



THE UNIVERSITY OF ARIZONA  
COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES

## **COMMUNITY CLASSROOM**

### ***No Time for Nice: Kindness as a Force for Personal and Social Change***

Wednesdays 5:30 – 6:30 p.m.  
September 30, 2020 – October 28, 2020  
Instructor: Jeannette Maré, MA  
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#### **Course Description:**

If you want to engage more actively in your community for positive change, here is your opportunity! In this five-week course taught by Jeannette Maré, Founder of Ben's Bells in Tucson, participants will explore and evolve their understanding of kindness through readings, videos, and class discussions about fundamental concepts and common misconceptions of kindness. Using a social science lens, participants will engage their curiosity about the complexity of humans to identify their own barriers to kind action. Jeannette will provide the tools for participants to develop a thoughtful and detailed plan for putting their kind intentions into action, including plans for confronting their own misconceptions and fears so that their kind intention will be more likely to result in positive outcomes.

The course will include one-hour weekly synchronous sessions and one-hour weekly asynchronous sessions (blended online design for a total of two hours of instruction/week). Anyone who is committed to kindness and who wants to feel more confident in putting their kindness into action in their personal, professional, and community lives should consider taking this course.

#### **Instructor Bio:**

Jeannette Maré is a communication scholar, currently pursuing her PhD, who has been teaching kindness for over 20 years. Her world changed drastically after the sudden death of her son in 2002. In the incredible grief of losing Ben, the life-saving, world-changing power of kindness became her sole focus. With her heart broken open, she founded Ben's Bells, a nonprofit that inspires and teaches the intentional practice of kindness. Using social science, humor, and storytelling, Jeannette helps people learn the skills they need to put their kind intention into action to strengthen relationships and communities.

**Course Schedule:**

<b>Week</b>	<b>Date</b>	<b>Topics</b>	<b>Readings/Videos/Podcasts</b>
Week 1	9-30-20	-Introduction - Social science lens - Human connection: Survival of the kindest - Maslow’s hierarchy of needs	1. Murthy, V. (2020). <i>Together: The healing power of human connection in a sometimes lonely world</i> . Harper Collins: New York, NY. – Preface  2. <i>Hidden Brain</i> Podcast (49 minutes): <a href="https://www.npr.org/2020/04/20/838757183/a-social-prescription-why-human-connection-is-crucial-to-our-health">https://www.npr.org/2020/04/20/838757183/a-social-prescription-why-human-connection-is-crucial-to-our-health</a>
	Recorded session	- Vulnerability and voice - Cognitive capacity and keeping focus - Self-awareness: Meta-cognition, noticing confusion, resistance, and “ah has”	1. Smith, C. (2014). <i>The Danger of Silence</i> . TED.com (5 minutes): <a href="https://www.ted.com/talks/clint_smith_the_danger_of_silence?language=en">https://www.ted.com/talks/clint_smith_the_danger_of_silence?language=en</a>  2. Lorenz-Spreen, P., Monsted, B., Hovel, P. & Lehmann, S. (2019). Accelerating dynamics of collective attention. <i>Nature Communications</i> , 10, 1-9.
Week 2	10-7-20	- Definitions: Kindness, empathy, compassion - Social ecological model - Exploring misconceptions: Kind vs. nice and the negative side of positivity	1. Zaki, J. (2019). <i>The War for Kindness: Building Empathy in a Fractured World</i> . Crown: New York, NY. – Introduction  2. T. Russell: <a href="https://www.self.com/story/toxic-positivity-racism-protests">https://www.self.com/story/toxic-positivity-racism-protests</a>
	Recorded session	- Uncertainty - Getting uncomfortable - Intentionality: Starting your plan	1. <i>Hidden Brain</i> Podcast (55 minutes): <a href="https://www.npr.org/2020/06/05/870352402/playing-favorites-when-kindness-toward-some-means-callousness-toward-others">https://www.npr.org/2020/06/05/870352402/playing-favorites-when-kindness-toward-some-means-callousness-toward-others</a>  2. <i>Terrible, Thanks for Asking</i> Podcast (50 minutes): <a href="https://www.tfa.org/episode/2020/05/05/life-after-certainty">https://www.tfa.org/episode/2020/05/05/life-after-certainty</a>
Week 3	10-14-20	- Exploring misconceptions: Intent vs. impact - What motivates kindness? - The power of words: Microaggressions/macroaggressions	1. Torino, G., Rivera, D., Capodilupo, C., Nadal, K., & Wing Sue, D. (2019). Everything you wanted to know about microaggressions but didn’t get a chance to ask. In G. Torino, D. Rivera, C. Capodilupo, K. Nadal, & D. Wing Sue (Eds.), <i>Microaggression theory: Influence and implications</i> (pp. 3-15). Wiley.
	Recorded session	- Ring theory - Verbal person centeredness (VPC) - Self-awareness: Resistance and defensiveness	1. Ring theory (S. Silk & B. Goldman): <a href="https://www.latimes.com/opinion/op-ed/la-xpm-2013-apr-07-la-oe-0407-silk-ring-theory-20130407-story.html">https://www.latimes.com/opinion/op-ed/la-xpm-2013-apr-07-la-oe-0407-silk-ring-theory-20130407-story.html</a>

		- Intentionality: Planning	2. High, A., & Dillard, J. (2012). A Review and Meta-Analysis of Person-Centered Messages and Social Support Outcomes, <i>Communication Studies</i> , 63:1, 99-118.
Week 4	10-21-20	- Exploring misconceptions: Who benefits from kindness? - The kindness-wellness cycle - Solidarity over charity	1. Ballatt, J., Campling, P., & Maloney, C. (2020). <i>Intelligent kindness: Rehabilitating the welfare state</i> . Cambridge University Press. – Chapter 2
	Recorded session	- Empathy bias and empathic effort - Self-awareness: Mindfulness - Intentionality: Planning	
Week 5	10-28-20	- Self-kindness	1. Kristin Neff TEDx Talk (19 minutes): The difference between self-compassion and self-esteem: <a href="https://self-compassion.org/">https://self-compassion.org/</a>
	Recorded session	- Self-awareness: Reframing thoughts - Intentionality: Finalizing your plan	