In this five-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. Each lecture will focus on a specific period of brain development and the neurophysiological changes that affect the way a person feels, thinks, and behaves. 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.

Class 1 – Jan. 7: Brain Development (Ages 0-8)
~ Human babies are born very dependent on their parents. They undergo huge brain development, growth, and neuron pruning in the first two years of life. In this first class, we’ll talk about how bonding and resiliency affect brain development and what you can do for yourself, your children, and your grandchildren to nurture self-confidence.

Class 2 – Jan. 14: Adolescent & Teenage Years (Ages 9-25)
~ 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.

Class 3 – Jan. 21: Your Brain as an Adult
~ 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?

Class 4 – Jan. 28: The Potential for Lifelong Brain Development
~ 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.

Class 5 – Feb. 4: Affecting Positive Change in Your Brain
~ Research shows that being happy matters more to your brain than you might think. Your brain offers rewards to steer you on a pathway to happiness, and you can offer your brain rewards that will encourage it to become even more finely tuned and to grow well into your old age. We’ll take a look at the brain physiology at play here, and we will practice the brain-building exercises accumulated over the course of this five week series.

Register online at olli.csuchico.edu or call the OLLI Office at 530-898-6679

Web: olli.csuchico.edu • Phone: 530-898-6679 • E-mail: olli@csuchico.edu

Osher Lifelong Learning Institute at CSU, Chico
Sketchbook Basics in Watercolor, Pen & Ink
~ A 2-Part Travel Sketch Workshop

Led by Artist Suhita Shirodkar

Wednesday, January 22 & Thursday, January 23
9 a.m.–4 p.m. | Bradley 1 Classroom at The Social Chico

Fee: $215 per person for both all-day sessions (15 students max)

Traveling sketch artist, teacher, and blogger Suhita Shirodkar is coming to Chico on the invitation of OLLI artist and Peer Leader Marvey Mueller. This two-part workshop on “Sketchbook Basics in Watercolor, Pen & Ink” is a critical learning opportunity for all watercolorists, even if you don’t keep a sketchbook. The artist’s body of work varies widely in subject, but it all ties back to a single, underlying aim: to view (and to capture) the world around her with a fresh eye. Suhita is a freelance illustrator and teacher who travels all over the world teaching with Urban Sketchers. Her fluid style and intensity of color bring all her subjects to life.

Register online at olli.csuchico.edu
or call the OLLI Office at 530-898-6679

Learn more about Wintersession at the

OLLI Spring Class Preview!

Thursday, January 9
10 a.m.–Noon, Manzanita Place
1705 Manzanita Avenue, Chico