

Fall 2021 University Honors Program (UHP) UHON 351 Seminar Course Listing

- Students may reserve one seat or waitlist a UHP course during Early Reservation;
- Students must meet with their Academic Advisor to obtain their RUN # before registering;
- Registration must be completed using Saluki-Net or you may forfeit your UHP course reservation;
- Waitlisted students will be contacted as spaces become available.

The Honors theme for this year is *The state of Climate Emergency: The Earth and Us*. Courses in that cluster are marked in red.

351F-Fine Arts

001	Born Digital	TR 1-2:15	VR Lab, 102 McLafferty Annex	Benedict
002	Design Theories of Buckminster Fuller	MWF 2-2:50	Quigley 110	Davey
003	Exploring Children's Literature	MW 10-11:15	Morris 112	Dougherty
004	The Aesthetic Impulse	W 6:00-8:50	Virtual/Synchronous	Kapur & Ruckh

351L-Human Health

001	Yoga Nidra & The Art of Letting Go	T 5-7:30	Virtual/Synchronous	Tigerlily
002	Meditation Theory and Practice	R 5-7:30	Virtual/Synchronous	Tigerlily
003	Healthcare Meets Virtual Reality	TR 11-12:15	ASA 60	Collins
004	Yoga and Sound Healing	M 11:20-1:50	Altgeld 1116	Johnson

351M-Multicultural

001	Hashtag Feminism: Globalization, Social Media, and the Future	MW 4:40-6	Morris 112	Dennstedt
002	Yoga Nidra & The Art of Letting Go	T 5-7:30	Virtual/Synchronous	Tigerlily
003	Meditation Theory and Practice	R 5-7:30	Virtual/Synchronous	Tigerlily
004	The Aesthetic Impulse	W6:00-8:50	Virtual/Synchronous	Kapur & Ruckh

351O-Social Science

001	A Revolutionary Analysis of Numbers and Data	W 2-4:30	Lawson 101	Choiy
002	Healthcare Meets Virtual Reality	TR 11-12:15	ASA 60	Collins
003	Hashtag Feminism: Globalization, Social Media, and the Future	MW 4:40-6	Morris 112	Dennstedt

351U-Humanities

001	Hashtag Feminism: Globalization, Social Media, and the Future	MW 4:40-6	Morris 112	Dennstedt
002	Born Digital	TR 1-2:15	VR Lab, 102 McLafferty Annex	Benedict
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Hashtag Feminism: Globalization, Social Media, and the Future—New!

Can the revolution be tweeted? In this course, we will delve into how social media and other Internet-based applications have become a political force in our global world, shaping social movements and our future. Taking a feminist lens, this course will analyze social complexity from bottom up, from specific locations, such as Latin American feminist movements to understand global themes such as neoliberalism, globalization, and resistance. What can social media tell us about our social complexity? How are we formed as political subjects in this global, digital era? What is the future of feminism? These are some of the questions that we will tackle during this course. By the end of the class, you will have a grasp over the uses of social media, a set of theoretical tools that you can employ in the future, and a practical view of feminism.

Francesca Dennstedt, Assistant Professor, Spanish

Exploring Children's Literature – New!

This is a student-generated course, developed at the request of an Honors student desiring to go deeper into children's literature. In this course, we will engage with a range of juvenile literature and other media, aimed at readers from the ages of 0-18. We will establish the behavioral, psychological, and educational advantages of reading to very young children, examine the development of literacy in children and adolescents, and explore how juvenile literature socializes and acculturates children and adolescents. We will determine what makes a successful children's book and write our own, revisit the books we knew and loved when we were young(er), and consider a variety of juvenile genres, including non-fiction, horror, comedy, poetry, and fantasy. Among the issues we will discuss in relation to our chosen texts are: the history of children's literature, language and visuals, diversity and inclusion, attachment and separation, sleep and dreams, animals and other avatars, culture and identity, achievement and history, schooling and family, myths and revisions, classics and contemporary blockbusters, audiences and fan culture, maturation and adolescence, *Harry Potter* and the children's literature genre, sexuality and romance, graphic novels, and juvenile television, film, and digital platforms.

Jane E. Dougherty, Associate Professor, English

Yoga and Sound Healing

This course provides introductions to both yoga and to the healing science of sound. While learning basic alignment principles and core poses of yoga, students will experience first-hand yoga's health benefits and the healing effects of sound/vibration on brain and body. How can yoga and sound practices help foster clearer thinking, emotional equilibrium, a sense of peace and well-being, balance, flow and ease in navigating your life? How can yoga and sound practices facilitate greater awareness, compassion, empathy, presence, and 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? This course challenges the student not only to think across disciplinary divides but also to integrate the creative and the scholarly, the embodied practices of yoga and sound with the scientific principles and concepts behind them.

Maria V. Johnson, Associate Professor of Ethnomusicology, School of Music

Meditation Theory and Practice

Meditation is a practice of sustained concentration that calms the body and quietens 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 exuding 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 Sexuality Studies

Yoga Nidra & The Art of Letting Go—New!

Yoga Nidra is a state of expanded mental awareness and deep physical relaxation accessed through guided meditation and visualization. While in the state of *Yoga Nidra*, deep healing is possible, creativity is enhanced, and the capacity to manifest one's goals and visions is maximized. In this course, students will experience the documented benefits of a consistent, weekly *Yoga Nidra* practice with an emphasis on the art of letting go and the

development of a *sankalpa*, a long-term intention. This course asks: 1. What does it mean to consciously create my reality, and how do I do that? 2. How do we "let go" of, or be non-attached to, the things we love and fear, and how is "letting go" (non-attachment) not the same, as not caring? 3. What is the role of forgiveness in Yoga *Nidra* and Letting Go? 4. How are the concepts of selflessness and selfishness important in creating reality and resolving karma?

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

The Aesthetic Impulse: Why humans make art and how art makes us human? New!

What is art and why do humans make it? Why do we seek it out and spend time (and money) to experience it or acquire it? From the famous paleolithic cave paintings, stretching across the entirety of Southern Eurasia from approximately 35,000 to 40,000 years ago, to the latest Banksy, humans have been making art, that is both representing the world and inventing other worlds (sometimes at the same time). This drive is one of the definitive features of our species, of who we are and how we think. It seems an unavoidable necessity—the reason why we can be described both as *homo faber* (as maker) and *homo ludens* (as playful). If it is so important, what is it? And how does it express itself? Is the artistic impulse an impulse to preserve or to play, to waste or to wonder? Is it how we grasp the reality of our existence or how we delude ourselves away from it? Is the artistic impulse liberatory—an expression of a drive to free ourselves and others from exploitation—or does it rest on structures of exploitation? Or does it both at the same time? Is it this impulse that has brought us face to face with the climate crisis and may potentially help us find a way out? How have artists and scientists manifested the dangers and promises of human creativity? In this seminar, we will explore these questions, while navigating their tensions and contradictions. We will put the ancient world in discussion with the contemporary, while considering thinkers, artists and movements as part of a multi-cultural historical archive that holds these dynamic tensions in context.

Jyotsna Kapur, Professor, Cinema and Media Studies & Director University Honors Program, SIUC and Eric Ruckh Professor, History, Director University Honors Program, SIUE