



Wednesday Evening Seminar
Spring 2018
Syllabus

*Life Guides in Asia and the Pacific:
Empowering Students to Lead in Their Communities*

**Hawai'i Imin International Conference Center
Keoni Auditorium
Wednesdays, January 31–April 11, 2018
6:30–8:30 pm HST**

INTRODUCTION

Life Guide, “хөтөч” in Mongolian language, pronounced as [Hu:tuch], refers to someone who helps people transition from one phase of life to another and helps them navigate through life’s challenges. It is a modern concept with traditional meaning and values that existed from the early settlement of people where they learned and thrived by the guidance and wisdom of the elders, mentors and teachers. Today, the concept of life guide is manifest through different aspects and areas of life, whether it is educational, business or mentoring. For example, athletes are trained and guided by a trainer or a mentor. Students succeed in their studies by having great mentorship as well.

For the East West Center, graduate students from Hawai'i, the United States, and Asia Pacific region, we can all be that star to each other, to those around us and in our communities. Throughout the spring Wednesday Evening Seminar (WES), we will have guest speakers with different areas of interests sharing on their guide in life so that as a group, we will empower each other to be that guide to someone through our community work and activities.

GROUNDING PRINCIPLES

- The Wednesday Evening Seminar team has planned meaningful group activities and discussions with the goal of maximizing dialogue and interaction between the EWC students outside of the academic setting.
- Topics and guest speakers were chosen to relate to the theme of the WES series and to the experiences of the students from the U.S., Asia and the Pacific. Therefore, we have a variety of topics and speakers to give ideas, inform and find common areas of interest even if it doesn't necessarily fall under each student's field of study or personal interests.
- Each session is designed to expand students' experience with the EWC as a way of encouraging and empowering them in their communities and future endeavors.

OVERVIEW OF THE WEDNESDAY EVENING SEMINAR

The Wednesday Evening Seminar is a weekly gathering of East-West Center participants in the first two semesters of their program. WES brings together graduate students, researchers, and other professionals from diverse academic disciplines, geographic areas, life experiences, and East-West Center programs in order to learn about and discuss issues of common concern that impact the United States and the Asia-Pacific region.

While the graduate student experience tends to focus attention on highly specialized fields of study at the University of Hawai'i at Manoa, WES challenges EWC participants to explore regional issues and experiences that may extend beyond their range of expertise or comfort zones. Through weekly group discussions and activities, EWC fellows forge bonds and share something of their home cultures and unique perspectives.

As with many innovative activities at the East-West Center, WES emerged from student recommendations and student-led action. EWC fellows perceived the need for a unifying intellectual experience in an increasingly diversified student program. WES began as a series of East-West Center-wide discussions to explore the concept, and emerged as a student leadership project that developed into a distinctive, ongoing feature of the student programs.

Currently, the seminar is planned and organized by East-West Center degree-fellow interns, with the support of the Center's Education Program staff. The Seminar is required for degree student fellows and affiliates during their first two semesters. Continuing fellows are welcome to attend and often continue to participate in the seminar series.

SEMINAR OBJECTIVES

The goal of the East-West Center is to contribute to a peaceful, prosperous, and collaborative Asia-Pacific community, and to serve as a vigorous hub for cooperative research, education, and dialogue on issues of common concern to the Asia-Pacific region and the United States. The Wednesday Evening Seminar helps reach this goal by facilitating dialogue and mutual understanding among the students of the United States, Asia, the Pacific, and other regions who study together at the East-West Center.

Within this context, the objectives of the Wednesday Evening Seminar include:

- Participants understanding, sharing expertise and experience with others from the U.S, Asia and Pacific region.
- Identification of leadership or “life guide” qualities and skills needed to engage in semester-long group projects and activities.
- Collaboration among students and participants to expand greater awareness of insights that can benefit the WES group as a whole.

REQUIREMENTS: ATTENDANCE, PARTICIPATION AND EVALUATION

Attendance: Participants must attend all WES sessions and participate in group discussions and activities. Coming to the WES series should be a meaningful opportunity to engage with students from other cultural backgrounds. Group leaders will take attendance at the beginning and end of every session. If you are unable to attend a session, please contact your Program Coordinator.

Evaluation: Participants must complete an evaluation of this spring semester program, including both positive reactions and constructive criticism. The feedback will go directly to the Education Program and will inform future efforts at improving the Wednesday Evening Seminar tradition.

Participation and Semester Project: Student participants will be assigned to groups at the first evening event, and these groups will remain constant for the duration of the seminar series. Each group is assigned a volunteer facilitator to help structure and optimize the activities for each group. These groups will be the teams for a semester-long ongoing activity, and that will be the place where participants have their deepest discussions and interactions throughout the series.

WEDNESDAY EVENING SEMINAR TEAM

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SPRING 2018 PROGRAM

January 31: **Life Guide or “Hutuch”**
Concept and Manifestation

An introduction of a semester long project presented by WES Team. Activities and discussions will be held for the purpose of exploring the concept and manifestations of “Life Guide.”

February 7: **Beauty in Surroundings: Throat Singing, Chanting and Lei Making**
Gratitude: “талархал” in Mongolian, pronounced as [talar:hal],
appreciating beauty, kindness or benefits received.

Alex Kuular, throat singer from Republic of Tuva, Youtube vlogger and semifinalist of “Russia’s got talent”

Chai Blair-Stahn, Program Coordinator for the Hawaii Nature Center Makiki, student of Hawaiian chant and dance with Kumu Hula Snowbird Bento, leimaker and EWC alumnus

An opportunity to learn about throat singing, chanting, dancing and lei making and why these practices are significant to their respective cultures and the people in the Asia and Pacific region. The manifestation of gratitude and appreciation to the beauty and nature in surroundings can be seen in these actions and traditions.

February 21: **Cross sector Collaboration in Security**
Endurance: “тэсвэр” in Mongolian, pronounced as [tesver], skill and
power of enduring an unpleasant or difficult process or situation without
giving way

LTC Matthew Kent, Chief of Plans, Special Operations Command Pacific, Pacific Command (PACOM), Former U.S. Defense Attache in Mongolia

A diplomat and the Chief of Plans at PACOM specialized in security efforts and cooperation in Asia and Pacific. Students will learn about security issues in Asia and the Pacific, and the public’s collaboration and unity.

February 28: **Leadership**
Courage: “зориг” in Mongolian, pronounced as [zorig], ability to do
something that frightens one, stepping out of one’s comfort zone for the

benefits and care of the others, being the voice of those that can't speak for themselves.

Gretchen Alther, Leadership Education Specialist, East West Center

Ms. Alther will lead the student body in leadership activities, and share about leadership skills and how to step up with courage in leadership positions and roles.

March 7: Health and Happiness

Contentment: “сэтгэл ханамж” in Mongolian, pronounced as [setgel hanamj], satisfaction with one's possessions, status or situation

Carol J. Boushey, PhD, Nutritional Sciences and Epidemiology, MPH Public Health Nutrition, Registered Dietitian; Director, Nutrition Support Shared Resource, University of Hawaii Cancer Center

Hugh Yonamine, RD, Real Estate Agent

Health and happiness are two sides of the same coin and our speakers will talk about healthy lifestyles, happy living and stress relief. The talk will cover how being content plays an important role in life and how it is viewed all around the Asia-Pacific region.

March 14: Time Management and Prioritization

Discernment: “ухамсар” in Mongolian, pronounced as [uhamsar], perception in the absence of judgment with a view to obtaining direction and understanding

Ned Bertz, PhD, Associate Professor, South Asia, Africa, Indian Ocean, World History, Department of History, University of Hawaii, Manoa

Professor Bertz specializes in World History at UH Manoa and will give a talk on time management, how time is perceived in South Asian cultures and countries, and how to prioritize when it comes to better time management for graduate student life.

March 21: Success in Failures

Perseverance: “тэвчээр” in Mongolian, pronounced as [tev:cher], steadfastness in doing something despite difficulty or delay in achieving success

Kam Ching, motivational speaker and entrepreneur

Mr. Ching is an entrepreneur and a motivational speaker. He will give the audience a better understanding of the stories of “mountain men” and what it takes for them to have perseverance. The goal for this talk is to reflect on the truth that sometimes failures are an essential part of success and how students can exercise the character quality of perseverance.

April 4: Guidance for Success and Joy in Global Businesses

Confidence: “ИТГЭЛ” in Mongolian, pronounced as [itgel], assurance or belief of one’s own or others’ abilities and qualities

Manoj Kohli, Executive Chairman, SoftBank Energy

Milton Drageset, Financial Planner

Mr. Kohli is Executive Chairman at SoftBank Energy and will be giving the student body a talk on emerging graduates for global trends. This will be a chance for students to reflect on previous seminars and hear about how diverse graduate students are stepping with confidence to make greater contributions to the world. Mr. Drageset will share about financial planning for graduate students to set them up for wise planning and spending in life.

April 11: Student Presentations

Final reflections on Life Guide and the semester long project. Groups will share about their semester long project as “Life Guide” and enjoy dinner as WES student body.