



Logo by Melanie R, MDP Alum

Discovery Program Online 2020-2021: How can we create community and learn together from afar? Each month will include a list of things to do, try, and take in - all in a safe, physically distant manner.

Many thanks to our community of alumni who have helped bring this course to life!

Course Structure

Each month of the winter includes a theme and the following self-directed, self-paced content:

- 1+ Discovery program video or lecture
- A scheduled Zoom discussion group or drop-in time
- An art prompt for a 2021 course Zine
- Additional activities in the community to watch, listen, see, and do.

September

- The history of the Discovery Program with Dr. Daniel Coleman, Dr. Jean Wilson, Jeanette Eby (moderated by Melissa Ricci)
 - Video link: <https://youtu.be/n07IB0P16lw>

October

- Diversity & Resilience with Dr. Anju Joshi & Celeste Licorish
 - Part A: <https://youtu.be/rHxr2HwBAAA>
 - Part B: <https://youtu.be/urpAWTunaqE>

November

- Water with Dr. Kim Dej
 - https://www.macvideo.ca/media/Discovery+Program+%28slides+only%29+November+2020/1_y1ap56b1

January: Where we've been & the stories we tell

- **Discovery Program Video:** A history of Hamilton through stories, with Jess Gut & Sydney Potts (MDP SST Alumni). [Link here.](#)
- **Art Prompt:** “To me, history means...”

Additional Resources:

- **Watch:**
 - 1946 Promotional video of Hamilton
 - <https://www.youtube.com/watch?v=e64Dy0nZJZg>
 - My City, My Voice feat Hamilton Youth Poets:
 - <https://www.youtube.com/watch?v=eEigUMLNkrk>
- **Look**
 - Jess's StoryMap of Hamilton
 - <https://arcg.is/1yCz9j1>
 - Hamilton Public Library digital archives:
 - <https://lha.hpl.ca/online-image-collections>
 - Native Land: learn about the land you inhabit, its history, and how we can work for a better future
 - <https://native-land.ca/>
 - Learn more: <https://native-land.ca/resources/teachers-guide/>
- **Listen**
 - HPL poems from home series (I suggest starting with Sue Lee!)
 - <https://www.youtube.com/watch?v=ONUwuyck5Ec>
- **Read**
 - Jess's list of Hamilton in Text
 - [List here](#)
 - Hamilton Arts & Letters Magazine (featuring a piece by Daniel Coleman!)
 - <https://halmagazine.wordpress.com/the-latest-issue/>
 - Timeline of music history in Hamilton:
 - <https://stories.thespec.io/2015/03/06/hamilton-music-through-the-ages/>
- **Do**
 - Submit a story to the Hamilton COVID story archive:
<http://www.hamiltonstories.ca/covid-19>
 - Attend an online event through the Centre for Community Engaged Narrative Arts: <https://ccena.ca/events/upcoming-events/>

February: Ready, steady: Resilience & Mental Health

- **Discovery Program Zoom Class: Mindfulness with Dr. Anju Joshi**
 - **Description:** Extensive research has documented that practicing mindfulness can help to reduce anxiety and stress. In this session, we will explore how mindfulness can help you be more resilient and experience more contentment and peace in your daily life. A variety of approaches to practicing mindfulness will be shared during the discussion. You will also have the opportunity to participate in a few gentle breath awareness techniques so you can choose something to benefit you personally. (Synchronous class, not recorded)
- **Video Lecture:** Interview with author John Terpstra, Jess Gut & Sydney Potts (SST Alumni): [Link here.](#)
- **Art Prompt:** “To me, resilience is...”

Additional Resources:

- **Look:**
 - Resources for mental well-being during COVID: CMHA
 - <https://cmhahamilton.ca/wp-content/uploads/2020/04/Online-Resources-for-Mental-Wellness-and-Social-Connection.pdf>
- **Listen:**
 - Mindfulness and relaxation tools, McMaster Student Wellness:
 - <https://wellness.mcmaster.ca/topics/mindfulness-and-relaxation/>
- **Read:**
 - Canadian Mental Health Association: Mindfulness
 - <https://cmha.ca/documents/mindfulness>
 - Supporting a friend during a mental health crisis:
 - <https://www.npr.org/sections/health-shots/2019/04/20/707686101/how-to-help-someone-at-risk-of-suicide>
- **Do**
 - Hamilton Public Library things to do at home: <https://www.hpl.ca/at-home>
 - Attend an online event through the Centre for Community Engaged Narrative Arts: <https://ccena.ca/events/upcoming-events/>

March: Activism, Community, & the Future We Want

- **Discovery Program Zoom Drop-in:** COVID & Campus with Dr. Kim Dej, end-of-term wrap-up
- **Video Lecture:** Community & Activism panel with Gilchrist, Pauline, & Sheila, MDP Alumni
 - https://www.macvideo.ca/media/Discovery+Program+PanelA+Community+%26+Future/1_5aa1achc
- **Art Prompt:** “My dream for my community is...”

Additional Resources:

- **Watch:**
 - Fixing a broken economy:
 - <https://www.tvo.org/video/fixing-a-broken-economic-system>
 - Planning for climate action in Hamilton:
 - <https://www.tvo.org/video/planning-for-climate-action-in-hamilton>
- **Look**
 - Anne Foster Window’s Program (in the window of the Lister Block), or online at <https://www.youtube.com/watch?v=AH53P2u8v30>
 - Universal Basic Income Visualizer:
<https://basicincome.stanford.edu/research/ubi-visualization/>
- **Read:**
 - 15 ways to plan for our post-COVID future:
 - <https://www.ctvnews.ca/health/coronavirus/new-normal-15-ways-cities-can-emerge-better-than-ever-after-covid-19-1.5123283>
 - TVO: Using wastewater to track COVID-19:
 - <https://www.tvo.org/article/sleuthing-in-sewage-to-track-down-covid-19>
- **Do:**
 - Provide input on Hamilton projects at <https://engage.hamilton.ca/> and <https://www.citylabhamilton.com/>
 - Ways to support the Black community in Hamilton & worldwide:
<https://www.iheartradio.ca/k-lite/ways-you-can-support-the-black-community-in-hamilton-and-worldwide-1.12642807>