**The following descriptions are for topics courses that are being offered through the Honors College in the Fall 2020. All other descriptions are listed in the Undergraduate Catalog.**

**Honors Seminars**

**Theater, Performance and Social Messaging**

**HNRS 3000 (3) 1:00pm-2:15pm TR; Alday Section 1001, Course # 73249**

##### The topic of this course would be a convergence between live theatrical performance and social messaging. Often live theatrical performance is seen as purely escapism and entertainment, however, most productions imbed rhetorical messaging through the artists/creative staff’s choices and playwright’s text. This seminar course would explore the rhetorical and artistic choices within theatrical production as students explore the interdisciplinary fields of theater and communication through immersive learning and discussion. Please note that students would be required to attend 3-4 theatrical events outside of class.

**Practice Over Perfection: An Honors Yoga Seminar**

**HNRS 3000 (2) 9:30am-11:10am T; Rzicznek Section 1002, Course # 76690**

Honors students plagued with anxiety, depression, and stress often find themselves floundering for relief, and some discover the practice of yoga as refuge. This ancient practice integrates the deepest wisdom in the body, mind, and spirit to cultivate essential traits for success in life: awareness, persistence, compassion, clarity, logic, flexibility, and creativity. By yolking (the literal translation of yoga) the body, mind, and spirit, practitioners experience a more enriched way of living. However, in Western culture, the history and philosophy of yoga are swept aside in preference for the physical postures that build muscle tone and jaw-dropping Instagram posts. In this seminar, philosophy and practice will merge through experiential learning as we study the history, theory, and movement of yoga, thus unfolding its cultural ramifications, medicinal benefits, and calming effects

**Exploring Alternative Directions in Scientific Thought**

**HNRS 3000 (2) 4:00-4:50pm TR; Wade Section 1003, Course # 77756**

How do we illuminate our biases, particularly in the arena of science where we believe that we are only dealing with “The facts?” This course examines the social/philosophical worldviews classically underlying the notion of objectivity in science, including helpful insights in this regard from feminist thinkers. Additionally, we examine “reductionism”: it’s success and it’s limitations. For example, the Human Genome Project highlighted the limitations of genetic determinism and gave new significance to the study of epigenetics and recognition of emergent properties. Science affects every aspect of our modern lives; our present social and environmental crises create a sense of urgency. This course is for anybody wanting to think about science in new ways.

**Design Thinking for Life Planning and Psychological Recovery**

**HNRS 4000 (2) 9:30am-10:20am; Brackenbury Section 1001, Course # 77612**

Design thinking is a process for addressing complex problems that are not easily solvable. Burnett and Evans (2016) presented a design thinking process for success in professional and personal development. This course explores if and how design thinking can positively affect the psychological recovery of people who have experienced trauma from natural disasters. This population is susceptible to a number of mental health issues, such as depression, anxiety, and posttraumatic stress disorder. Course outcomes include increases in students’ understanding of design thinking and mental health issues, compassion for disaster survivors, and integration and creation of intervention models. This course is open to students who are interested in addressing complex problems and helping others. No prior experiences with life planning, mental health, or disaster relief and recovery are required.

**Pursuit of Happiness**

**HNRS 4000 (2) 6:00-7:50pm M; Vickio Section 1002, Course # 76690**

What does it mean to be happy? Many social scientists, philosophers and others would contend that happiness involves much more than the immediate experience of pleasurable emotions; it entails living a life which is satisfying, engaging, and meaningful. Yet disagreements persist about exactly what constitutes happiness—and how it can best be attained. In this seminar, we will examine various ways of conceptualizing happiness, and we will discuss what psychological research suggests are the optimal approaches to achieving a lasting state of well-being. Beyond looking at happiness through a psychological lens, we will consider the concept from other perspectives--including philosophical, evolutionary, literary, and spiritual perspectives.