society or an individual.
2. Create a real or imagined personal experience or group experience with a definite perspective because one turned left or right at an intersection. What did you learn about yourself and the other person?

May 21, 2024

1:00 – 3:00 PM review homework in class and discuss representative samples and summarize the critical perspective and the diverse people around you

Consider this class as an invitational tool to increased collaboration in your sphere of influence. I ask you to look for partners to develop better and specific solutions to challenges that arise. This “Critical Perspective Workshop” is provided to increase your self-awareness. The new partners you encounter could be immensely helpful in developing in your strength as a person and/or leader in your family or community

Conclusion and class discussion

What did you learn? How did you apply the AEO system?