

Syllabus: PA 5887 (1 credit)
Spring 2021

MHR Cohort Seminar

Meets every other Tuesday from 2:30 - 4:25 pm.
Format: Blended remote and Hy-Flex (details below)
Canvas course [link](#)



Course Description

Welcome to the spring semester of the Master of Human Rights Cohort Seminar! The spring semester plan reflects your input (thank you for that!), and adapts to the challenge of pandemic times.

The main emphasis for the spring semester is fostering *relationships*: among you, with other MHR students and alumni, and with guest speakers from the human rights field. I'll also hold space to support you as you seek internships, continue on your human rights career path, and navigate your studies.

In these stressful times, less is more. This isn't meant to be an in-depth substantive course, and it won't be. I hope it helps you tap into your collective energy and wisdom, and the inspiration of others in the human rights field.

Instructor Information

Janet Walsh - Senior Fellow, Humphrey School
Email: walsh912@umn.edu

Phone: (612) 695-1296 (cell)

Office: Humphrey School, room 153 (enter through the Room 130 door, and my office is by the stairs)

Personal Zoom meeting room [link](#)

Pronouns: She/her/hers

Student Hours: Tuesday (11:30-1:00) and Thursday (2:00-3:00) or by appointment. I also welcome spontaneous calls or visits any time.

Grades and Participation

This one-credit course is not taken for a letter grade. It is a Satisfactory/Not Satisfactory (S/N) course. Satisfactory participation means actively engaging in classroom activities and discussions, including with guest speakers.

There are no written assignments for the spring semester of this course.

Course Materials

There is no required textbook. I will post short readings on Canvas in advance of visits by guest speakers.

Class Format

This course is offered in a **blended** format. Most of the semester will be **remote**, and at the end of the session we'll have a few **HyFlex** classes.

The Jan. 19, Feb. 2, Feb. 16, March 2, and March 16 sessions will be **remote** (synchronously online).

The March 30, April 13, and April 27 sessions will be **HyFlex** classes, and students will be able to attend synchronously either in person or remotely.

Due to a time conflict that many students have with another core course at 4:00, **the final 25 minutes of this seminar will involve optional** activities and discussions. Students are free to leave the call shortly before 4:00, or remain on for the optional portion.

Course Schedule

Jan. 19 <i>Remote</i>	<ul style="list-style-type: none">● Student sharing<ul style="list-style-type: none">○ <i>First-year</i> MHR students share about NGO monitoring and networking activities, and connections you see with your career goals and VRJ workshop themes● Optional at the end of class: Internship guidance
Feb. 2 <i>Remote</i>	<ul style="list-style-type: none">● Community Building Circle● Optional at the end of class: Internship guidance
Feb. 16 <i>Remote</i>	<ul style="list-style-type: none">● Guest speaker: United Nations staff member (TBC)● Optional at the end of class: Mindfulness practice

March 2 <i>Remote</i>	<ul style="list-style-type: none"> ● Student and alumni sharing <ul style="list-style-type: none"> ○ <i>Second-year</i> MHR students and <i>alumni</i> share about work, internships, capstones, career development, etc., and answer your questions ● Optional at the end of class: Mindfulness practice
March 16 <i>Remote</i>	<ul style="list-style-type: none"> ● Guest speaker: Human Rights Watch staff member (TBC) ● Optional at the end of class: Internship guidance
March 30 <i>Hy-Flex</i>	<ul style="list-style-type: none"> ● Student sharing <ul style="list-style-type: none"> ○ Open conversation among first-year MHR students - anything on your minds about human rights, the program, careers, etc. ● MHR program advice <ul style="list-style-type: none"> ○ Amelia Shindelar visits to answer questions on capstones, professional papers, etc. ○ MHR cohort seminar evolution - your advice to us for next year ● Optional at the end of class: Mindfulness practice
April 13 <i>Hy-Flex</i>	<ul style="list-style-type: none"> ● Guest speakers: International fellows from the Hubert H. Humphrey Fellowship Program
April 27 <i>Hy-Flex</i>	<ul style="list-style-type: none"> ● Celebrate the end of the seminar

Mental Health and Stress Management

Let's face it. Graduate school is stressful, and right now is an especially strained time. University services are available to assist you. You can learn more about the broad range of confidential mental health services available on campus via the [Student Mental Health](#) website. You can seek support, information, or services from [Boynton Health](#), the [Let's Talk](#) consultation services, the Humphrey Student Services advisors, and those explained under "Mental Health and Stress Management" at this [link](#). You can also check out the U's "[Wellbeing 101: Tips and Strategies to Help You Focus on Wellbeing This Semester.](#)"

Land Acknowledgment

The University of Minnesota Twin Cities is built within the traditional, ancestral, and contemporary lands of Indigenous peoples. It resides on Dakota land ceded in the Treaties of 1837 and 1851. It is important to acknowledge the peoples on whose land we live, learn, and work as we seek to improve and strengthen our relations with tribal nations. We also acknowledge that words are not enough. We must ensure that our institution provides support, resources, and programs that increase access to all aspects of higher education for American Indian students, staff, faculty, and community members.

To learn more, visit:

- [American Indian Movement](#) and the [MN History Center](#)
- [Native Governance Center](#)
- [Treaties Matter](#)
- [Land-Grab Universities](#)

- [New York Times: Native Americans Paid for America's Land Grant Universities](#)
- [Forced Marches and Imprisonment at Fort Snelling](#)
- [Film: Dakota 38](#) -- about the largest mass execution in the US, which took place in Mankato
- [Native American Community Development Institute](#) and the [American Indian Cultural Corridor](#)
- [Minneapolis American Indian Center](#)
- [Birchbark Books & Native Arts](#)

Set Your Canvas Notification Preferences

This course depends upon your ability to receive communications from your instructor and/or about the class. It's important that you set up your Canvas "notification preferences" to choose how and when you'd like to receive messages via text, email, or both. Find easy-to-follow [instructions](#) at "How do I set my Canvas notification preferences as a student?"

We strongly recommend that you opt to receive notification of Announcements, Conversation Messages, and Added to Conversation so that you don't risk missing important class communication. For assistance, please contact me or help@umn.edu.

University and School policies

For links to University of Minnesota and Humphrey School policies, please click the "U of M Policies" link on our course Canvas site, or see <https://z.umn.edu/PolicyStatements>. Policies include information on student conduct, scholastic dishonesty, sexual harassment, equal opportunity, disability accommodations, and more.