

Short Courses for First Semester 2022

(14 Feb to 17 June)

These are courses which are shorter (one to three sessions) or one-off sessions, and were not included in our usual Semester One brochure.

Please book for courses in the normal way by advising our Administration staff in the Office that you wish to attend. Phone 6383 1113 on Monday between 12:30 pm and 4:00pm, or email tamarvalleyu3a@gmail.com

All welcome!!

Mark the dates in your diaries!! (Covid guidelines will apply).

“Know yourself” Short Course

Through the science of psychology, we have a greater understanding of ourselves and others, why we are the way we are, and why we behave the way that we do. From that understanding, we can develop new ways of doing things that improve the quality of our lives.

In the introductory “Talk”, on Thursday 28 April at the Hub, we will learn how personality, social influences, and learning all influence our behaviour and the behaviour of others. This understanding will help participants to better understand their day-to-day experiences, why they feel and behave the way that they do, and how these things affect the behaviour of others toward them.

In the short course of workshops that follow on from the talk, we will explore personality, ways of thinking, social influences, and learned behaviours more deeply. During the workshops, we will use some fun basic “tests” to help participants discover more about themselves to better understand their emotions and social interactions. The workshops will be run at the **Exeter Wine Centre from 2.00pm till 4.00pm on Wednesday afternoons from 4 May till 1 June 2022.**

Dr Merrilyn Hooley PhD, BA(Psych)(Hons), DipAppSc(Dental Therapy), GCHE

Merrilyn is an academic psychologist recently retired from the School of Psychology, Deakin University, Melbourne. She has developed and taught psychology courses for undergraduate students, and continues to supervise higher level students in their research. Her current research area is autism, and how we might improve the quality of life for autistic adolescents as they transition to adulthood. Her other interests include learning how to retire, setting up a garden, and settling in to an exciting new life here in Tasmania!

“Australian Literature” Short Course

This course will run for 3 sessions, on a fortnightly basis, at the Tresca venue in Exeter. Dates are **14 April, 28 April, and 12 May**. Times for sessions are: **9.30 am till 11.15 with a coffee break**.

Australia has a great tradition in writing stories. Some of our most famous writers started writing for publications such as the Bulletin or newspapers, others for bush audiences through small local papers.

As we investigate Australian writers, we will compare, contrast and debate the merits of the genre, different styles, contexts and impacts as we learn something of this wonderful tradition. It won't be a historical, chronological tour through the Oz Lit landscape, but it will look at the quirky, the unique, the famous, the infamous, the challenging and the brilliant. A little bit of pre-reading will be provided for each session. We will use short stories, excerpts from novels and some poetry to keep reading to a minimum. The sessions will also look at some Tasmanian writers, and what influences them compared to those from the Mainland. Hopefully there will be laughter, and perhaps some tears – we really are blessed with the prowess of our writers.

Debra Cushion

Born in Hobart longer ago than she cares to think about, Debra moved to the North Island for work and tertiary studies. She studied at Macquarie University (Sydney) and the Australian National University (Canberra) for a degree in English Literature and Politics (the connections between these two are far stronger than might at first appear).

Her interest in Australian literature (Oz Lit) at Macquarie University, where she was exposed to some fascinating and challenging works and guest speakers, including Thea Astley and Glenda Adams; and at ANU to speakers such as A D Hope, and a great tutor!

“On Our Watch: Community Wildlife Watch and Rescue” – One session only

A Wild life Rescue information session will be presented **at Tresca in Exeter on Thursday 31 March from 10:00am till 12 noon**, showing people how to check roadkill for Joeys, to save the young ones. This session gives basic instructions at all learning levels. The Tutor is Yolande Szekfy, who runs “Yolly’s Wildlife Rescue” (see her FB page). After the course if participants are keen to follow through and help they will be supplied with a Rescue Kit for the price of some apples 🍏 carrots or sweet potato. Yolly 0474 278 746. (This session will be repeated in August as a “Talk” at the Hub).

“Talks” at the Hub

The brochure refers to some “Short Talks” happening on the last Thursday of each month. We changed this plan last year, so now the “Talks” happen just **4 times each year**, and are advertised widely to try and encourage new members of U3A. The “Hub” is the Council meeting venue in Exeter. Anne Brelsford is the main co-ordinator of the Talks, and can be reached on 0402 582 402.

The talks for 2022 are as follows:

<p>Thursday 28 April, 1:00pm till 3:00pm</p>	<p>Merrilyn Hooley “Know Yourself”</p> <p>In the introductory “Talk”, on Thursday 28 April at the Hub, we will learn how personality, social influences, and learning all influence our behaviour and the behaviour of others. This understanding will help participants to better understand their day-to-day experiences, why they feel and behave the way that they do, and how these things affect the behaviour of others toward them.</p>
<p>Thursday 16 June, 1:00pm till 3:00pm</p>	<p>Island Project Speaker on “Preventing Dementia” and on the research project work in Tasmania.</p>
<p>Thursday 18 August, 1:00pm till 3:00pm</p>	<p>“On Our Watch: Community Wildlife Watch and Rescue” with Yolande Szekfy.</p> <p>A Wild life Rescue information session will be presented showing people how to check roadkill for Joeys, to save the young ones. This session gives basic instructions at all learning levels. The Tutor is Yolande Szekfy, who runs “Yolly’s Wildlife Rescue” (see her FB page). After the course if participants are keen to follow through and help they will be supplied with a Rescue Kit for the price of some apples 🍏 carrots or sweet potato. Yolly 0474 278 746.</p>
<p>Thursday 20 October, 1:00pm till 3:00pm.</p>	<p>TO BE ADVISED</p>