



Roots Co-curricular Lab | *This Is Me Art Tile*

“... every member of the family has their own store of buried treasure, unique things that only they can provide to the family...”

Robert Waldinger and Marc Schulz,
“The Good Life: Lessons from the World’s Longest Scientific Study of Happiness” (2023)

This week, we encounter texts and a refraction video that explore the unique impact that our family roots have had on our formation. Robert Waldinger and Marc Schulz remind us that “our family members are often the people most involved in our lives ... and who know us for the longest stretch of time.” Alvaro Dávila shares how he learned to be free by “reconnecting with my roots.” and Coach Rockwell reflects on how her roots have inspired her to influence others. This co-curricular lab embraces these ideals and invites you to reflect on your own roots through visual art.

Guidelines

1. From September 22-24, you are invited to West Lounge of the Sister Thea Bowman Center any time between 12 pm and 8 pm to paint a tile that reflects you and your roots. This exercise will take as little as 15 minutes, but you are welcome to stay as long as you wish. Your tile will be included in a mural that will be unveiled and housed in the Center on October 17th at 2 pm. This event will be offered as a co-curricular event for the *community* session of the Moreau First-Year Seminar.
2. In your commonplace book, beginning on page 232 (or later), summarize your experience, connect it to the text from the *roots* session, and apply it to your practice of living well.
3. Consider attending the *This Is Us Art Mural Unveiling* co-curricular event on October 17th at 2 pm in the West Lounge of the Sister Thea Bowman Center to see how your tile becomes part of the community mural. (See the co-curricular event calendar for more details.) By painting your individual tile between September 22-24, attending the unveiling event on October 17, and reflecting upon both experiences in your commonplace book, you may complete both a co-curricular lab and a co-curricular event requirement.