

## **First-Year Seminar Course Topics**

### **7 Characteristics of Successful Loper Leaders**

#### **Teacher Education, Communication Disorders, Kinesiology and Sport Sciences**

This course helps students develop the necessary skills to evaluate sources of information regarding characteristics of successful leadership.

### **Live Long, Live Well**

#### **Kinesiology and Sport Sciences, English**

Living healthy, long lives is a basic human desire, and significant scholarship has been done regarding how to achieve the goal of living well. One approach has been to study parts of the globe where people tend to live longer, stay active, and report high levels of satisfaction and positivity. Known as bluezones, these regions suggest that one's environment can be molded to optimize the life experience. This course will help students develop the skills necessary to find, evaluate, and utilize the resources they would need to bring elements of bluezones into their own lives.

### **Living My Best Life**

#### **Family Science, Kinesiology and Sport Sciences, Finance**

During this course, students will be taught and provided tools to develop the necessary skills to evaluate sources of information and their own healthy lifestyles in the areas of relationships, finance, and fitness. These skills will enable them to be successful as UNK students and in life.

### **You at UNK**

#### **Counseling and School Psychology, English, Family Science**

#### **Thompson Scholar Students Only**

This course helps students develop the information necessary to enhance a healthy identity across individual, intellectual, and interpersonal perspectives through the study of autobiography, academic self-efficacy, and interpersonal relationships within families and across other social and professional groups.

### **Ballin' on a Budget**

#### **Finance, Kinesiology and Sport Sciences**

During this course, students will be taught and provided tools to develop the necessary skills to evaluate sources of information and their own healthy lifestyles in the areas of recreation, finance, and fitness. These skills will enable them to be successful as UNK students and in life.

### **Capitalism – How & Why it Works**

#### **Finance, Accounting, Management**

This course addresses how and to what extent Capitalism as an economic system has served both historically and currently to create wealth, foster liberty and enhance human happiness and well-being. The course will study the History, Morality and Process of Capitalism through the lenses of the "Five Pillars of Capitalism": Private Property Rights, The Rule of Law, Stable Monetary Systems, Open Markets, and a Supportive Culture and Government.

### **Problem of Leadership in a Complex World**

### **Industrial Technology, Speech, History**

Together, these three disciplines offer students a unique opportunity to explore the theme of leadership in the context of a complex world with endless problems, both today and in the past. Students will develop their own leadership style that builds on their personal strengths, draws from the experiences of leaders in the past, and utilizes the technological tools and management strategies available today to shape a leadership approach that addresses the challenges of their times.

### **Acquiring Professional Skills**

#### **Management, Marketing, Industrial Technology**

This course helps students understand the importance of developing soft skills that are highly sought-after by employers (MGT), a unique brand identity to successfully market themselves (MKT), and technology skills for good time management and productive work habits (ITEC).

### **Fermi's Paradox: If We're Not Alone, Where is Everybody?**

#### **Physics, Chemistry, Philosophy**

Are we alone in the Universe? It is a commonly held belief among many scientists that life, and perhaps even intelligent life, is common in the Universe. However, at the present time there is not any scientifically accepted evidence for such life beyond the Earth. Noting this, the 20th century physicist Enrico Fermi asked a simple question, sometimes referred to as Fermi's Paradox: "Where is everybody?" This class will approach Fermi's provocative question from astronomical, biochemical, and philosophical perspectives. In the astronomical section of the course, we will discuss issues related to the discovery, characterization, and exploration of planets in order to assess their habitability, and how the search for extraterrestrial life might be carried out. In the chemistry section of the course, understanding the requisite conditions for life and its origin and development will be explored. In the philosophy section of the course, we will discuss the assumptions behind the search for life by investigating the concepts of life, intelligence, evolution, and communication. We will also discuss the nature and limits of science, especially at its unexplored edges.

### **The Visible Voice**

#### **Music, Sociology, Women's Gender, and Ethnic Studies**

This seminar focuses on the problem of (mis)understanding the relationship between visible voice and power. What is voice? Whose voice matters? The purpose of this course is to examine the individual and collective power of visible voice, through a reflection of musical voice and social voice. The course begins with students understanding physical voice and sound. During weeks one through five, students will explore how their voices are generated and how they are perceived by examining: (1) Anatomy, physiology and acoustics, (2) Interactions with gender, age, era, and style, (3) Resonance, amplification, recording, and playback technology, (4) Competition, comparison, and commercialization, and (5) Range, volume, timbre, performance, and style. Once students have gained a solid foundation, they will transition into learning how voice and sound can lead to privileges and inequalities. The subsequent five weeks will focus on gendered voice as a source of privilege and oppression, while focusing on the importance of the power of voice as a means for social change. Students will explore (6) Gender as a point of

analysis, (7) Gendered research in everyday life, (8) Pitch, intonation, and gendered difference, (9) Gender and voice in the real world, and (10) Gendered voice and visibility: A contemporary look at voice and social change. Week 10 will segue into a more focused discussion of voice in relation to awareness of social issues and as a means for social change. Within the sociological component of this course, students will explore (11) Social issues, voice, and awareness (12) The self, voice, and power of self-advocacy (13) Social groups and privileged perspectives, (14) Creative ways to use voice and raise awareness: literature, music, art, etc. (15) Sociology presentations of using voice to raise awareness of social problems.

### **Combating Misinformation through Persuasion**

#### **Speech, Marketing, Supply Chain Management**

The problem addressed is that of combating misinformation utilizing the concepts of persuasion. The power of persuasion and adaption will be interwoven and progressively developed through three disciplines Speech, Marketing, and Negotiations. Each class builds upon the others. Persuasion is an essential skill in both personal and professional lives. Respectful and adaptive persuasion is necessary to accomplish the goal of combating misinformation while maintaining respect for all parties engaged. The students will use multiple sources of information in the utilization of concepts and principles of Persuasive Speaking, Persuasive Selling and Persuasive Negotiations to combat misinformation.

### **Friendship Across Borders**

#### **Communications, Modern Languages, Philosophy**

This course addresses the theme of “Friendship Across Borders” from the disciplinary perspectives of Philosophy, Modern Languages (Latin American Cultural Studies), and Mass Communication. Students will learn to apply critical/analytical techniques to texts and film while considering their historical and social contexts. They will explore the meaning of friendship and cross-border relationships (these include cultural, political, religious, and ethnic boundaries) with the goals of familiarizing themselves with various approaches to and definitions of friendship and of articulating their own explanatory framework for these concepts.

### **The World Is Fat**

#### **Kinesiology and Sport Sciences**

The course will address the ongoing obesity epidemic, with perspectives specific to the issue within the United States. In this course, students will explore underlying social and environmental factors regarding physical activity and nutrition that contribute to growing obesity rates and identify potential solutions. They will also gain insight into factors that impact obesity risk in their own lives, learn how to communicate these factors with others, and develop strategies to improve their own health.

### **Full STEAM Ahead: Bridging Analytical and Creative Problem Solving**

#### **Math, Physics, Art**

This course addresses the problem of bridging the visual and descriptive world to the analytic mind. In this course, students will develop the skills needed to pull qualitative and quantitative data from what they see and read to create connections and meaningful expressions that lead to deeper analysis and understanding. They will also develop techniques that allow them to create

effective and enlightening visual representations of described situations including quantitative measurements and variables.