

Fall 2026: University Honors Program UHON 351 Seminars

- One of the perks of being an Honors student is that you get to register early for classes.
- Students must meet with their Honors mentor at least once prior to reserving or registering for an Honors seminar.
- To learn more about the seminars, meet the faculty teaching these seminars at the **Honors Faculty Roundtable, Monday, March 23rd from 4-5:30 pm in the Honors Lounge.**
- To register for an Honors seminar, you must reserve a spot or join the waitlist during the **March 24 - 27 online reservation process.** Be on the lookout for details in the [411 Newsletter](#).
- **Early registration for all classes begins on Monday, March 30th.**

The Honors cluster theme (marked in RED) this year is:

Southern Illinois Legacy Builders-embracing our history and legacy as we move into the future.

UHON 111

001	Honors Colloquium	M 2:00-4:30	Morris 610A	Donoghue
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351F- Fine Arts

001	Yoga and Sound Healing	M 11:00-1:30	Altgeld 116	Johnson
002	Set the Times to Music: Seeing History Through American Musicals	W 9:00-11:50	Morris 112	Clark
003	Writing with and for Carbondale: Rhetorics of Community Writing and Service – Learning Pedagogy	TR 11:00-12:15	Morris 610A	Sicari & Dekkers

351L- Human Health

001	Yoga and Sound Healing	M 11:00-1:30	Altgeld 116	Johnson
002	Psychological Skills for Everyday Life	W 12:15-2:45	Morris 610A	Lee
003	Little Egypt: How the Land Shaped the People and the People Shaped the Land	TR 3:35-4:50	Morris 610A	Indorante
950	Intercollegiate Athletics	F 1:00-3:30	Virtual	Mahoney and Partridge

351M-Multicultural

001	Yoga and Sound Healing	M 11:00-1:30	Altgeld 116	Johnson
002	We shall overcome: The history, possibilities, & continued significance of the civil rights movement	TR 2:00-3:15	Morris 610A	Reed
003	Set the Times to Music: Seeing History Through American Musicals	W 9:00-11:50	Morris 112	Clark
004	Little Egypt: How the Land Shaped the People and the People Shaped the Land	TR 3:35-4:50	Morris 610A	Indorante
005	National Parks of the World	TR 9:35-10:50	Morris 610A	Ruffner

351O-Social Science

002	We shall overcome: The history, possibilities, & continued significance of the civil rights movement	TR 2:00-3:15	Morris 610A	Reed
004	Psychological Skills for Everyday Life	W 12:15-2:45	Morris 610A	Lee
005	National Parks of the World	TR 9:35-10:50	Morris 610A	Ruffner
950	Intercollegiate Athletics	F 1:00-3:30	Virtual	Mahoney and Partridge

351S1-Science 1 (Physical)

002	Little Egypt: How the Land Shaped the People and the People Shaped the Land	TR 3:35-4:50	Morris 610A	Indorante
003	National Parks of the World	TR 9:35-10:50	Morris 610A	Ruffner

351S2-Science 2 (Life)

001	Little Egypt: How the Land Shaped the People and the People Shaped the Land	TR 3:35-4:50	Morris 610A	Indorante
002	National Parks of the World	TR 9:35-10:50	Morris 610A	Ruffner

351U-Humanities

001	Yoga and Sound Healing	M 11:00-1:30	Altgeld 116	Johnson
002	We shall overcome: The history, possibilities, & continued significance of the civil rights movement	TR 2:00-3:15	Morris 610A	Reed
003	Writing with and for Carbondale: Rhetorics of Community Writing and Service – Learning Pedagogy	TR 11:00-12:15	Morris 610A	Sicari & Dekkers
004	Set the Times to Music: Seeing History Through American Musicals	W 9:00-11:50	Morris 112	Clark
005	National Parks of the World	TR 9:35-10:50	Morris 610A	Ruffner

ENGL 120H – Honors students may use to substitute BOTH English 101 & 102

001	Archives of Accretion: Composition as Making	TR 9:30-10:45	Pulliam 37	Dekkers
002	Archives of Accretion: Composition as Making	TR 2-3:15	Faner 2206	Dekkers

COURSE DESCRIPTIONS

The Honors Colloquium

***Participation is highly selective and requires an application essay.**

Learn about 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.

**-Elizabeth Donoghue, Assistant Director, University Honors Program
Email Elizabeth.donoghue@siu.edu or stop by her office at Morris 184D**

Set the Times to Music: Seeing History Through American Musicals – NEW

This course will have two objectives: one is to teach a brief survey of the history and development of musical theatre. The second is to look how events that have shaped the history of this country have been reimagined as musicals. The big question is inspired the recent hit HAMILTON: who gets to tell your story? How does telling it as a theatrical event contribute to mythologizing it? Is this harmful or helpful to the image of a society?

**- Darryl Clark, Assistant Professor of Musical Theatre and Dance
(Fulfills: Fine Arts, Multicultural or Humanities)**

Little Egypt: How the Land Shaped the People and the People Shaped the Land - NEW

An exploration into the influence natural resources of the region played in the civil, cultural and economic development of the land and the resulting influences and impacts those actions have had on those same natural resources.

"Little Egypt" is the common nickname for the southern third of Illinois, roughly the geographic region located south of Interstate 70 and lying between the Mississippi and Ohio rivers. It is generally believed the nickname originated in the 1830s, possibly due to settlers in northern Illinois traveling south to purchase grain after particularly poor harvests and difficult winters, similar to the ancient Israelites' journey to Egypt seeking grain from settlements in the fertile regions along the Nile. Other similarities in the nickname are drawn between the Mississippi

- **Samuel Indorante, Adjunct Professor, Crops Soils & Environmental Management
(Fulfills: Human Health, Multicultural, Science 1 or Science 2)**

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
(Fulfills: Fine Arts, Human Health, Multicultural or Humanities)**

Psychological Skills for Everyday Life

This seminar provides a unique opportunity for students to delve into the principles and practical applications of Cognitive Behavior Therapy (CBT) and apply them to their own lives. CBT is a widely recognized and evidence-based therapeutic approach that focuses on understanding how our thoughts, emotions, and behaviors are interconnected and influence our well-being. Throughout this course, students will gain a comprehensive understanding of CBT theory and techniques and learn how to utilize them to promote personal growth, enhance mental well-being, and overcome challenges. The course will emphasize self-reflection, self-awareness, and self-application as students explore various aspects of their own cognitive, emotional, and behavioral patterns.

- **Eric Lee, Associate Professor, Clinical Psychology
(Fulfills: Human Health or Social Science)**

Intercollegiate Athletics: Origins Through Contemporary

Intercollegiate athletics started out as student-run sport clubs and 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 Four Conferences and football coaches who make over \$10 million dollars a year. As part of this exploration, the course will also examine the impact of factors such as 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, NIL, the transfer portal, the changing role of the NCAA, and the future of college athletics. Assignments are designed to allow students to explore options to address the issues faced in intercollegiate athletics and propose solutions.

- **Daniel Mahony President, Southern Illinois University System
- Dr. Julie Partridge, Professor, School of Human Sciences, NCAA Faculty Athletics Representative
(Fulfills: Human Health or Social Science)**

We Shall Overcome: The History, Possibilities & Continued Significance of the Civil Rights Movement

Power concedes nothing without a demand. It never did and it never will – Frederick Douglass. This is an introductory course on the U.S. Civil Rights Movement. It is intended to give students a broad understanding of the history of the Civil Rights Movement and how it has been theorized and analyzed. We will learn about key figures, texts, and popular cultural forms that arose with the movement. We will ask: Under what societal conditions did the Civil Rights Movement emerge? What empowered people to sustain this struggle against great oppression? In what ways did the movement transform the understanding of the self and society?

- **JP Reed, Professor, School of Africana and Multicultural Studies
(Fulfills: Multicultural/Social Science/Humanities)**

National Parks of the World - NEW

National Parks have been a vital tool for nature conservation since the late nineteenth century, but their impact on society goes beyond their land protection status. This course explores the historical, ecological, social, and indigenous perspectives of the global national park system, emphasizing their role in biodiversity conservation, cultural preservation, sustainable development, and international relations. We will explore the origins and evolution of the national park concept, analyze their impacts on local communities and indigenous populations, evaluate land conservation strategies' effectiveness on plant and animal communities, and address challenges in 21st-century park management. We will also investigate how national parks have shaped our understanding of environmental change, study the interaction between ecological integrity and human presence in these protected areas, and consider the influence of indigenous perspectives on conservation and sustainable coexistence. This course reveals the multifaceted dynamics of national parks worldwide and underscores our collective responsibility to protect these vital ecosystems and cultural heritage sites.

- Charles Ruffner

(Fulfills: Multicultural, Social Science, Science 1, Science 2 or Humanities)

Writing with and for Carbondale: Rhetorics of Community Writing and Service – Learning Pedagogy - NEW

In this course, students will engage in collaboration and writing with and for local service organizations through the lens of community writing and service-learning pedagogy in Rhetoric and Writing Studies. Together, we will look at the landscape, histories, and presents of community engagement in the Southern Illinois area, and we'll chart pathways forward through writing. In this course, we will read work done by local writers, with a deep commitment to community work, such as Reggie Brown, and put them in conversation with rhetoricians who study community writing, such as Romeo Garcia, Jenn Fishman, and Sally Benson and composition theorists who study and research on service-learning, such as Ellen Cushman and Tiffany Rouscoulp. In this course, we will pose questions about the necessity of coalition-building, asking questions about how we can learn to work and live together for better futures, while acknowledging difference, using Carbondale and the surrounding region as a deep case study to explore.

Through learning local histories of community writing and studying them through the lens of community rhetorics, we will then prepare students to work and learn with community partners through service-learning pedagogy and create a portfolio of writing projects that celebrate and promote the Carbondale community through intentional partnerships. By constellating research, discussion, deep listening, and practice, we will cultivate the futures we would like to create as integral citizens and members of our community.

**- Anna Sicari, Assistant Professor, and Corinne Dekkers, Assistant Professor of Practice,
School of Literature, Writing and Digital Humanities
(Fulfills: Fine Arts or Humanities)**

ENGL 120H: Archives of Accretion: Composition as Making

Words matter. This seminar takes up the word *accretion* and delves into its multiple meanings and possibilities. At a very basic level, accretion refers to the accumulating pull of matter into a center by which some galaxies are formed. In many ways, we are all accreting our everyday experiences into memories that form our personal archives. And, these personal archives form the web of relationships we are part of. In this course, we'll consider our own personal archives to craft new worlds and futures through writing and making across media. We'll strengthen our critical impulses through deep listening and research. We'll practice navigating the current era's cataclysms and apocalypses – terms whose roots suggest both a washing down (as flood) and a disclosing (as revelation) both personal and public – through our academic, critical, and creative pursuits. We will pursue and make knowledge together, we'll consider how we can communicate and compose, and we'll develop our own writing across a range of technologies, from analog to digital. We will reflect on how writing alone and together can help us understand our place within the natural and changing worlds while tending to and nurturing the imaginative possibilities of the futures we might dream into being.

**- Corinne Dekkers, Professor of Practice, School of Literature, Writing, & Digital Humanities
(Fulfills: BOTH English 101 & 102)**

Class Meeting Time: T/R 9-10:45 am *or* T/R 2-3:15pm