

## **The Artfully Extended Mind**

Honors 2870

Mondays & Wednesday, in Three Sections:

Section 001: 11:50am-1:10pm

Section 002: 1:25pm-2:45pm

Section 003: 3:00pm-4:20pm

Meets in the Marriott Honors Community Building's *Big Ideas Room* (MHC 1205)

### **Course Description**

*Where does the mind stop and the rest of the world begin?*

This intriguing question is central to **The Artfully Extended Mind**, which will explore how “thinking outside the brain” can enrich our lives and illuminate our imaginations. Based on recent research in psychology and cognitive science, students will think with their bodies, their surroundings and their relationships. You will extend your minds and develop your thinking facility in a series of experiential hands-on arts workshops (drawing, sculpture, photography, music, songwriting, poetry, improvisational acting, dance, performance art, etc.). Orchestration of these artistic and cognitive experiences will develop your capacities to focus attention, resist distraction, develop verbal fluency and cognitive flexibility, enhance problem-solving and decision-making abilities, and increase long-term memory for what is learned. And to fully and deeply engage your mind and heart, you will also practice mindfulness, be creative and have fun!

Central text:

*The Extended Mind: The Power of Thinking Outside the Brain*, by Anne Murphy Paul, 2021

Other assigned readings, videos and films on neuroscience, cognition and the arts (such as Tversky, Dewey, Greene, Gardner, Arnheim, Eisner, etc.) will provide a theoretical and scientific basis for the course.

### **About your professor, Phillip Bimstein:**

I grew up in Chicago, studied classical music at Chicago Conservatory, then led a precarious double life dashing between the encyclopedia business by day and a punk rock band by night. But I fell in love with the red rocks of southern Utah, so I left behind MTV to hike (and live) in Springdale, the gateway to Zion National Park. My new neighbors forgave my punkish ways and twice elected me mayor. After noticing significant and useful similarities between musical and political processes, I cooked up the **Composing a Community** course for the Honors College.

As a composer, professor and former mayor, I am deeply interested in integrative interdisciplinary analogies and insights. Students seek, discover, study and apply such analogies in my current Honors courses: **Composing a Community** (relationships between music, dialog and community) and **Radical Quiet** (quiet and slow ways of looking, living and learning). And, as a certified mindfulness teacher, I integrally incorporate regular meditative practice in my classes and assignments.