



Cognitive Disobedience (and the Right To Be Lazy)

Spring 2024

Contemporary Art Practice

	Description
Instructor	Miss Expanding Universe
Office	Duck House Chinese Restaurant, Coava Coffee, Green Zebra Grocery, PSU Library, Sizzle Pie, et cetera
Availability	available for spontaneous encounters
Phone	No phone, please leave detailed notes with the employees at one of my office locations.
Email	There will be no emails in this class.
Location	This is not an online course — flesh and blood only. We will convene outside of the PSU Art Building and migrate from there.

Course Description

Uncreative writing. Non-editing. The Art of copying. Found poetry. Primal authenticity. Vexed queerness. Imperfectionism. Life as collage. Uncomfortable conversations as research. Question your identity. Lose track of yourself. Crack the husks of habit. Learn to poop without your phone. Fight to keep yourself engaged with other humans. Break things. Allow your brain to be broken. Unlearn something. Experience cow-like bliss. Experience the serenity of madness. Celebrate amateurism. Insist on the process of becoming. Retire the word "work." Aesthetics as aisthesis. Practice being unlikable. Exhale.

What would you be doing with your life if you were not trying to succeed?

What would it mean, on an emotional level,

to make work not the defining feature of our lives?

How could such a procedure be carried out?

What does it really mean to hold that everything fluctuates,

and, being relational, changes its identity?

This is a class for experimental living.

→ ice-cold showers

→ phone restrictions

→ no sitting (go a day without sitting)

We will operate under the following assumptions:

- (1) Everything you need, you have.
- (2) You have already made the art.

THE MOST IMPORTANT NOTE (until we abandon superlatives):

I prefer the term "facilitator" to instructor.

My intention is not to inform but to create an active and collaborative space.

Like you, I know nothing.

Like you, I pursue knowledge anyway.

Nothing about this class is absolute —

we will operate under an antidisciplinary and unfinished system.

This syllabus, like water, is jerking off.

"I truly think you're about to give a 19 yr old an existential crisis." - Ruby

Course Outcomes/Learning Objectives

- To give up on being miserable.
- To stop trying to improve oneself.
- To have the courage to be an amateur.
- To decolonize our emotional lives.
- To contradict oneself.
- To exercise cognitive disobedience.
- To do whatever it takes to internalize art as a form of play and not commit suicide.
- To resist ~~the~~ the urge to make one's creations more beautiful.
- To resist the goal-oriented tautological present.
- To resist the tyranny of email.
- To reject normative protocols of canonization and value and cease to contribute labor power at the proper tempo.
- To refuse comfort, predictability and safety.
- To deliberately seek out the difficult, the unknown, the ambiguous and unpredictable.
- To look upon the garbage person as if they were a famous artist, and vice versa.
- To find solidarity with your soulmates.
- To eat real bread and give up delusional love.

Course Prerequisites

You must be an autodidact and have an overwhelming desire to be here.

You must be willing to take a nap when tired.

Suggested Materials

piñata (homemade or store bought)

3 nutritious, balanced meals a day

Against Interpretation, Susan Sontag

Eros and Civilization, Herbert Marcuse

Teaching to Transgress, Bell Hooks

Cruising Utopia, Jose Estaban Munoz

In Praise of Idleness, Bertrand Russell

Al/r/tography as Living Inquiry Through Art and Text,

Stephanie Springgay, Rita L. Irwin, Sylvia Wilson Kind

~~the~~ *Treatise on Idiocy*, Clément Rosset

In Defense of the Poor Image, Hito Steryl

~~The Tyranny of Quality~~

No technology

There is a zero tolerance policy for smartphones within a half-mile radius.

Students who ignore this policy will be required to drown their phone in the nearest fishtank.

Major Assignments

Get lost.

Go on a long walk without any devices and get lost.

Keep a notebook with you and record your thoughts.

Onotasking.

For one day, only do one thing at a time.

Listen.

Once a day, listen to someone or to nature or to a construction project without doing anything else (welcome to your free avant-garde orchestra!).

A FOOL IS TRANSCENDANT

Rupture.

Interact with people who do not reinforce your views.

This may be a painful exercise. Lean into that pain.

fool / i.e. if you're too smart in the Western epistemology sense of the word then you will simply accelerate within the dominant system, whereas true idiots are not smart enough to function under the system they are born into, so by necessity the fool finds a way to transcend it

Research a flaneur or idiot who captures your attention.

Write a manifesto, create a shrine, make a zine or do an action that is inspired by your research and share it with people you are attracted to in a sapphic way.

Daily exercises.

- (1) Get rejected every day.
- (2) Follow your idiosyncrasies.
- (3) Touch living things more than you touch your phone (my working definition of romance).

Course Calendar/Schedule

We will do our best to operate outside the constraints of numerical value.

Course Attendance and Make-up Policies

It's your education.

Don't let it be clubbed into dank submission.

Plagiarism

Plagiarism is encouraged.

Copyright laws are the 20th century's obscenity laws.

Grading Criteria

No grades.

Flexibility Statement

Please rip this syllabus to shreds and burn and/or stomp on the remains and create your own rigorous course of counter-knowledge.