Ottawa Mission

35 Waller Street

Ottawa, Ontario

K1N 7G4

December 18th, 2017

Dear Potential Applicant,

Thank you kindly for your interest in Discovery University (DU). The Ottawa Mission and its partner agencies are very excited to present three free university-level courses for the Winter 2018 Term. The courses for Winter 2018 are:

 1. *Leadership Studies* taught by Claire Delisle of the University of Ottawa*,*

 2. *The Psychology of Performance* taught by Matthew Sorley of Carleton University*, and*

 3. *Letters from Winters of Yesteryear* taught by Clinton Archibald of St. Paul University*;*

**Please note that, in order to attend Discovery University, applicants must be experiencing homelessness or living on a low income, be over 18 years of age, have a willingness to learn and have stable mental health and addictions under control.**

The Ottawa Mission is currently accepting applications to all of the above mentioned courses. Attached, please find three documents (application form, student guidelines and questionnaire) which must be filled out completely and returned by email, mail or fax to the Ottawa Mission by **Friday January 12th 2018 at the latest.** Following this letter you will also find important course information and descriptions.

***You may also complete this application online. Please visit https://ottawamission.com for a link to the application form.*** If you are filling out the application online, you will be required to sign a hard copy of the Student Guidelines on your first day of class.

If you require any other information, please do not hesitate to contact the Ottawa Mission.

Best wishes,



Aneesha Sidhu

Program Coordinator, Discovery University

Ottawa Mission

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**Description of “Introduction to Leadership Studies”:**

Leadership affects everyone. It is present in all our lives. In this class, students will explore different ways of understanding leadership. James McGregor Burns first published his major text *Leadership* in 1978, and since that time, the field of Leadership Studies has become a discipline of its own. With over 250 Leadership Studies in the US and half a dozen in Canada, the study of leadership has become a vibrant and ever evolving field of study. Students will look at different ways to approach the study of leadership and explore its relational, transformational, situational, social identity, collective, charismatic, emotional and ethical dimensions. A lecture format will be used with video clips to highlight issues, and class discussion to deepen the understanding of leadership and what styles and approaches make it effective. Real-life situations will be drawn upon of different leaders in order to excavate different theories of leadership and examine some of the challenges of being a “leader”. Leadership will also be thought about and how it is practiced in different settings and in everyday life. Discussions around toxic leadership as well as examining the role of emotions in leading will take place. A dialogical approach will be used in which students are provided with a space to share, and are invited to contribute to knowledge discovery by bringing their experiences and ideas to bear on the subject under discussion.

**About the Instructor:**

Claire Delisle has been an activist since her teens. She has been involved in trade union politics, international support for Irish republicans and the peace process, and anti-prison struggle. Her doctoral dissertation examined the impact of prisoner resistance among Irish republicans on the leadership development of the IRA and Sinn Fein. Since graduating in 2012, Claire teaches criminology and sociology at the University of Ottawa. Currently she is researching statelessness in Canada in partnership with the Canadian Centre on Statelessness and OPIRG—Ottawa. Claire’s PhD research examined the connection between prisoner resistance and leadership development in the Irish Republican Movement. She has therefore studied this topic in depth and has specialized knowledge about leadership theory. In addition, she has been in leadership positions at an executive level, and has trained others in leadership.

**Course Times:**

The course will be held each Friday at the University of Ottawa in Simard Hall, room 422 from 12:00-2:00 pm from January 26th to March 30th 2018. Weekly discussion group sessions will take place each Wednesday at TBD location from January 31st to March 28th 2018. A light supper will be offered at 6:30pm before the tutorial sessions with the discussions running from 7:00-8:30pm.

**Description of “The Psychology of Performance”:**

Psychology can help us understand how high-level performers reach the top of their profession. This course considers how psychological factors influence outcomes across sport, exercise, and other performance environments. A focus is placed on understanding how successful performers create conditions that bring themselves closer to realizing their potential. Topics include self-confidence, goal-setting, imagery, arousal regulation, coaching and leadership, and team dynamics. We’ll also examine the psychological characteristics of peak performance, how athletes experience and recover from injuries, and how participation influences physical and mental health. Readings will strike a balance between theory, research, and application. After completing the course, students will leave with a deeper understanding of performance excellence.

**About the Instructor:**

Matthew Sorley is an Instructor and the Experiential Learning Chair with the Department of Psychology at Carleton University. Over his 20-year career he has taught nearly 80 classes and created numerous courses including *Sport and Performance Psychology*, which is available in both face-to-face and online formats. He has earned a Carleton University Teaching Achievement Award and the Carleton Professional Achievement Award for his dedication to students and the promotion of community in his courses. Prior to his work at Carleton, he served as an Instructor with the Crisis Management and Human Psychology Program at Algonquin College, the Training Coordinator and a Crisis Intervention Team Leader for a 24-hour crisis hotline, and was a member of the Ottawa Post-Suicide Interagency Debriefing Team. Prior to entering the field of psychology, he completed a law degree. Early considered career options included Spiderman and drummer for the rock band Journey. In other news, he enjoys 80s music and the Toronto Blue Jays.

**Course Times:**

The course will be held each Friday at the University of Ottawa in Simard Hall, room 427 from 9:30-11:30 am from January 26th to March 30th 2018. Weekly discussion group sessions will take place each Wednesday at TBD location from January 31st to March 28th 2018. A light supper will be offered at 6:30pm before the tutorial sessions with the discussions running from 7:00-8:30pm.

**Description of “Letters from Winters of Yesteryear”**

This special winter course will provide students an opportunity to be exposed to some important speeches/deeds/actions of major public figures. Students – as equal partners with the professor – will have a rare occasion to think and talk about the impact those figures have had on our lives. In order to succeed, each student will have to:

* Read each week a short text on one of the eight selected figures;
* Analyse the main facts about the person’s life, his/her accomplishments and the relevance he/she has nowadays on our perceptions, behaviours or thoughts;
* Think about the potential choices offered to all concerned to solve the mystery of their aura, gauge the conflict opposing those who believe and those who do not that each one of the personalities’ relevance is of the outmost importance, to share with other participants some ideas that are raised publicly (and some that are not raised) about these 8 major figures of our times.

**About the Instructor**

Professor Archibald has taught Public Policy and Governance at the University of Ottawa, for thirty years (1975-2005). He then taught Public Ethics at Saint Paul University, for seven years (2006-2013). He now teaches Ethics and Social Responsibility at the Université du Québec in the Outaouais (UQO). He is also as regular political commentator on radio and television stations, both in Ontario and Québec. This will be his second course at Discovery University/Ottawa Mission (the first one took place in 2010). He has been referred to as one of the most popular Profs in the yearly rankings of Canadian universities, in Maclean's magazine, over the years.

**Course Times:**

The course will be held each Friday at the University of Ottawa in Simard Hall, room 227 from 2:30-4:30 pm from January 26th to March 30th 2018. Weekly discussion group sessions will take place each Wednesday at TBD location from January 31st to March 28th 2018. A light supper will be offered at 6:30pm before the tutorial sessions with the discussions running from 7:00-8:30pm