

Winona State University Retiree Center

FALL 2024



<http://www.winona.edu/retiree/senioruni.asp>

For further program information, please call 507.457.5565

## WHAT IS SENIOR UNIVERSITY?

Senior University WSU is a program of the Winona State University Retiree Center. Senior University is a peer-led set of short courses taught by professor emeriti, WSU faculty and topic experts to provide intellectual and cultural stimulation and growth, thus providing opportunities for lifelong learning and leadership, combined with the fellowship of peers sharing a common quest for continued growth. These are non-credit classes, held one day per week during a 4-6 week term with no tests and no grades.

Senior U is open to retirees and adult learners in the community.

Registration for Senior University courses is required.

If a Senior University course has to be cancelled, you will receive a full refund. Please see the full cancellation policy along with the [course registration link](#) and instructions on [page 11](#) of this booklet.

**SENIOR UNIVERSITY CURRICULUM COMMITTEE:**  
**Jim Bromeland, Rill Reuter, Jim Reynolds, Richard Shields**

Retiree Center Director, Jessica Kauphusman

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# Senior University Classes

## FALL 2024

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*Spring Birding - Spring 2013*

# Selected Multimedia History Presentations

**Instructor: Gene Pelowski**

**Day: Mondays**

**Time: 1:00-2:30 p.m.**

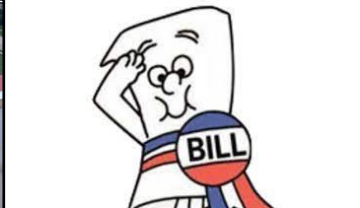
**Sessions: September 9, 16, 23, 30**

**Course Fee: \$40.00**

**Room: Maxwell 283**

This course will be a series of multimedia presentations with topics including the 100th anniversary of the discovery of the tomb of Tutankhamun, the restoration of Minnesota's State Capitol building, the history of how Minnesota has dealt with natural disasters, and a review of the attempts to reform Minnesota's legislative process. The use of music, art, literature, politics, and architecture will permeate each study. Artifacts will be used to illustrate each topic during the presentation of the material.

Gene Pelowski taught Advanced World History and Advanced American Government at Winona Area Public Schools for 37 years. He also acted as the school's debate coach and Model Legislature Advisor during those years. He has acted as a State Representative in the MN House of Representatives for the past 38 years.



# Senior U Lite Tech Trends for Senior Learners: Exploring Virtual Reality, Artificial Intelligence, and More

**Instructor: Toby Schmidt**

**Day: Thursday**

**Time: 5:00-8:00 p.m.**

**Sessions: September 12**

**Course Fee: \$15.00**

**Room: Stark 103 Auditorium**

This Senior U Lite course is designed for senior learners eager to stay abreast of the latest advancements in information technology. Over the span of a single evening, participants will embark on an immersive journey into the realms of virtual reality, artificial intelligence, passwordless entry, and other cutting-edge topics. Through lecture, interactive demonstration, and practical examples, participants will gain valuable insights into how these technologies are revolutionizing various aspects of daily life. By the end of the three-hour session, attendees will emerge equipped with newfound knowledge and a deeper appreciation for the role of technology in shaping the world around them.

Toby Schmidt has a Bachelor's degree focused on Business Administration and a Master's in Educational Leadership. With multiple Information Technology (IT) acronyms subsequently earned, his past 25 years have been invested in building enterprise IT infrastructure and securing them from being used inappropriately.



# Yes, You Can Write a One-Act Play!

**Instructor: Kathy Peterson**

**Day: Tuesdays**

**Time: 1:00-2:30 p.m.**

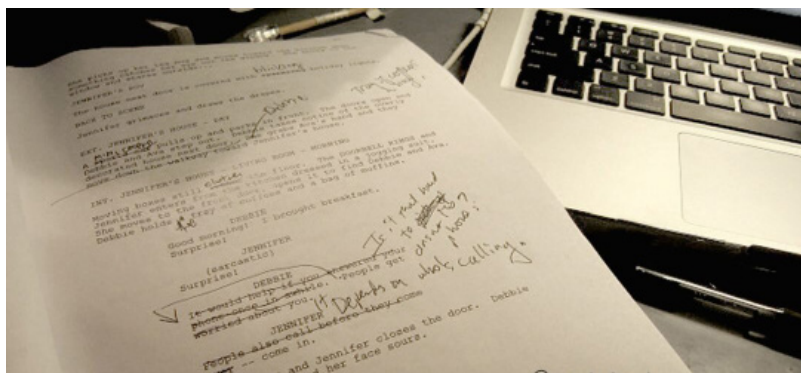
**Sessions: September 17, 24, October 1, 8, 15**

**Course Fee: \$40.00**

**Room: Maxwell 158**

Embark on a creative journey into the realm of dramatic storytelling. Over the first four weeks of this course, each participant will write a one-act play, using the guidelines provided by the instructor. Utilizing collaborative, supportive group critique methods everyone's work will be read aloud. The goals of group discussions are to give encouragement and positive energy for every person's writing. On the last day of the class we will do "a table read" of each play with character assignments. Whether you're a seasoned writer looking to explore a new format or a novice eager to begin your creative journey, this class will provide the perfect platform to unleash your storytelling prowess and bring your theatrical visions to life. Join us and discover the power of the one-act play format!

Kathy Peterson is a published novelist and regional playwright who has had numerous one-act and full length plays produced in southeast Minnesota. She has a Bachelor of Arts in 20th Century History and holds an M.A. in English Literature.



# Senior U Lite

## The WSU Arboretum:

### More than Just Trees

**Instructor: Melanie Reap**

**Day: Fridays**

**Time: 1:00-3:00 p.m.**

**Sessions: October 4, 11**

**Course Fee: \$20.00**

**Room: Maxwell 287 (1st class period only)**

Winona State University's campus is a designated arboretum with specimen trees of all native Minnesota species. This course will explore what an arboretum is, how we plan for a changing future, and look closely at the trees of our campus. The first class period will be a lecture format and the second class period will be an outdoor exploration of the beautiful WSU arboretum at or near the peak of fall color.

Dr. Reap has degrees in Horticulture and Agricultural Science from Texas A&M and a PhD in Science Education from the University of Oklahoma. She has been on the WSU Arboretum Committee since its inception and worked on getting the Tree Campus USA designation for WSU. She is also a certified facilitator for Project Learning Tree, a national program for forest education.



# Achieving Successful Aging: Your How-To Guide!

**Instructor: Trisha Karr**

**Day: Mondays**

**Time: 2:00-3:30 p.m.**

**Sessions: October 14, 21, November 4, 18, 25 (no class on 10/28 or 11/11)**

**Course Fee: \$40.00**

**Room: Maxwell 257**

Recent perspectives in the field of psychology have shifted to acknowledge both advantages and disadvantages about aging. So how can we expand on our positive attributes to age well? Through discussions of research and real-world experiences, class participants will identify biological, psychological, and social factors of the aging process. Lastly, participants will apply course content to develop an action plan to achieve successful aging.

Trisha Karr holds a Master's degree in Clinical Psychology and a PhD in Developmental Psychology. From this educational background, her main area of scholarly interest includes quality of life in aging. Given this interest, she teaches courses such as Health Psychology and Adult Development & Aging. She especially enjoys conversations to brainstorm strategies to support development in adulthood and to counter the harmful effects of ageism.





# Election 2024: Democracy Challenged

**Instructor: Jim Bromeland**

**Day: Thursdays**

**Time: 2:30-4:00 p.m.**

**Sessions: October 17, 24, 31, November 7, 14**

**Course Fee: \$40.00**

**Room: Maxwell 283**

Both leading candidates for president have claimed that the other candidate poses a threat to democracy. But how committed are Americans to democracy? A significant number of Americans have indicated support for authoritarian leaders, have been unwilling to accept election results, and would support using violence to advance political goals. This class will analyze the 2024 elections within the context of that question. Globally, democracy seems to be viewed with increasing skepticism and authoritarian leaders have risen to power. Will this be the case in the U. S. or will the election indicate a renewed support for the basic tenets of democracy?

Jim Bromeland taught political science at WSU for 35 years specializing in American politics. Since retiring, he has taught a Senior University class on the election each election cycle.



# SENIOR UNIVERSITY FALL 2024

**Registration for courses is primarily done online with a credit card. If you don't have access to a computer or would prefer to pay by check, please stop in at the Retiree Center, and we can assist you.**

Start your online registration here:

[https://mnsco.rschoolday.com/public/getclass/category\\_id/219/program\\_id/37](https://mnsco.rschoolday.com/public/getclass/category_id/219/program_id/37)

Watch your email for a message confirming your registration and providing additional details about the class or classes for which you have registered. If you do not receive a confirmation email, or if you have any questions or need assistance, contact us weekdays during regular business hours at:

WSU Retiree Center

227 W. Wabasha

Winona, MN 55987

[retiree@winona.edu](mailto:retiree@winona.edu)

507.457.5565

[All checks are made payable to "WSU Retiree Center"](#)

## **SENIOR UNIVERSITY CANCELLATION AND REFUND POLICY**

If a class must be canceled due to insufficient enrollment, inclement weather, or emergency circumstances, you will be notified as soon as possible and receive a full refund.

You may withdraw from a class and receive a full refund if we receive your withdrawal and refund request in writing, via email, mail or in person, at least five full business days before the first class date. Please note: if you pay by check, you will need to complete a W9 form to receive a refund by check from Winona State University. Credit Card payments will be refunded within 3-5 business days.

**HOPE TO SEE YOU IN CLASS!**



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