

## Fall 2020 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 you forfeit the reservation of your UHP Course;
- Students must meet with their Academic Advisor to obtain their RUN # before registering;
- Waitlisted students will be contacted as spaces become available

**Reservation Night is Tuesday, March 24<sup>th</sup> at the 1<sup>st</sup> floor of the Morris Library in the Rotunda. Come join us for refreshments and meet our Fall 2020 Honors faculty while reserving your classes as follows:**

- **4:30 – 5:00 PM:** Third Year Students and Transfers with Associate Degrees
- **5:00 – 5:45 PM:** Second Year Students
- **5:45 – 6:30 PM:** First Year Students

**\*Probation students with a GPA of 3.1-3.29 may reserve seats on Wednesday, March 25<sup>th</sup> 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 five courses in this cluster to choose from (**marked in bold**), if you are interested in this emphasis.

### 351F-Fine Arts

001	Yoga and Sound Healing	M 11:20-1:50	Altgeld 116	Johnson
002	<b>From Earth to Stars</b>	TR 11-12:15	Morris 112	Benedict
003	<b>Arts of the Anthropocene</b>	TR 12:35-1:50	Morris 112	Brunner
004	The Nature of Sound	F 12-3	Morris Listening Rm	Needham

### 351L-Human Health

001	Yoga for Harmonious Living	T 2-4:30	REC Center	Tigerlily
002	Meditation Theory and Practice	R 2-4:30	REC Center	Tigerlily
003	Yoga and Sound Healing	M 11:20-1:50	Altgeld 116	Johnson
004	<b>Bioethics: The Human Experience</b>	W 3-5:45	Morris 112	Britton and Ryan

### 351M-Multicultural

001	Yoga and Sound Healing	M 11:20-1:50	Altgeld 116	Johnson
002	<b>Tale of Two Empires</b>	M 3-5:30	Morris 724	Shimada
003	Democracy and the 2020 Election	TR 9:35-10:50	Morris 112	Bricker
004	Yoga for Harmonious Living	T 2-4:30	REC Center	Tigerlily
005	Meditation Theory and Practice	R 2-4:30	REC Center	Tigerlily
006	The Nature of Sound	F 12-3	Morris Listening Rm	Needham
007	<b>Sustainability and the Collective Imagination</b>	MW 9-10:30	Morris 724	Kapur
008	Intercollegiate Athletics	W 11-1:30	Morris 112	Mahoney and Knapp
009	<b>From Earth to Stars</b>	TR 11-12:15	Morris 112	Benedict

### 351O-Social Science

001	<b>Tale of Two Empires</b>	M 3-5:30	Morris 724	Shimada
002	Democracy and the 2020 Election	TR 9:35-10:50	Morris 112	Bricker
003	<b>Bioethics: The Human Experience</b>	W 3-5:45	Morris 112	Britton and Ryan
004	<b>Sustainability and the Collective Imagination</b>	MW 9-10:30	Morris 724	Kapur
005	Intercollegiate Athletics	W 11-1:30	Morris 112	Mahoney and Knapp

### 351U-Humanities

001	Yoga and Sound Healing	M 11:20-1:50	Altgeld 116	Johnson
002	<b>Tale of Two Empires</b>	M 3-5:30	Morris 724	Shimada
003	Democracy and the 2020 Election	TR 9:35-10:50	Morris 112	Bricker

004	<b>From Earth to Stars</b>	TR 11-12:15	Morris 112	Benedict
005	<b>Arts of the Anthropocene</b>	TR 12:35-1:50	Morris 112	Brunner
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011	Intercollegiate Athletics	W 11-1:30	Morris 112	Mahoney and Knapp

**351S-Science (UCC Group 2, Life Science)**

001	<b>Bioethics: The Human Experience</b>	W 3-5:45	Morris 112	Britton and Ryan
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**COURSE DESCRIPTIONS**

**CRADLE TO CRADLE THEME – CLUSTER COURSES ARE IN RED**

**ARTS OF THE ANTHROPOCENE: LIVING ON A DAMAGED PLANET – NEW!**

The “Anthropocene” defines a time when the work of humans has devastatingly altered the planet’s environment. The results are unnerving enough to demand innovative approaches. This course studies the power of artworks in a variety of different formats (photography, painting, verse, dance, film, animation, and short fiction) to register the threat of a catastrophic future by engaging us both intellectually and emotionally. These artworks may also carry within them clues, tips, and promptings that offer alternative approaches to the crisis before us. We will ask:

When artists and writers place the global environmental crisis at the center of their work, what should we expect as a takeaway? How do some artworks present themselves as “arts of living” – encounters that both explain and guide? Where can we find artworks that serve us both intellectually and emotionally?

**Edward Brunner, Professor Emeritus, English**

**BIOETHICS: THE HUMAN EXPERIENCE IN A RAPIDLY CHANGING WORLD – NEW!**

Bioethics is a field of study that involves the ethical considerations of scientific research and the application of scientific knowledge to humans, particularly in the practice of medicine. This course is taught by a physician and a lawyer who bring different approaches to bioethics questions. The topics covered include reproductive rights (Cradle), death and dying (Grave), medical experimentation on humans, and decision making for the elderly. As science progresses, the application of research results will raise new ethical questions, often of increasing complexity and difficulty.

**Marsha Ryan, M.D., School of Medicine and Tom Britton, J.D., School of Law**

**DEMOCRACY AND THE 2020 ELECTION – NEW!**

The 2020 election season will be a momentous time for American democracy. The choices - both in policy and in character - likely will be stark. In this course, we will examine the 2020 election as a current political and social event. We will also examine the 2020 election in the larger context of democratic theory and comparative democratic practices.

This course will address many of the largest questions in society today: What is the nature of democracy? What are the stakes in the 2020 election? How does the 2020 election impact the future direction of environmental, economic, and social policies in the United States? Can we use the U.S. election experience to draw larger insights and conclusions on democracy worldwide, and policy worldwide? How can we ensure that democracy will endure?

**Benjamin Bricker, Assistant Professor, Political Science**

### **FROM EARTH TO THE STARS: THE STORY OF THE GALACTIC DIASPORA – NEW!**

This course asks students imaginatively to consider what a human diaspora from Earth to the stars might look like and what effects it might have on our conception of "humanity." Using novels, films, TV shows, computer games, podcasts, and VR experiences as our source material, the class will roleplay a multi-year galactic journey aboard a colony ship. Everyone is welcome to contribute their real-world skills, from any discipline or background, or to invent a fictional skillset. No experience in science fiction or technology is required. Coursework will consist of students' keeping detailed video and audio logs of their shipboard duties and off-duty lives; "away missions" that will involve scavenging for resources and encounters with alien lifeforms (faculty?); and finding inventive ways to live together and to cooperate in overcoming the inevitable obstacles that will crop up on such an adventure. By semester's end, we will either reach a habitable world, the cradle of a new human civilization (whatever we decide that will be), or we will drift forever, lost among the stars.

**Pinckney Benedict, Professor, English**

### **INTERCOLLEGIATE ATHLETICS: ORIGINS THROUGH CONTEMPORARY – NEW!**

Intercollegiate athletics has been referred to as the front porch of the modern U.S. university. What started out as student-run sport clubs at elite private institutions eventually became recruiting and marketing tools for colleges and universities throughout the U.S. This course will chart the history of intercollegiate athletics from its start on the playing fields of Yale, Harvard, Princeton, and other private institutions as student-run, student-played, and student-coached sporting clubs to the development of the Power Five Conferences and football coaches who make over \$8 million dollars a year. As part of this exploration, the course will also examine the impact of social class, race, ethnicity, sex, gender, sexuality, disability on the intercollegiate athletic experience. The content will also cover topics such as amateurism, labor unions, protests, academic scandals, sport-industrial-military complex, and reform.

**Dr. Bobbi Knapp (Associate Professor of Sport Studies, Kinesiology) and  
Dr. Daniel Mahoney (President, Southern Illinois University System)**

### **MEDITATION THEORY AND PRACTICE – NEW!**

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 excluding 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 NATURE OF SOUND: LEARNING TO LISTEN TO AND PLAY IN OUR NATURAL AND BUILT HABITATS– NEW!**

This class considers sound from a variety of unique perspectives. We'll learn about how we, as humans hear, communicate, and create through the audio spectrum as well as how we use technology to extend our abilities to listen in to our environment and to others. We'll also ask critical questions about sound from eco-critical perspectives, delving into the nature of our species as capable of experiencing and producing sound within a specific range of the audible spectrum. We will consider music as a defining feature of our humanity, the role it plays in our collective listening and creation of sound. From break-beats, film soundtracks and sound archives, we are all active collectors and makers of sound. Finally, we'll consider the historical and personal connections that sound has to architecture. It turns out that buildings can act as instruments and they also need voices. Where will your voice sound its presence?

**Jay Needham, Professor, Radio, TV and Digital Media**

## **SUSTAINABILITY AND THE COLLECTIVE IMAGINATION: THE END OR BEGINNING OF A NEW WAY OF LIFE?**

This course is an iteration of *Innovations in Sustainability*, a student generated course offered in Fall 2019. We will study communities, practices, and principles that are pioneering ways of living, relating, and creating a sustainable future in the midst of the contemporary global environmental, economic, and political crises. The premise is that the new emerges from the old, both in nature and in human affairs. What are the ways in which the new is being imagined and practiced in communities around the world? How does this imaginary draw on a history of utopian thinking from the past? What is it about our nature as a species that makes us have such a destructive and creative impact on our planet? What does re-inventing our way of life mean? Finally, what are the structural reasons for our current crisis? We will find answers by drawing upon faculty from across disciplines on our campus and by students working in groups on projects that seek to build sustainable futures in the present.

**Jyotsna Kapur, Professor, Cinema and Sociology**

## **TALES OF TWO EMPIRES: A CROSS-DISCIPLINARY AND DIACHRONIC VISION OF THE TRANSFORMATION OF THE INCA EMPIRE UNDER THE SPANISH EMPIRE – NEW!**

In the early part of the 16<sup>th</sup> century, two totally independent and disparate civilizations, the Incas and the Spanish, confronted each other. In this course, we ask: What short- and long-term consequences, regional and global impacts have resulted from the fateful encounter in 1532? How could a culture (Inca) without writing, markets, a monetary system, and other features that are commonly thought to be vital in a "civilization" attain the status of a great civilization? In fact, how did the Inca, a minority non-literate ethnic group establish and govern their vast empire? What do we mean by a civilization or a civilized society? What sources of information can be used and how can we cope with inherent biases in information and our own prejudices? What are resilient and surviving indigenous Andean cultural practices, institutions, beliefs and techniques/technologies that are relevant and beneficial to modern life in and out of the Andes? Against the lineal notion of *From Cradle to Grave* we will consider regeneration, invention, and ingenuity as fundamental aspects of human history. In fact, the unilineal vision of "Cradle to Grave" is essentially not applicable to the Andean civilization (and many nonindustrial societies and cultures), past and present in both material and nonmaterial senses.

**Izumi Shimada, Professor, Anthropology**

## **YOGA AND SOUND HEALING**

How can yoga and sound practices help foster clearer thinking, emotional equilibrium, a sense of peace and wellbeing, balance, flow and ease in navigating your life? How can yoga and sound practices facilitate greater awareness, compassion, empathy, presence, and a deeper interpersonal communication? How can practices of yoga and sound create safe spaces that nurture internal processes and a sense of feeling at home in your body while fostering a sense of community and belonging? What is the power of yoga, sound/music, and other expressive arts?

**Maria Johnson, Associate Professor, Music**

## **YOGA FOR HARMONIOUS LIVING**

Healing begins from a state of relaxation. This statement is deceptively simple and incredibly profound. As a society, we are far from relaxed. We normalize stress and glorify sleeping less; we value productivity over life quality and balance. This course introduces students to the practice and study of Yoga as a way to create and sustain a lifelong practice of self-awareness and healthy living. We will practice and study yoga postures and philosophies, including Hatha Yoga sequences for balance and renewal; The Yoga Sutras, emphasizing the Yamas (moral restraints), and the Niyamas (moral observances); and Eastern anatomies and applications for holistic health, such as the Koshas and the Chakras; and centering tools of breathing and meditation.

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