

Sleeping Bag Seminars are

- Thematic
- Site-specific
- Active learning experiences
- Mini-versions of the Honors Semester
- Hosted by NRHC member institution

Organized by students from the host honors program and supported in part by a financial contribution from NRHC, the Sleeping Bag Seminars provide a way of investigating a topic or theme in some depth and from a unique local perspective by using various campus and community resources. Honors students and faculty from the region gather at the host institution for a weekend of discussions, workshops, tours, and outings.

Sleeping Bag Seminars utilize a variety of approaches to implement their themes. For example, participants in "Rhythm" attended a performance of Stomp in New York City. "Eastern Shore Life" featured travel to Assateague and Chincoteague Islands. And for "Open Your Eyes To The Beauty of The Catskills," participants hiked, visited the Bethel Woods Center for the Arts, and screened "Woodstock." Seminars often feature conversations with experts in relevant fields, trips to museums, and performances.

Each Sleeping Bag Seminar is hosted and organized by an NRHC member institution. NRHC can assist in Seminar planning and ultimately reviews and officially sanctions the Seminar through its Sleeping Bag Seminar committee. Official sanctioning means that the event can be advertised through the NRHC online newsletter and via email using the NRHC distribution list. NRHC offers stipends of up to \$1000 to help the institution defray the cost of the Seminar. Planning should begin about four to six months prior to the date of the event.

The number of participants in a Sleeping Bag Seminar depends on the activities planned and the institution's resources, especially sleeping space. Traditionally, to keep costs low and to foster camaraderie, visiting students have camped out in sleeping bags in host honors students' rooms. Hence the name Sleeping Bag Seminars. (Commuter schools have had host students invite visiting students into their homes.) Seminar costs are thus kept reasonable, typically \$30 or \$35 for the weekend, including most meals.

TO APPLY for NRHC Stipends and Official Sanction

- Create a proposal for a sleeping bag seminar that includes a description of the event, a schedule or outline of planned activities, a total budget (including fee to be charged per participant), and contact(s), including names, role in Honors, and e-mail address.
- Send this proposal to the NRHC President, Lori Rubeling at lrubeling@stevenson.edu, who will share it with the sleeping bag sub-committee of the NRHC executive board.
- Once approved, prepare advertising for the NRHC online newsletter and email.
- Follow the event with a report of the event including actual budget (revenue and expenses) and an article for the newsletter (photos and video encouraged).

TO GET A SENSE . . .

of the organization and activities of a Sleeping Bag Seminar, consider the program for "Reflected Images: The Illustration of Poetry:"

Friday Afternoon

- Participants arrive throughout afternoon
- Dinner and poetry slam
- Posting of poetry and illustrations
- Student performances of poetry set to music

Saturday

- Breakfast
- Poetry and illustration workshops
- Visit to Hillwood Museum
- Lecture by rare book curator
- Lunch
- Visit to Walt Whitman birthplace and museum
- Dinner
- Poetry reading

Sunday

- Breakfast
- Preparation for publication on website and/or in print in collaboration with C. W. Post design and computer graphics students
- Lunch and Departure

Recent topics

"Eastern Shore Life: Assateague and Chincoteague Islands," hosted by Salisbury State University (Maryland)

"Rhythm: The Back Beat of Our Lives," at Montclair State University (New Jersey)

"Reflected Images: The Illustration of Poetry," Long Island University (C. W. Post Campus)

"Open Your Eyes To The Beauty of The Catskills: 3 Days of Art and Nature," Sullivan County Community College