

Spring 2021 University Honors Program (UHP) UHON 351 Courses

- Students may reserve one seat or waitlist a UHP course by attending Reservation Night;
- Registration must be completed during Early Registration Day using SalukiNet or forfeit their reserve UHP Course;
- Students must meet with their Academic Advisor to obtain their RUN # before registering;
- Waitlisted students will be contacted as spaces become available

***Probation students with a GPA of 3.1-3.29 may reserve seats on TBA in the UHP Office**

New for Fall 2020-Spring 2021: Each year, the Honors Program takes on a concept or problem to explore in teaching, student and faculty research, speaker series, events, and service opportunities on campus and in the community. Our theme this year is *cradle to cradle*. There are four courses in this cluster to choose from (**marked in bold**), if you are interested in this emphasis.

351F-Fine Arts

001	Designing Sustainability	MW 12-1:15	Pulliam 0059	Huang
002	The Maternal in Movement	TR 4:30-6	LIB 112	Clark

351L-Human Health

001	Yoga for Self-Realization	T 2-4:30	REC Center	Tigerlily
002	Meditation Theory and Practice	R 2-4:30	REC Center	Tigerlily
003	Health Communication	MW 10-11:15	LIB 112	Karan

351M-Multicultural

001	Self Cultivation in Local Sustainability	MW 8:30-10	LIB 112	Park
002	Health Communication	MW 10-11:15	LIB 112	Karan
003	Evolutionary Biology and Religion	MW 4:30-5:45	LIB 112	Ibrahim
004	The Myth of Progress Undermining Sust.	TR 9:35-10:50	LIB 112	Stickers
005	Yoga for Self-Realization	T 2-4:30	REC Center	Tigerlily
006	Meditation Theory and Practice	R 2-4:30	REC Center	Tigerlily
007	The Maternal in Movement	TR 4:30-6	LIB 112	Clark
008	The Mississippi River	T 6-8:50	Virtual	Manuel

351O-Social Science

001	The Myth of Progress Undermining Sust.	TR 9:35-10:50	LIB 112	Stickers
002	Calling B.S.: Data Reasoning in a Digital World	TR 11-12:15	LIB 112	Comparato&McClurg
003	Restoring American Statesmanship	W 2-4:30	LIB 112	Shaw

351U-Humanities

001	Self Cultivation in Local Sustainability	MW 8:30-10	LIB 112	Park
002	Health Communication	MW 10-11:15	LIB 112	Karan
003	Designing Sustainability	MW 12-1:15	Pulliam 0059	Huang
004	Evolutionary Biology and Religion	MW 4:30-5:45	LIB 112	Ibrahim
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008	Yoga for Self-Realization	T 2-4:30	REC Center	Tigerlily
009	Meditation Theory and Practice	R 2-4:30	REC Center	Tigerlily
010	Restoring American Statesmanship	W 2-4:30	LIB 112	Shaw

011	The Mississippi River	T 6-8:50	Virtual	Manuel
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351S-Science

001	Self Cultivation in Local Sustainability	MW 8:30-10	LIB 112	Park
002	Evolutionary Biology and Religion	MW 4:30-5:45	LIB 112	Ibrahim

COURSE DESCRIPTIONS

CRADLE TO CRADLE THEME – CLUSTER COURSES ARE IN RED

CALLING BULLSHIT: DATA REASONING IN A DIGITAL WORLD – NEW!

This course, based on a forthcoming book, *Calling Bullshit: The Art of Skepticism in a Data-Driven World*, by Carl Bergstrom and Jevin West (2020), considers how to confront the challenge posed to our ability to reason and participate in public discourse by the manipulation of big data. What do we mean, exactly, by “bullshit” and “calling bullshit”? Bullshit involves language, statistical figures, data graphics, and other forms of presentation intended to persuade by impressing and overwhelming a reader or listener, with blatant disregard for truth and logical coherence. Calling bullshit is a performative utterance, a speech act in which one publicly repudiates something objectionable. The scope of targets is broader than bullshit alone. You can call bullshit on bullshit, but you can also call bullshit on lies, treachery, trickery, and injustice. In this course we will teach you how to spot the former, and effectively perform the latter.

Scott Comparato, Associate Professor, Political Science

Scott McClurg, Professor, Journalism

DESIGNING SUSTAINABILITY – NEW!

What have the visionaries such as Buckminster Fuller and William McDonough (the author of *From Cradle to Cradle*) discovered as the new directions for the future of our society? How do we create visible and actionable solutions for sustainable development? How have various industries responded to the triple-bottom-line challenge despite their constant needs to generate profits and grow economically? What are some of the most innovative and novel ways of responding to various environmental crisis? What is systems theory? How does one conduct "life cycle analysis" such that the end of life of a product can be turned into the start of another? What skill sets or tools can you prepare yourself with to build a more sustainable future?

Tao Huang, Assistant Professor, School of Art and Design

EVOLUTIONARY BIOLOGY AND RELIGION

What are the views and positions on evolution taken by major religious groups? Is there necessarily a conflict between religion and evolutionary biology? What is its nature and how has it evolved? What is the current status of the debate over “scientific creationism” and “intelligent design”? How common is religious belief among scientists and how do they reconcile faith and science?

Kamal Ibrahim, Associate Professor, School of Biological Sciences

HEALTH COMMUNICATION: THEORY, NEW STRATEGIES AND CAMPAIGNS – NEW!

This course explores the urgent need to understand good health practices for healthy behaviors and survival strategies for leading a healthy lifestyle. What are the methods of communicating with people at different levels in the health care industry? How can we study health risks and problems of 8-10 countries across the world and how they have tackled the issues through effective plans and communication strategies? Examples will include, Covid 19 and SARS. How should campaigns be planned to communicate healthy practices, prevention and control of health issues and diseases? How is the internet and new media technologies, including social media, supporting health information?

Kavita Karan, Professor, Journalism

RESTORING AMERICAN STATESMANSHIP – NEW!

This course will examine the quality of statesmanship in the public affairs of the United States. It will examine the essential qualities of statesmanship, consider its importance in American history, and ask what can be done to restore the ethos of statesmanship in the United States. Statesmanship will be essential if the nation is to address such historic challenges as pandemics and health care reform, deficits and debt, and climate change. Especially in the area of climate policy, the absence of statesmanship could have catastrophic consequences for the United States and the world.

John Shaw, Adjunct Professor and Institute Director of the Paul Simon Public Policy Institute

THE MATERNAL IN MOVEMENT – NEW!

In this course, we will consider how the maternal has been interpreted through dance idioms such as ballet, both modern and contemporary. How have these interpretations been informed by ongoing developments in the areas of psychology and women's studies? How can we come to a deeper understanding of role of the mother in western culture as it has been impacted by technology? How has the idea and interpretation of motherhood impacted the child in the works selected for study? How have the interpretations been informed by/inform other forms and works of art and entertainment? This course will promote a greater understanding of the history and development of dance forms for the theatre. The course will also show the contributions made to dance by women dance artists and artists of color.

Darryl Clark, Assistant Professor, Theatre

MEDITATION THEORY AND PRACTICE

Meditation is a practice of sustained concentration that calms the body and quiets the mind. Research has shown that meditation can reduce stress-related issues such as anxiety, chronic pain, and sleep disorders. In this course, students will cultivate a developed personal meditation practice, enhancing their own well-being and extending peace to those around them. This course addresses the following questions: What is meditation and what is supposed to be “happening” while I’m meditating? How will meditation help me in my daily life and with my career? Who am I? What is my purpose in life? And why do these questions relate to meditation? How do I meditate if I have racing thoughts? What happens when I regulate the relationship between thinking and breathing? How will my personal meditation practice bring benefit to others around me?

Diana Tigerlily, Associate Professor of Practice, Women, Gender, and Sexuality Studies

THE MYTH OF PROGRESS, AND WHY IT UNDERMINES SUSTAINABILITY - NEW!

Whereas throughout most of human history, time has been experienced as an ever-turning cycle, a distinguishing feature of the West has been its linear, progressive conception of history. On the individual level it has been understood as a linear movement from the cradle to the grave. On the cultural level, it has been cast as the narrative of continuous and inevitable 'progress.' How did such a notion arise in the West? How does it contrast non-Western experiences of time as circular? How has it affected the way in which we experience death in the West, and especially in America? How does it govern our understanding of education? How has it influenced Western views of economy? How has it influenced Western understandings of nature and contributed to environmental degradation?

Kenneth Stickers, Professor, Philosophy

SELF-CULTIVATION IN LOCAL SUSTAINABLE DEVELOPMENT: THE EVERGREEN COMMUNITY MODEL

Designed by Forestry & Natural Resource students and faculty, this course weaves sustainable development, landscape planning, and culture-environment interactions to address real-world resilience gaps on our campus and local communities despite oncoming climate forcing & destabilization. We'll develop placed-based class projects meeting self-identified needs of our campus's multicultural population. Synthesizing formal and nonformal learning opportunities, we'll blend personal introspection with the study of natural, physical, and social sciences - applying the different perspective lenses as we engage in field visits, community capacity building efforts, and a series of guest lectures. Students will walk away with new meaningful relationships, impactful projects, and a uniquely-tailored educative experience.

Logan Park, Associate Professor, Forestry Recreation and Park Management

YOGA FOR SELF-REALIZATION

A sister course to Yoga for Harmonious living, this course asks: What are defining elements of Yoga and Ayurveda? How can they facilitate my holistic well-being? What is the subtle body and its relationship to my physical body and higher self? Why do certain foods impact my emotional and mental states? How can I utilize the study of my *Doshas* (energies) to enhance holistic health? How do I create an optimal lifestyle regimen for holistic health and self-realization?

Diana Tigerlily, Associate Professor of Practice, Women, Gender, and Sexuality Studies

The Mississippi River: History and Culture

The Mississippi River defines central North America and the SIU campuses. For thousands of years, the river has shaped the environment, economy, and culture of its watershed and the people who lived in it. Yet the river often goes unnoticed—a quiet part of our infrastructure—until it overtops its engineered banks to assert its fundamental nature. This seminar will focus on the Mississippi River as a crucial but little-understood actor in

history. We will engage with the river's environmental, economic, and cultural histories. The river also serves as a launching point for deeper questions about the relationship between humans and our environment: Can humans control nature? If so, at what cost? Is our economy fundamentally rooted in nature? Does the natural environment determine culture?

At the conclusion of this seminar, you will: understand environmental history approaches and methods, including how humans shape, and are shaped by, the environment; understand the history of the Mississippi River and human settlement in its watershed, from prehistory to the present; and be able to analyze major questions in human-environmental relations using interdisciplinary methods.

Jeffrey Manuel, Associate Professor, Department of Historical Studies, SIUE.

UHON 111 - HONORS COLLOQUIUM (BY INVITATION ONLY)

The Honors Colloquium (Becoming an Honors Scholar) is an introduction to the world of opportunities that may support and enrich an undergraduate or graduate education. This course is an introduction to the process of applying for major scholarships; to the elements of writing style for major scholarship applications; and to other aspects typical of scholarships, graduate, and professional school applications. This class will guide you through this process of self-reflection as you craft essays, develop interview skills and discover research opportunities.

Participation is highly selective and requires an application, essay, and interview. For more information on this course, contact Elizabeth Donoghue at Elizabeth.donoghue@siu.edu or stop by her office at Morris 110C.