

PFEIFFER LIFE ONLINE



Need remote access to additional Pfeiffer Life opportunities? These links will provide access to approved sources that help you enrich your Pfeiffer experience and earn the credits you need for graduation.

In the interest of health and safety related to COVID-19, these online opportunities for engagement will remain available until otherwise announced. Students may complete up to 100% of their Pfeiffer Life credits via online or virtual experiences accompanied by required reflections and supporting documentation.

Copy the links listed and paste into your browser window to review the selection of choice. A Pfeiffer Life Reflection must be completed for each video, virtual tour, or performance to receive credit for the digital enrichment experiences listed here.

Appreciation of the Arts

Museums and Art Galleries

Google Arts & Culture has compiled a list of more than 500 museums and galleries around the world that have developed virtual tours to allow remote users to peruse their collections online.

<https://artsandculture.google.com/partner?hl=en>

Operas

Dido and Aeneas by Henry Purcell -- *<https://www.youtube.com/watch?v=jweNnjeY-Q0>*

The Magic Flute by Wolfgang Amadeus Mozart --
https://www.youtube.com/watch?v=02u4Jf_aNPI

Der Freischutz by Carl Maria von Weber -- *<https://www.youtube.com/watch?v=JtWFAo3eX8E>*

Nightly Live Streams from the Metropolitan Opera -- <https://www.metopera.org/>

Symphonies and Orchestras

Melbourne Symphony Orchestra Live -- Kodaly's *Dances of Galanta*, Rimsky-Korsakov's *Scheherazade* --

<https://www.youtube.com/watch?v=MCBYvd5LKa4>

Aaron Copeland 80th Birthday Concert, featuring the National Symphony Orchestra (Public TV Broadcast) -- <https://www.youtube.com/watch?v=u7riNZZY1R4>

Keyboard Recitals

Organ Recital at St. George's, Hanover Square, London (Handel's Church, Organ built by American builders Richards, Fowkes) -- <https://www.youtube.com/watch?v=LAjLLvs1UPo>

Graduate Piano Recital (Jungju Lee, piano at Georgia State University School of Music) -- https://www.youtube.com/watch?v=_GtyB-wITeQ

Voice Recitals

Graduate Vocal Recital (Tenor/Countertenor David Schmiech) -- <https://www.youtube.com/watch?v=t6scoa9V7Zk>

Graduate Vocal Recital (Katie Wick at Baylor University) -- <https://www.youtube.com/watch?v=zfkWMhdvGBQ>

Choral Recitals

Carmina Burana by Carl Orff performed by the orchestra and choirs of Temple University <https://www.youtube.com/watch?v=zOVP7qfWMA8>

University of Illinois Men's Glee Choir in Concert -- <https://www.youtube.com/watch?v=O8jnY4QFfml>

TED TALKS

Access approved videos at <http://ed.ted.com>. Enter the video title listed below in the search box.

Arts (Visual)

- The Amazing Math in Da Vinci's 'Vitruvian Man'
- Andy Warhol, Campbell's Soup Cans: Why Is This Art?
- Brief History of Graffiti
- Brief History of Religion in Art
- Bringing a Pop-up Book to Life
- The Case for Andy Warhol
- Cave Paintings
- The Chaotic Brilliance of Artist Jean-Michel Basquiat
- Complex Geometry and Islamic Design
- The Dawn of Art
- Doodlers Unite
- Eye vs. Camera
- Frida Kahlo: The Woman Behind the Legend
- Gyotaku: The Ancient Japanese Art of Printing Fish
- The History of Graffiti
- The History of Tattoos
- How Ancient Art Influenced Modern Art
- How Art Can Help You Analyze
- How One French Poet Combined Poetry and Visual Art
- Inside a Cartoonist's World
- Is There a Difference Between Art and Craft
- The Many Meanings of Michelangelo's Statue of David
- Math and Van Gogh
- The Mathematics of Sidewalk Illusions
- My Cat Could Make That (What Is Abstract Expressionism?)

- Taking Imagination Seriously
- What Color is Tuesday? Exploring Synesthesia
- What Is Color?
- What Is Minimalist Art and Why Does It Matter?
- Who Decided What Art Means
- Why Babies in Medieval Paintings Look Like Ugly Old Men
- Why Is This Painting So Captivating? (*Girl with the Pearl Earring*)
- Why Is This Painting So Captivating? (*Las Meninas*)
- Why Is This Painting So Shocking? (*Guernica*)

Arts (Music)

- A Different Way to Visualize Rhythm
- Animation Basics: The Art of Timing and Spacing
- A-rhythm-etic. The Math Behind the Beats
- Beatboxing 101
- A Brief History of Goths
- Earworms: Those Songs That Get Stuck in Your Head
- From Aaliyah to Jay-Z: Captured Moments in Hip-Hop History
- How Bass Instruments Work
- How Playing an Instrument Benefits Your Brain
- How to Practice Effectively
- How to Read Music
- Johann Sebastian Bach' Life
- Music and Creativity in Ancient Greece
- Music and Emotion Through Time
- Music and Math: The Genius of Beethoven
- Music as a Language
- The Physics of Playing a Guitar
- The Secrets of Mozart's Magic Flute
- Why You Should Listen to Vivaldi's *Four Seasons*

- Why We Love Repetition in Music

Arts (Theatre)

- Development of English Drama
- Did Shakespeare Write His Plays?
- Does the Wonderful Wizard of Oz Have a Hidden Message?
- The History of Social Dance
- In on a Secret? That's Dramatic Irony
- Shakespeare's Best Insults
- Kabuki: The People's Dramatic Art
- Poetry, Pentameter, Pirates (Shakespeare & Iambic Pentameter)
- The Science of Stage Fright (and How to Overcome It)
- Shakespearean Dating Tips
- Slowing Down Time (in Writing & Film)
- What's the Definition of Comedy?
- Why Is Aristophanes Called the Father of Comedy?
- Why Is This Painting So Captivating? (Las Meninas)
- Why Shakespeare Loved Iambic Pentameter
- Why Tragedies Are Alluring?

Language & Literature

Note: There are several poems from the "There's a Poem for That" series in this list. They all are identified with the series' name in parentheses after the title.

- Accents (There's A Poem for That series)
- All the World Is a Stage (There's a Poem for That series)
- An Antihero of One's Own
- Animal Farm – Context and Background
- The Art of the Metaphor
- The Assassination of Julius Caesar
- The Aztec Myth of the Unluckiest Sun God

- Become a Slam Poet in Five Steps
- Beware of Nominalizations (AKA Zombie Nouns)
- A Brief History of Plural Word
- The Cambodian Myth of Thunder, Lightning, and Rain
- The Case of a Misplaced Modifier
- The Chinese Myth of the Immortal White Snake I & 2
- Comma Story
- The Clues to a Great Story
- Dare to Educate Afghan Girls
- Does Grammar Matter?
- Does the Wonderful World of Oz Have a Hidden Message?
- Everything You Need to Know to Read *The Canterbury Tales*
- Everything You Need to Know to Read *Frankenstein*
- Everything You Need to Know to Read *The Odyssey*
- The Evolution of the Book
- First Kiss (There's A Poem for That series)
- Five Myths from Around the World
- For Estefani, Third Grade, Who Made Me a Card (There's A Poem for That series)
- Francine's Interview – Holocaust Survivor
- A Global Culture to Fight Extremism
- Grammar's Great Divide: The Oxford Comma
- Harry Potter and the Translator's Nightmare
- Hero: A Lesson from a Volunteer Firefighter
- A Host of Heroes
- How Can You Change Someone's Mind?
- How Did English Evolve?
- How Did Hitler Rise to Power?
- How Do Languages Evolve?
- How False News Can Spread

- How Fiction Can Change Reality
- How the Heart Actually Pumps Blood
- How Many Verb Tenses Are There in English?
- How Miscommunication Happens
- How Misused Modifiers Can Hurt Your Writing
- How to Build a Fictional World
- How to Make Your Writing Suspenseful
- How Many Verb Tenses Are There in English?
- How to Recognize a Dystopia
- How Thor Got His Hammer
- How to Use Rhetoric to Get What You Want
- How to Use a Semicolon
- How to Write Fiction That Comes Alive
- Insults by Shakespeare
- The Irish Myth of the Giant's Causeway
- Is There Any Truth to King Arthur's Legends?
- The Key to Media's Hidden Codes
- Lessons from Auschwitz: The Power of Our Words
- The Magic, Mathematical Fictions of Jorge Luis Borges
- To Make Use of Water (There's a Poem for That series)
- Making Sense of Spelling
- Mining Literature for Deeper Meanings
- Misleading Headlines
- The Myth of Arachne
- The Myth of Cupid and Psyche
- The Myth of Hercules
- The Myth of Icarus and Daedalus
- The Myth of Jason & the Argonauts
- The Myth of King Midas and His Golden Touch

- The Myth of Oisín and the Land of Eternal Youth
- The Myth of Pandora's Box
- The Myth of Prometheus
- The Myth of Sisyphus
- The New Colossus (There's a Poem for That series)
- The Nutritionist (There's a Poem for That series)
- Ode to the Only Black Kid in Class (There's a Poem for That series)
- The Opposites Game (from There's a Poem for That series)
- Plato's Allegory of a Cave
- Plato's Best and Worst Ideas
- A Poetic Experiment: Walt Whitman Interpreted by Three Animators
- The Poetry of Emily Dickenson
- The Poet Who Painted with Words
- The Power of a Great Introduction
- The Power of Simple Words
- The Punishable Perils of Plagiarism
- Ralph Waldo Emerson and the Beauty of the Everyday
- A Refresher on Edgar Allan Poe
- The Road Not Taken (There's a Poem for That series)
- The Science Behind the Myth: Homer's "Odyssey"
- The Secret Student Resistance to Hitler
- The Second Coming (There's a Poem for That series)
- Situational Irony: The Opposite of What You Think
- Speech Acts: Constative and Performative (Power of Words)
- Thor's Journey to the Land of Giants
- Three Anti-Social Skills to Improve Your Writing
- Three Months After (There's a Poem for That series)
- Titan of Terror: The Dark Imagination of H.P. Lovecraft
- To Make use of Water (There's a Poem for That series)

- The Tragic Myth of Orpheus and Eurydice
- Vampires: Folklore, Fantasy and Fact
- What Aristotle and Joshua Bell Can Teach Us About Persuasion
- What Is an Antihero?
- What Is the Definition of Comedy?
- What Is Verbal Irony?
- What Makes a Hero?
- What Makes a Poem a Poem?
- What Makes Something Kafkaesque?
- What “Orwellian” Really Means
- When to Use Apostrophes
- When to Use Me, Myself, and I?
- Where Do New Words Come From?
- Who Am I?
- Who Is Sherlock Holmes?
- Who Were the Vestal Virgins?
- Why Facts Don’t Convince People
- Why Should You Read Charles Dickens?
- Why Should You Read *Crime and Punishment*?
- Why Should you Read *Don Quixote*?
- Why Should You Read Edgar Allan Poe?
- Why Should You Read *Fahrenheit 451*?
- Why Should You Read the *Handmaid’s Tale*?
- Why Should You Read Kurt Vonnegut?
- Why Should You Read *Macbeth*?
- Why Should You Read *A Midsummer’s Night Dream*?
- Why Should You Read *One Hundred Years of Solitude*?
- Why Should You Read Sylvia Plath?
- Why Should You Read *The Tempest*?

- Why Should You Read *Waiting for Godot*?
- Why Should You Read *War and Peace*?
- Why Should You Read Sci-Fi Superstar Octavia F. Butler?
- The Wicked Wit of Jane Austen
- Will the Real Sherlock Holmes Please Stand Up?
- The World According to James Baldwin
- The World's Most Mysterious Book

FILMS ON DEMAND

Go to Films on Demand at https://fod.infobase.com/nd_Home.aspx to search for the approved film titles listed below.

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Last Call Indian: Searching for Mohawk Identity

Herskovits at the Heart of Blackness

This Is Our Country Too: Questioning Australia's Intervention Laws

Identities: Culture and Nationality in Europe Today

Woven Lives: Contemporary Textiles from Ancient Oaxacan Traditions

Home and Away: Issues of Displacement in Australia's Indigenous Art

Hidden Treasures of Indian Art

Hidden Treasures of African Art

Tales from the Museum of Islamic Art

Decoding da Vinci

Roaring Abyss

Writing in Water

Global & Cultural Awareness

Alanna Shaikh – “Why Covid-19 is hitting us now – and how to prepare for the next outbreak”
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Adam Kucharski – “How can we control the corona virus pandemic?” --
https://www.ted.com/talks/adam_kucharski_how_can_we_control_the_coronavirus_pandemic?utm_source=recommendation&utm_medium=email&utm_campaign=explore&utm_term=covid

David Heymann – “What we do (and don’t) know about the corona virus?” –
https://www.ted.com/talks/david_heyman_what_we_do_and_dont_know_about_the_coronavirus?utm_source=recommendation&utm_medium=email&utm_campaign=explore&utm_term=covid

Ted Talks playlist – The Fight Against Viruses

Select one of the Ted Talks found at the link below to learn more about the ways scientists are working to combat existing and potential virus threats.

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Ted Talks playlist – The Importance of Self-Care

Select one of the Ted Talks listed on the page linked below to explore various ways of caring for yourself in the midst of the stresses of modern life.

https://www.ted.com/playlists/299/the_importance_of_self_care?utm_source=recommendation&utm_medium=email&utm_campaign=explore&utm_term=covid

TED TALKS

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Debate

- Are Boys Smarter Than Girls?
- Is There a Limit to Technological Progress?

- The Lost Art of Democratic Debate
- Private School vs. Public School
- The Pros and Cons of Pesticides
- Should We Get Rid of Standardized Testing?
- Should We Look for Life Elsewhere in the Universe?
- Would You Sacrifice One Person to Save Five?

French

- History vs. Napoleon Bonaparte
- What Caused the French Revolution?

Psychology

- Do Politics Make Us Irrational?

Social Studies/World Cultures

- Actually, the World Isn't Flat
- The Ancient Origins of the Olympics
- The Arctic vs. the Antarctic
- Are Ghost Ships Real?
- The City of Walls: Constantinople
- The Dangerous Race to the South Pole
- A Day in the Life of an Ancient Athenian
- A Day in the Life of a Roman Soldier
- Democracy: A Short Introduction
- Did the Amazons Really Exist?
- Did Ancient Troy Really Exist?
- The Difference Between the United Kingdom, Great Britain, and England Explained
- The Egyptian Book of the Dead: A Guide to the Underworld
- The Fascinating History of Cemeteries
- The Five Major World Religions

- From Slave to Rebel Gladiator: The Life of Spartacus
- A Glimpse of Teenage Life in Ancient Rome
- Greeting the World in Peace
- The Hidden Meanings of Yin and Yang
- The History and Genghis Khan
- The History of Japan
- The History of Marriage
- The History of Saint Patrick
- History vs. Augustus
- History vs. Che Guevara
- History vs. Christopher Columbus
- History vs. Cleopatra
- History vs. Henry VIII
- History vs. Napoleon Bonaparte
- History vs. Vladimir Lenin
- How Did Dracula Become the World's Most Famous Vampire?
- How Did Polynesian Wayfinders Navigate the Pacific Ocean?
- How Do You Decide Where to Go in a Zombie Apocalypse? (Geography)
- How Magellan Circumnavigated the Globe
- How Much Food Can You Buy for \$5 Around the World?
- How the Normans Changed the History of Europe
- How North America Got Its Shape
- How to Make a Mummy
- Incredible History of China's Terracotta Warriors
- Islam, the Quran, and the Five Pillars
- It's a Church. It's a Mosque. It's Hagia Sophia
- Learn to Read Chinese with Ease
- Legend of Annapurna
- The Life of an African Revolutionary

- The Most Successful Pirate of All Time
- The Murder of Ancient Alexandria's Greatest Scholar
- The Myth Behind the Chinese Zodiac
- The Origins of Russia
- Overpopulation: The Human Explosion Explained
- The Paradox of Value
- The Past, Present, and Future of the Bubonic Plague
- The Pharaoh That Wouldn't Be Forgotten
- The Philosophy of the Buddha
- The Population Pyramid
- The Rise and Fall of the Assyrian Empire
- The Rise and Fall of the Byzantine Empire
- The Rise and Fall of the Inca Empire
- The Secret Messages of Viking Runestones
- The Secret Student Resistance to Hitler
- The Silk Road: Connecting the Ancient World Through Trade
- The Tale of Sunken Cities
- Terra Cotta Warriors
- This Is Sparta
- The United Nations
- Urbanization and the Evolution of Cities Across 10,000 years
- The Wars That Inspired Games of Thrones
- What Are the Universal Human Rights?
- What Can You Learn from an Ancient Skeleton?
- What Determines the Value of Money?
- What Did Democracy Really Mean in Athens?
- What Does It Mean to Be a Refugee?
- What Gives a Dollar Bill Its Value?
- What Happens When Continents Collide?

- What History Lies Beneath the Sea?
- What Is Power?
- What Is the Tragedy of Commons?
- What Makes the Great Wall of China So Extraordinary?
- What Really Happened to the Library of Alexandria?
- What's So Great about the Great Lakes?
- What's So Special About Viking Ships?
- Where Do Superstitions Come From?
- Where Did Russia Come From?
- Who Built Great Zimbabwe and Why?
- Who Built the Pyramids?
- Who Was Confucius?
- Who Was Voltaire?
- Why All World Maps Are Wrong
- Why Can't We Just Print More Money to Pay Off Debt?
- Why Cultural Exchange Matters
- William the Conqueror
- World War II: Why It's So Important 70 Years Later

Spanish

- The Psychology of Accents
- The Real History of Cinco de Mayo

U.S. History/Government

- America's Native Prisoners of War
- Bad Romance Parody: Women's Suffrage
- The Breathtaking Courage of Harriet Tubman
- The Contributions of Female Explorers
- The Courage of Harriet Tubman
- Democracy: A Short Introduction

- A Digital Reimagining of Gettysburg
- Does Your Vote Count? The Electoral College Explained
- The Exceptional Life of Benjamin Banneker
- The Fight for the Right to Vote in the United States
- Gerrymandering: How Drawing Jagged Lines Can Impact an Election
- The Historical Audacity of the Louisiana Purchase
- The Historic Women's Suffrage March in Washington
- Historical Role Models
- History of the Cuban Missile Crisis
- History vs. Andrew Jackson
- History vs. Christopher Columbus
- How the Berlin Wall Fell
- How Does Impeachment Work?
- How Do U.S. Supreme Court Justices Get Appointed?
- How One Piece of Legislation Divided a Nation (Kansas-Nebraska Act of 1854)
- How to Turn Protest into Powerful Change
- How to Understand Power
- How We Conquered the Deadly Smallpox Virus
- The Infamous and Ingenious Ho Chi Minh Trail
- Inventing the American Presidency
- The Liberties Originally Omitted from the Constitution (The Missing Bill of Rights)
- The Oddities of the First American Election
- The Making of the American Constitution
- The Missing Plague That Could Have Changed History (New World Colonization)
- The Moral Dangers of Non-lethal Weapons
- Neil DeGrasse Replies to Lincoln's Gettysburg Address
- The Oddities of the First American Election
- The Past, Present and Future of the Bubonic Plague
- The Story Behind the Boston Tea Party

- A Three-Minute Guide to the Bill of Rights
- The True Story of Sacajawea
- Ugly History: The 1937 Haitian Massacre
- Ugly History: Witch Hunts
- An Unsung Hero of the Civil Rights Movement
- The Upside of Isolated Civilizations
- The Watergate Scandal: United States vs. Nixon
- What Happened to Trial by Jury?
- What Is McCarthyism? And How Did It Happen?
- What Is an Executive Order?
- What Is Power?
- What You Might Not Know About the Declaration of Independence
- Why Is the Constitution So Hard to Amend?
- Why Wasn't the Bill of Rights Originally in the Constitution?
- World War II: Why Is It So Important 70 Years Later?

FILMS ON DEMAND

Go to Films on Demand at https://fod.infobase.com/nd_Home.aspx to search for the approved film titles listed below.

Single Episode Films

The Beatles: Made on Merseyside (1:30:00)

Woodstock: Three Days that Defined a Generation (1:40:00)

Klansville USA (52:00)

How China Got Rich (1:40:00)

Declassified: Tianamen Square (45:00)

The Apollo (Harlem's theater) (1:40:00)

Spielberg (2:30:00)

Three Days of Terror: Charlie Hebdo Attacks (1:00:00)

Nixon by Nixon: In His Own Words (1:10:00)

White Light, Black Rain: Hiroshima & Nagasaki (1:30:00)

Myanmar's Killing Fields (1:00)

Multi-Episode Series

Her Story: The Female Revolution (4 episodes – 45:00 each)

The Longest War: Women & Power (3 episodes – 60:00 each)

The Vietnam War – Ken Burns (10 episodes – 1:30:00-2:00:00 each)

Unforgivable Blackness: The Jack Johnson Story (2 episodes – 1:45:00-2:00:00 each)

Prohibition – Ken Burns (3 episodes – 1:30:00-1:45:00 each)

The War (World War II – Ken Burns) (7 episodes – 1:30:00-2:30:00 each)

The Dictator's Playbook (6 titles – 1:00:00 each)

The Great War (World War I) (3 episodes – 2:00:00 each)

Chernobyl (HBO miniseries) (5 episodes – 1:30:00 each)

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Herskovits at the Heart of Blackness

This Is Our Country Too: Questioning Australia's Intervention Laws

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Hidden Treasures of Indian Art

Hidden Treasures of African Art

Tales from the Museum of Islamic Art

Decoding da Vinci

Roaring Abyss

Pfeiffer Pride & Tradition

Brief History of Pfeiffer -- <http://library.pfeiffer.edu/pfeifferhistory.html>

Mary Fisher Floyd Archives Photograph Collection – See photographs of both the Oberlin Home School and Mitchell School, precursors to today’s Pfeiffer University. -- <http://library.pfeiffer.edu/photo.html>

Mary Fisher Floyd Biographical sketch -- Learn about the namesake of the Archives and Special Collections -- <http://library.pfeiffer.edu/mff.html>

Pfeiffer’s Leaders – learn more about the men and women who have served our school in leadership roles. -- <http://library.pfeiffer.edu/pfeifferleaders.html>

Hemingway – Pfeiffer Museum and Educational Center – Learn more about Pfeiffer’s connection to Ernest Hemingway through his second wife, Pauline Pfeiffer -- <https://hemingway.astate.edu/> <https://hemingway.astate.edu/history/timeline/>

History of Methodism, the organization that helped found the predecessors of Pfeiffer University -- World Methodist Council Museum - <http://methodismuseum.com/>

John Wesley House and The Museum of Methodism -- <https://www.culture24.org.uk/se000445>

Stanly County Museum -- <http://stanlycountymuseum.com>

Purpose & Career Preparation

FILMS ON DEMAND

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Career Preparation

Any video from the Career Q & A: Professional Advice & Insight series

Digital Communication Skills: Do’s & Don’ts

Samples & Surveys

Team Development: Leadership Essentials

Writing Essentials

Management Roles: Planning, Organizing, Leading, Controlling

Nurturing Leadership

Introduction to Information Literacy

Career Evaluation

Making Great Career Choices

Purpose/Vocation

Vocation, Vocation, Vocation

St. Clare of Assisi

Job Centered Learning

Richard Evans' Dialogue with Viktor Frankl

Finding Your Purpose

Natalie Grillon Discusses Purpose and Career

Finding Your Element, with Sir Ken Robinson

Servant Leadership

FILMS ON DEMAND

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St. Clare of Assisi

His Holiness the Dalai Lama: Contentment, Joy, and Living Well

Let Each Light Shine: A Portrait of Camphill Village

Fridays At The Farm

Radical Brownies

Moyers & Company: Nuns, Faith, and Politics

Making A Difference: American Volunteers Abroad

Making a Difference: College Volunteers Abroad

Bridge the Gap to Pine Ridge: A Visit with the Oglala Lakota People

Prejudice: More Than Black and White

Education for What? Learning Social Responsibility

Schools That Change Communities

Community Character: Rules and Responsibilities

The Kindness of Strangers: Altruism and Human Nature

Wellness – Mental, Physical, Spiritual

Alanna Shaikh – “Why Covid-19 is hitting us now – and how to prepare for the next outbreak”
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Adam Kucharski – “How can we control the corona virus pandemic?” --
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General Health Related Films and Videos

NOTE: Where appropriate, some of the following films could be eligible for credit in Wellness **OR** Global and Cultural Awareness.

- Global Health and Human Development (20 minutes)
- Early Childhood Health Issues (15 minutes)
- Redefining Health Care (45 minutes)
- Achieving Psychosocial Health (28 minutes)
- Minority Health (24 minutes)
- Health Risks to the World's Young (22 minutes)
- Health Preservation and Wellness (23 minutes)
- Analyzing Fitness (25 minutes)
- The Body in Motion: Fitness, Skill, and Training (26 minutes)
- Nutrition and Exercise (29 minutes)
- The Truth about Exercise (one hour)
- Exercise and Cancer—Catalyst (26 minutes)
- How to Exercise Better (55 minutes)
- Nutrition for Sports and Exercise (25 minutes)
- The Exercise and Nutrition Connection (27 minutes)
- Promoting Healthy Behavior (29 minutes)
- Coping with Stress (30 minutes)
- Keeping Fit (29 minutes)
- Thinking Globally, Acting Locally about Your Environment (29 minutes)
- Practicing Proactive Consumerism: Healthcare (29 minutes)
- Live Longer (23 minutes)
- Science and Sleep (2 minutes)
- Psychological Factors and Physical Illness (1 hour)

Spiritual Wellness

- Spirituality and Ecology: Satish Kumar

- Science and Spirituality: Convergence of the Sublimes
- Science and Spirituality with the Dalai Lama
- A Spirituality of Co-Creation: Partnering with God
- Spirituality and the Brain: Is God a Figment of the Imagination
- Kabbalah Me
- Secret Circles, Hidden Prayers
- Getting High for God
- The Scroll
- Yoga: The Divinity of Grace
- Inner Journey: The Path of Mysticism
- His Holiness the Dalai Lama: Contentment, Joy, and Living Well
- Ken Burns: Seeing, Searching, Being
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