

# OLLI ❄️ WINTERSESSION ❄️ 2018

## Lecture Series: Your Brain ~ Thinking & Feeling Modes

Led by Dr. Joni Samples

**4 Workshops:** Wednesdays, January 3, 10, 17 & 24  
1–2:30 p.m. | Bradley 2 in Craig Student Living  
**Fee:** \$10 per session or \$35 for the series of 4



### Special Invitation to Brain Circle!

Every first Monday of the month, from 4:30–6:00 at the Center for Spiritual Living, 14 Hillary Lane, a group meets just to talk about and ask question about how the brain works. It's informal and interactive. Dr. Joni brings a topic, but that doesn't mean we stick to it! It's informational and fun. **Join in on Monday, Jan. 1.** No fee to attend. Donations accepted.

In this four-session series, we'll look at how early conditioning shapes our habits and how these habits make it difficult to change and stay positive. We'll explore how resistance to change is connected to our desire to be safe and to survive, and how our feelings mirror this primal impulse. In our final meeting, you'll discover ways to detach from some of the thoughts that drive you, and we'll explore new ways of thinking to help you stay positive and feel good.

*See session descriptions on reverse.*



Web: [olli.csuchico.edu](http://olli.csuchico.edu) • Phone: 530-898-6679 • E-mail: [olli@csuchico.edu](mailto:olli@csuchico.edu)

## Osher Lifelong Learning Institute at CSU, Chico

WINTERSESSION 2018 LECTURE SERIES

### Sign Me Up for Your Brain~ Thinking & Feeling Modes!

Online registration available at [olli.csuchico.edu](http://olli.csuchico.edu)

January 3 \$10     January 17 \$10  
 January 10 \$10     January 24 \$10  
 Series of 4 \$35    **Total: \$** \_\_\_\_\_

Name(s): \_\_\_\_\_

Full Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Payment:  Check payable to CSU, Chico Research Foundation     Charge My Credit Card \$ \_\_\_\_\_

VISA/MC Card #: \_\_\_\_\_

Exp. \_\_\_\_\_ 3-Digit Card Security Code: \_\_\_\_\_

You may bring form and/or payment with you to your first class, or you can mail it to the OLLI office.

**Mail to:** Osher Lifelong Learning Institute  
California State University, Chico  
400 W. 1st Street  
Chico, CA 95929-0792

Please make sure to include 4-digit zip code extension!



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4 Workshops: Wednesdays, January 3, 10, 17 & 24

**Jan. 3: Your Brain and the Areas Identified With Thinking and Feeling** ~ Where do you spend most of your thinking time? How does that thinking make you feel? Did you know that 98% of what you think is habit and 80% is negative? There's a part of your brain that wants you to stay safe and survive. That's why it's hard to change. How do you overcome this to think differently?

**Jan. 10: Your Brain in Feeling Mode** ~ Two almond-shaped parts of your brain work day and night to keep you safe and ensure your survival. We'll explore how that works, how most of your reactions come from memories and conditioning (especially in your early years), and what effects that conditioning has on you now.

**Jan. 17: Your Brain in Thought Mode** ~ Your pre-frontal cortex is where you do a lot of evaluating and decision making. What do you think about when making decisions? How were you conditioned to think? We want to look at how you were conditioned from about age 8 to the time you became an adult. Then we explore unexpected aspects of thinking that arise today. Has anything changed? How can YOU change your thinking?

**Jan. 24: Getting Beyond Thinking & Feeling to Another Space** ~ This is where we began to look at how you think and feel and how it is affected by early conditioning. We'll explore your safe place to look at your thoughts and then learn how to detach from the thoughts that have driven you and ask what other possibilities there are. Did you know there were other options? Most of us don't so let's see if we can find them in this class.



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