

Jason Moore, LPC
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Jason Moore is the Program Manager for the Cleveland Humanities Collaborative at Tri-C. He also works as an adjunct instructor, teaching courses in philosophy, humanities, and religious studies. Prior to becoming Program Manager, Jason was a Lecturer in Philosophy at Tri-C's Metro campus, as well as a Visiting Instructor in theology at Notre Dame College. In addition, he has worked as a mental health counselor and is currently an LPC. Jason is the author of the book *Divine Frustrations: Exploring the Most Challenging Complaints About God*.

Speech Topics and Presentation Summaries:

The Importance of Self-Care: A troubling reality of modernity is that busyness characterizes the average American lifestyle. Go-getters are rewarded while laziness is frowned upon. Yet, what is sometimes lost in one's pursuit of the American Dream is the value of self-care. This presentation highlights what self-care, is not, and why it should be incorporated into one's daily life.

Overcoming Religious Frustrations: Many people harbor negative feelings about some aspect of religious teachings. Others are so dogmatic about their religious convictions that they are unwilling to entertain any criticisms of their faith. With these considerations, this presentation provides a balanced approach between skeptical repudiation and unquestionable commitment.

The Value of a Humanities Education: In modern education, so much emphasis is placed on the importance of STEM fields that humanities-related disciplines are minimized in the process. Yet, much of Western civilization was built upon the foundation that learning the humanities was vital to our existence. This presentation presents valid reasons for both exploring and deepening one's appreciation for a humanities-based education.