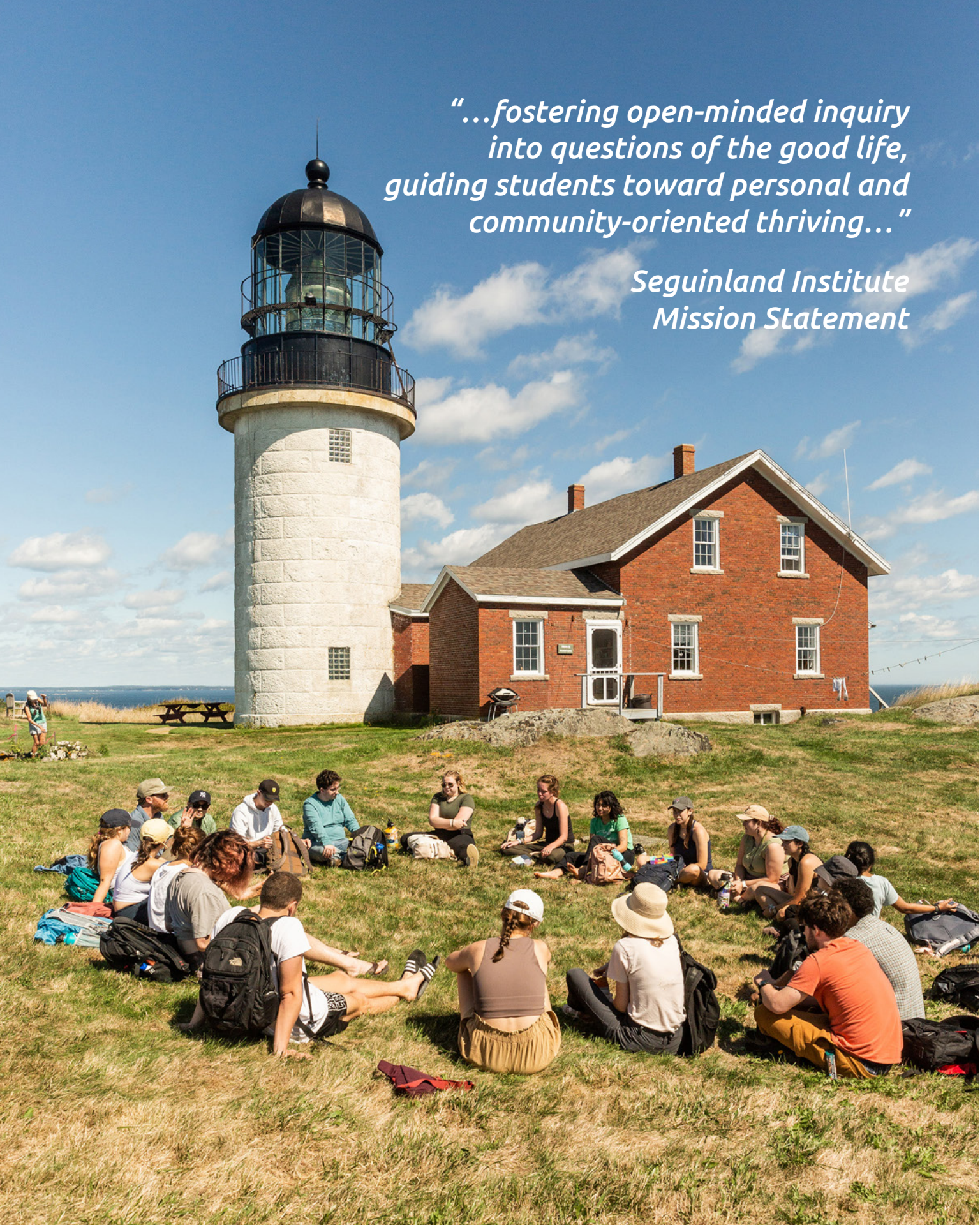




SEGUINLAND INSTITUTE





*"...fostering open-minded inquiry
into questions of the good life,
guiding students toward personal and
community-oriented thriving..."*

*Seguinland Institute
Mission Statement*

Letter from the Director

Greetings from Seguinland Institute in
Georgetown, Maine!

Young people are hungry for places
where they can step away from the
buzzing and blooming confusions of
everyday life. They desire to think
deeply about questions of the good
life in the 21st Century but feel stifled.
At Seguinland Institute, we create
immersive programs that foster
spacious reflection and open-minded
inquiry into whole-of-life questions. By
combining college-level academics and
immersion in nature with mindfulness
practice and the creative arts, we create
a context in which students cultivate
the inner resources for addressing the
pressing issues of our time—with hope
and joy.

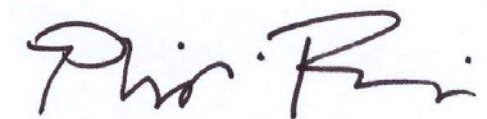
Since we launched in 2015, our
programs have been full to the brim.
We attract a range of students, ages
18-21, and the most common story
they tell is as follows: *I feel burned out
by traditional educational models. My
attention span is fractured by social
media. I feel overwhelmed by the
scale of the ecological burdens on my
generation. But I believe there must
be a better way. I would like to attend
Seguinland Institute to find the space to
envison a new way forward - for myself
and for the planet.*

We at Seguinland are committed to
fanning hope and cultivating joy in the
next generation. We are interested
in the kind of hope that invites or
demands that we act. The joy we seek
grows despite a fearless consideration
of the facts.

***We aspire to be a model
for a new generation of
schools that foster deep
inquiry into the good life.***

We are a small non-profit institute on
the coast of Maine, but we have big
aspirations. We aim to influence the
direction of higher education. We aspire
to be a model for a new generation of
schools that foster deep inquiry into
questions of the good life in a diverse
and inclusive environment. We seek
partners in advancing our mission. We
invite you to join us in this work.

For the good of all,



Philip Francis, PhD
Executive Director



Spacious Reflection on the Good Life

We create an environment in which students can think deeply about questions of the good life and begin to discern their own calling: "...the place where your deep gladness and the world's deep hunger meet," in the words of Frederick Buechner.



Mindfulness & Inner Resources

We support this next generation in cultivating the inner resources necessary for personal and community-oriented thriving. This includes daily mindfulness practice: the cultivation of skills for calming and focusing the mind, knitting together fractured attention spans, and learning to sit with mystery.

PILLARS of our IMMERSIVE PROGRAMS

Immersion in the Natural World

We encourage students to connect to nature as a source of grounding, contemplation, insight and joy. Students live on campus here in the coastal woodlands of Maine. They learn to identify trees and plants, hike the preserves, and camp on the Maine Island Trail. Students slow down, sync up with nature and come to recognize their reciprocity with the earth.



The Creative Arts

Creativity is the lifeblood of human thriving—for individuals and communities. Too many believe that creativity is the domain of the select few, "the artists". We create space for all students to explore and expand their innate capacities for creative expression.



Back to the Land Ethic

Our campus is on the site of an old family homestead. In this spirit, we grow some of our own food and try "to live sanely and simply in a troubled world," to quote Helen & Scott Nearing. We encourage students to grapple with the interconnections between the good life and the food life, as so many pressing issues of our time are food-related: climate change, health, inequality.



Inspired Academics and Serious Ideas

Young people yearn for ideas to live by. We create a retreat-like setting, alive with creative thinking, good books and lively discussion. Our professors guide students through reflective exercises, facilitated conversations and immersive experiences. All courses at Seguinland Institute bear college credit.



Envision the Good Life For All

Questions of the good life for one are inseparable from questions of the good life for all. We encourage our students to recognize that their own well-being is tied up with that of everyone else's. We seek to instill in our students the skills to build strong and inclusive communities in the 21st Century.



OUR PROGRAMS



The Good Life: May Term (3-Weeks, 6 College Credits)

The theme of this program is **Community-Building in the 21st Century: Belonging, Creativity & Good Food for All**. While living in intentional community, we will explore the role of creativity and good food in building thriving, resilient communities. We'll spend time with poet-farmers, artist-foragers, community-change-agents, and philosophers of belonging. We'll get our hands dirty in the garden and the studio. Given the breakdown of community in the modern world - in light of the palpable desire for belonging - this program will be imbued with a sense of timelines and the work of hope.

“This isn’t the average academic setting – it is exceptional... one doesn’t just learn about the good life. One is given the rare opportunity to live it out in a supportive, inclusive, and curious environment.”

Garrett, May Term '21

The Good Life Gap Semesters: Fall & Spring Terms (10-12 Weeks, 8-10 College Credits)

Our flagship program creates space for students to envision the good life, discover their great work, and cultivate the inner resources for personal and community-oriented thriving. The program is built around a progression of three courses, taken one at a time: **The Good Life Course**, asking timeless, “whole-of-life” questions, while engaging the best of American nature writing; **The Good Life For All Course**, exploring the pressing issues of our time, with focus on climate justice and resilience; and **The Creative Life Course**, leading students through practices and reflections that allow them to tap into their capacity for creative thought and action. Each course is infused with immersion in nature and mindfulness practices.

Winter Term: Writers Retreat with Fire and Ice (3-Weeks, 4 College Credits)

The Wintering program equips the next generation to craft compelling narratives and tell soul-sized stories. Students engage in writing workshops and reflective exercises around a big stone fireplace. Workshops are punctuated by resilience-building, joy-inducing adventures in snow and ice. Students go dog sledding, snow shoeing, ice fishing, and cross-country skiing. Wintering at Seguinland Institute is an invitation for students to embody this season of fire and ice on the coast of Maine and to allow their creative work to emerge from the rhythms of this time and place.



“This was probably the most significant experience of my life...I rediscovered ways of learning and being creative... I broadened my perspective and learned the importance of creating a better world.”

Maurice, Fall Semester '21

Community-Focused Learning

Students learn from the land and the people of our coastal town; and we seek to be a resource for the community's own reflection on questions of the good life.

Good Life Lecture Series

We invite esteemed thinkers to give a lecture inspired by a simple prompt: “Tell me, how do I go about living the good life?” Students, alums, and community members engage in wide-angle conversations inspired by these lectures.

Good Life Lecturer and esteemed poet and Thoreau Scholar, Kristen Case, invited us to consider:

Photo by Jessica Renaldi / Boston Globe Staff



Artists of the Seguinland

Our artist in residence program supports creative responses to questions of the good life. Faculty and students benefit from interacting with the artists; the artists receive space and time for their own work. This residency is inspired, in part, by the influential “Artists of the Seguinland” who inhabited Georgetown Island in the 20th Century, including Marsden Hartley, Paul Strand, F. Holland Day, Marguerite Zorach, and Gaston Lachaise.

Mad Farmer Award Ceremony

Each year we give this award to one Maine farmer who exemplifies the values and contrariness of poet Wendell Berry's Mad Farmer - who like the fox makes more tracks than necessary, some in the wrong direction, and who refuses to have his mind punched in a card and shut away in a little drawer, and who puts his faith in the two inches of humus that will build under the trees every thousand years and who plants sequoias. Our students create a unique award ceremony particularized to each farmer, with original music, poetry, and food from the farm.



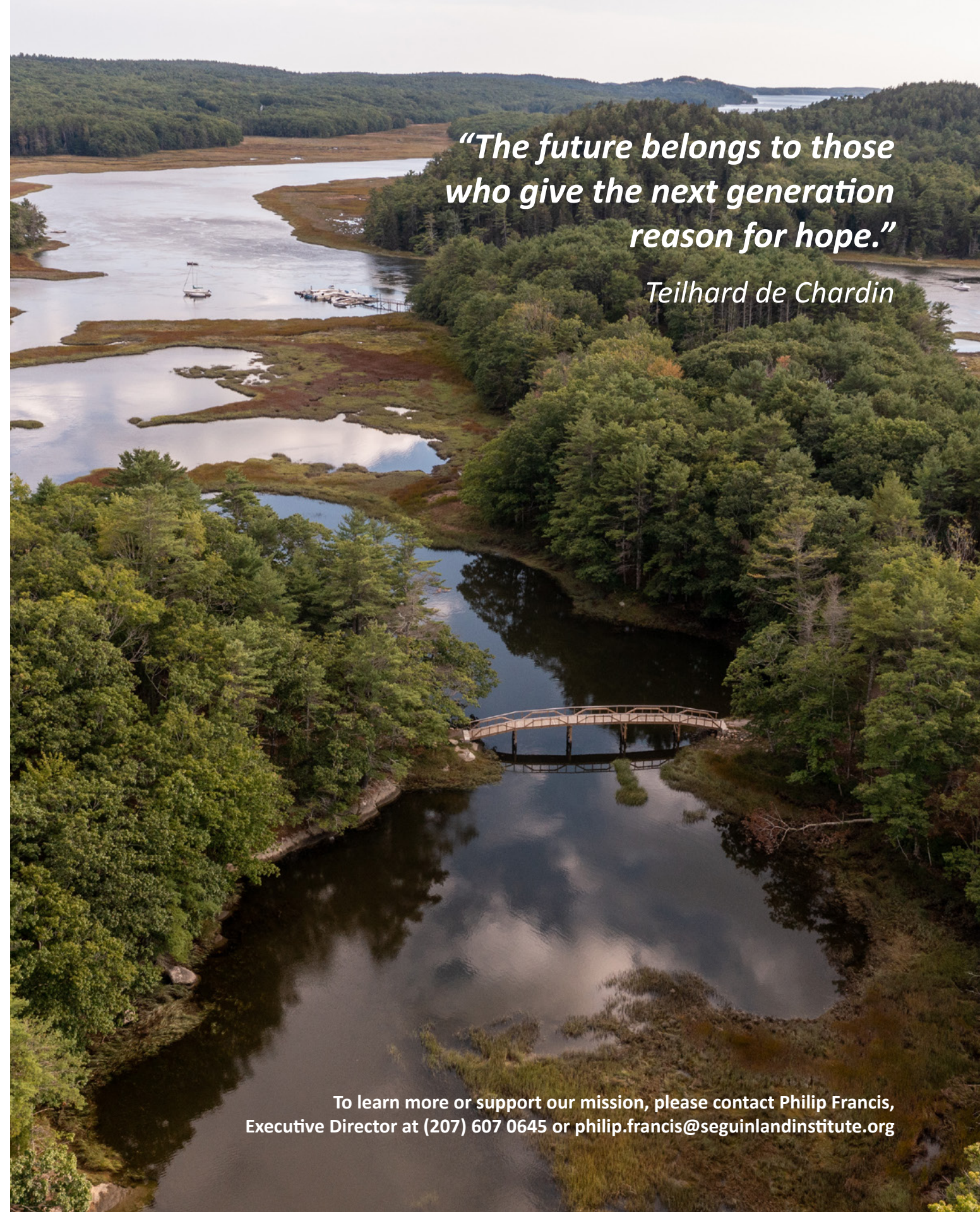
“Seguinland’s approach to education is inspiring. The courses went beyond books and lessons. They were filled with rich discussions, memorable trips, and influential visitors. I explored what a good life encompasses for me and learned ways to tackle societal challenges.

Anoosh, Fall Semester '21



“...the students at Seguinland Institute left their phones in their rooms and went for a silent walk through the woods and along the river to the giant treehouse classroom... There they spent an hour doing mindfulness exercises before embarking on their coursework, which changes each day but always involves one overarching question: What constitutes a “good life”?”

The Boston Globe
Cover story on 6.20.21



“The future belongs to those who give the next generation reason for hope.”

Teilhard de Chardin

DAILY EXPERIENCE

- Breakfast & Transtion** *Enjoy breakfast in your riverside cottage. Pack your day’s lunch. Cross the salt marsh via a wooden footbridge and arrive quietly at the Gathering Space, a classroom built up in the trees.*
- Mindful Practice** *Participate in mindful practice customized to the day’s theme. Sessions may include contemplative forest walks, yoga, meditation, or centering breath.*
- Thematic Discussion** *Engage the theme of the day (e.g. Awe and Wonder) through lectures, readings, writing exercises, and facilitated discussion.*
- Lunch** *Eat, socialize, gaze through the trees at the sky and the water.*
- Experiential Learning** *Dive further into the day’s theme through site visits, outdoor adventures, creative projects, or guest lecturers. **Example:** Travel by boat to Seguin Island for a contemplative exercise on awe & wonder, hear a talk on sea level rise by GMRI scientists.*
- Open Time** *Take time to read, journal, work on projects, exercise, rest, sit in solitude or socialize. Gathering space is designated as quiet space.*
- Dinner Preparations** *Prepare dinner in the cookhouse (cooking, cleaning, and hosting responsibilities rotate)*
- Communal Dinner** *Gather for a family-style meal around one long table. Games and spontaneous dance parties often follow.*
- Open Time** *Additional time to read, journal, work on projects, exercise, rest, sit in solitude or socialize.*

To learn more or support our mission, please contact Philip Francis, Executive Director at (207) 607 0645 or philip.francis@seguinlandinstitute.org



**SEGUINLAND
INSTITUTE**

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