

UNIV Spring 2015 Courses

UNIV 1820.001 Sustainability 360	Wednesdays from 11:15 am-12:05 pm with Instructor Joy Erickson	Interested in joining a career in plant science or landscape architecture? Want to learn more about sustainability? Sign up for Sustainability 360!
UNIV 1830.002 Diversity, Leadership, and Academic Success in Science, Technology, Engineering, and Mathematics (STEM)	Tuesdays from 5:00 pm - 6:15 pm with Instructor Joy Erickson	Learn more about your STEM major as you conduct research, participate in internships, and gain leadership experience.
UNIV 1820.003 Introduction to Medical History	Wednesdays 6:00 pm—6:50 pm with Dr. Keat Sanford	Learn about how to organize and record medical history in this informative course.
UNIV 1820.004 Developing the Counselor Within You	Thursdays 11:00 am - 11:50 am with Instructor Leo Lachut	If you are interested in pursuing a degree in counseling or mental health, this is the class for you.
UNIV 1820.005 Performance Poetry	Thursdays 3:30 pm -4:20 pm Instructor Carl Dean, Jr.	Express yourself through various types of poetic styles while learning about poetry through audio/visual recordings, literature, and personal appearances.
UNIV 1820.006 Antarctic Endurance	Tuesdays 3:30 pm - 4:20 pm with	Explore the group dynamics, survival and mission accomplishments that have allowed people to live in Antarctica. Discover what this continent can tell us about climate change, sea ice, the era of heroic exploration, and other related topics.
UNIV 1820.007 & 1820.009 Making Major Decisions	Tuesdays 11:15 am - 12:05 pm Tuesdays 9:30 am - 10:20 am Instructors Julie Lynch and Sharon Mendes	Gather insight about yourself and what major and career is right for you!
UNIV 1820.008 Husky Health 101	Wednesdays 1:25 pm - 2:15 pm with Instructor Kelley LaFleur	Are you getting enough sleep? Are you making health-conscious decisions about your food choices and body? Husky Health 101 will teach you how to enhance your health and well-being.
UNIV 1820.010/1820.011 P.A.S.S Preparing African American Students to Sustain Success	Thursdays 5:30 pm—6:20 pm Instructor Willena Price	Acquire all the resources you need to transition successfully into UCONN. Foster all the skills you need by utilizing the many services available through the H. Fred Simon’s African American Cultural Center (AAACC) *Open to first-year African American Students
UNIV 1820.012 UConn Reads: The Omnivore’s Dilemma	Thursdays 12:30 pm - 1:20 pm	Readers unite! This course is for creative thinkers and readers alike who demonstrate leadership roles and like a flexible class with agreed-upon topic discussions.
UNIV 1820.013 UCan Cook at UCONN	Wednesdays 9:10—11:05 with	Just because you’re on a meal plan doesn’t mean you shouldn’t learn how to cook! Practice how to cook safe and delicious meal in a course run by professionally trained managers and chef instructors.
UNIV 1820.014 Exploring the Many Paths of Psychology	Wednesdays 11:00 am—11:50 am with	Interested in joining a career in psychology but don’t know where it will take you? This class will teach you about the many options available to Psych majors.
UNIV 1820.015 Exploring STEM Research 101	Thursdays 9:30 am-10:20 am with	Explore hands-on research opportunities, consider graduate schools and STEM career options, and enhance their professional communication skills * Course requires instructor consent.

Sustainability 360

UNIV 1820.001

Wednesdays | 11:15am-12:05 PM |

OAK 107

Instructor | Joan Allen

Class # 10574

First Year Seminar | www.fye.uconn.edu

- Engage in hands-on projects with guest lecturers in their areas of expertise with an emphasis on sustainable practices.
- Learn about growing career opportunities in plant science & landscape architecture (with an emphasis on those related to sustainability).

- Gain experience through lectures, fieldtrips, class discussion, & critical thinking by considering conflicting viewpoints on controversial & current topics.
- Explore sustainability & the complex issues involved in sustainable practices in agricultural production, plant biotechnology, & more.



UNIV 1820.002
Diversity, Leadership,
and Academic Success
in Science, Technology,
Engineering and
Mathematics (STEM)

Class#: 10576

Tuesdays 5:00-6:15PM

Instructor: Joy Erickson

**Open to Freshman and Sophomore
students only**

Covers three areas as they
pertain to STEM: finding
research, internship experi-
ences for undergraduates,
and leadership and profes-
sional development in the
STEM fields. This course
will be co-facilitated by a
cross-disciplinary team
from the Chemistry Out-
reach and the College of
Liberal Arts and Sciences.

**FIRST YEAR
SEMINAR**

SPRING 2015

FYE.UCONN.EDU

▶ **LSAMP**



SP 2015 INTRODUCTION TO MEDICAL HISTORY



Learn about the patient-health provider relationship.



Develop skills to listen, record, organize, & report patient and family histories.



Learn the standard medical history template and how to effectively use it to elicit the patient's story.



Gain hands-on interactions with mock patients.

ADDITIONAL NOTES:

- Open to Freshmen & Sophmores only
- Permission Code Needed. To obtain, e-mail:
Dr. Keat Sanford (KEAT.SANFORD@UCONN.EDU)
OR
Susan Ruggiero (SUSAN.RUGGIERO@UCCONN.EDU)

UNIV 1820.003 | 10712
WED | 6:00-6:50PM | ROWE 130
INSTRUCTOR | DR. KEAT SANFORD
FIRST YEAR SEMINAR | WWW.FYE.UCONN.EDU



First Year Seminar Spring 2015

Developing the Counselor Within You

Instructor: Leo Lachut

UNIV 1820.004
Thursdays
11-11:50am
CUE 130
Class #: 10713

Whether you are exploring the field of counseling or mental health as a career or you just want to develop your personal helping skills, this course will address the many types of counseling degrees, theories, and techniques.



<http://fye.uconn.edu>



Performance

Poetry

Focus on self reflection, expression, and personal growth through poetry. Students will create, compose, and train to perform their original works of poetry. Exposure to various styles of poetry through audio/visual recordings, literature, and personal appearances. Individuals will be encouraged to step out of their comfort zone to foster personal growth.

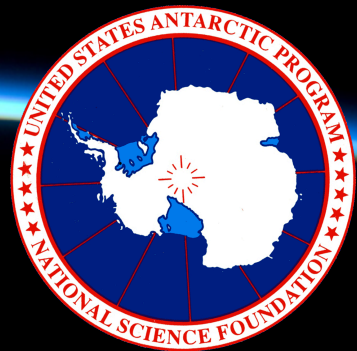
| Open to Freshman or Sophomore students only |

UNIV 1820.005 | 10741
INSTRUCTORS: CARL DEAN, JR
THURSDAYS 3:30-4:20 PM
FIRST YEAR SEMINARS
WWW.FYE.UCONN.EDU



ANTARCTIC ENDURANCE

UNIV 1820.006 – Class # 10742 – Spring
2015 Instructor: Richard Wolak



This seminar will explore mankind's last earthly frontier, ANTARCTICA, the remote continent surrounding the South Pole, home to 90% of the Earth's ice and nearly three-quarters of its fresh water. Much of our emphasis will be on leadership under adversity with a focus on Sir Ernest Shackleton's disastrous "Endurance Expedition" of 1914-16. Shackleton's ability to maintain his crew of 28 without a ship, and out of touch of land for nearly 500 days ranks among the greatest of accomplishments in crisis management.

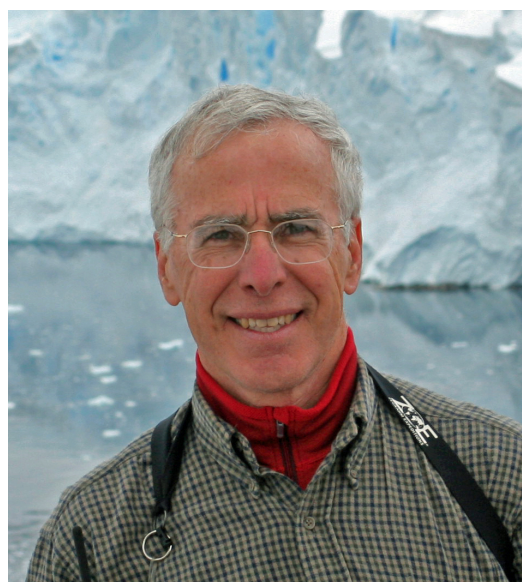
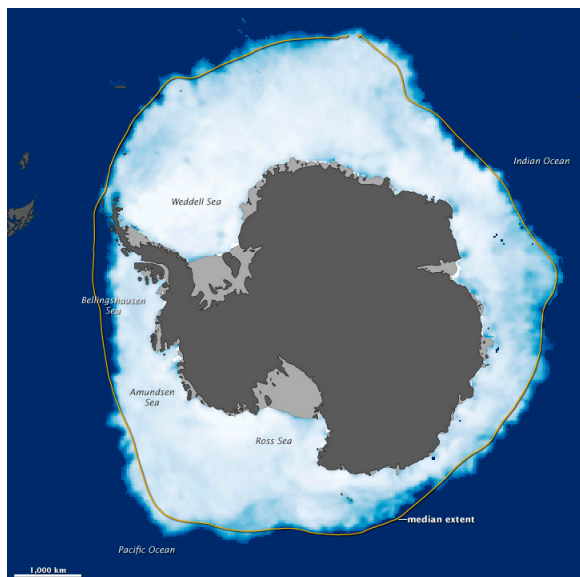
Additionally, we will examine Antarctic-related topics of class interest in such areas as climate change, sea ice, the era of heroic exploration, polar science, environmentalism and politics. Emphasis will be on intriguing aspects of Human-Nature interactions under stressful polar conditions.

Learn about Antarctica from Richard Wolak, an Antarctic historian who has lived and worked on the continent for more than 3-1/2 years. His academic pursuits have included studies on the effects of extreme isolation on group dynamics and mission accomplishment.



Tuesdays, 3:30 – 4:20
ROWE 134

UNIV 1820.006



UConn

FIRST YEAR PROGRAMS
www.fye.uconn.edu



This course is intended to provide students with an opportunity to further explore major and career options, while also providing professional development opportunities.

Specific topics will include, but are not limited to:

- Major and career exploration
- Understanding one's strengths, skills, interests, values, and personality, and leveraging this information to make strategic career decisions
- Learning about internships
- Discovering leadership opportunities that will aid in skill acquirement and resume building
- Hearing guest speakers discuss different major and career options

UNIV 1820 | 10918

INSTRUCTOR: JULIE LYNCH

TUESDAYS 11:15 - 12:05 PM

UNIV 1820 | 10743

INSTRUCTOR: SHARON MENDES

TUESDAYS 9:30-10:20 AM

FIRST YEAR SEMINAR

WWW.FYE.UCONN.EDU

Instructor: Kelley LaFleur

**INTD 1820.008
Class
#10744**

**Wednesday
1:25 pm -
2:15pm
ROWE 134**



Husky Health 101

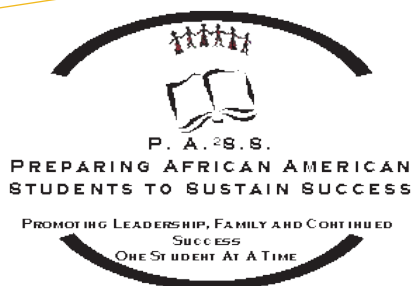
INTD 1820.008 You may know the amount of your student loans, but do you know your sleep debt? You're making A's and B's in your classes, but what is your Nutrition IQ?

If you want to enhance your personal health and well-being, this is the course for you! You will have the opportunity to individually examine your personal health status and identify key areas for improvement. The course will provide basic information on a wide range of health education topics and provide you with the knowledge to make responsible health-related decisions.

First Year Seminar Spring 2015

www.fye.uconn.edu

P. A². S. S.



Willena Price

Thursdays

5:30-6:20PM

African American
Cultural Center

Class#: 10919

Class#: 10920

UNIV 1820.010/1820.011:

Offered to assist first-year African American Students in making a healthy, productive and successful transition to college life at UConn

A one-credit course facilitated through the H. Fred Simon's African American Cultural Center (AACC)

First-year students will be matched up with an African American upper classmen mentor. Mentors will serve as liaisons to campus resources, services, organizations events and opportunities, as well as be friend mentees and serve as support as students begin to acculturate to campus culture and community.

FIRST YEAR EXPERIENCE
SPRING 2015
WWW.FYE.UCONN.EDU

4th Floor
Student Union
Room 407
2110 Hillside Road
U-3180

The Omnivore's Dilemma

A NATURAL HISTORY of FOUR MEALS

MICHAEL POLLAN

Author of

THE BOTANY OF DESIRE



UNIV 1820.012, UConn Reads: The Omnivore's Dilemma (10962)

Thursdays 12:30PM - 1:20PM in Rowe 134 1-Credit Seminar

Instructor: Shawna Lesseur (shawna.lesseur@uconn.edu)

"2015: The Book That Changed Your Life"

Course Description: This course is for freshmen and sophomores interested in UConn Reads who are ready to **actively shape their own academic experiences**. According to the Office of the President, "[t]he University of Connecticut's UConn Reads program has been created to bring together the University community – from students, faculty, and staff to alumni and friends of UConn, as well as citizens of Connecticut – for a far-reaching and engaging dialogue centered on a book suggested by the community." This course is taught in a fun, hands-on, student-directed way to get the most out of UConn Reads while connecting with the university and practicing transferable skills that will be useful in any academic major or career path.

Course Highlights:

- ♦ **Vote** on interdisciplinary course topics related to 2015 the selection *The Omnivore's Dilemma*.
- ♦ Take a student **leadership** role in the UConn Reads initiative.
- ♦ Learn skills and resources to win undergraduate **research grants**.
- ♦ **Publish** your own original short writing.
- ♦ Meet Vice Provost for Academic Affairs Dr. Sally Reis.

UConn | UNIVERSITY OF
CONNECTICUT

FIRST YEAR PROGRAMS &
LEARNING COMMUNITIES



OPEN TO
FRESHMAN

SOPHOMORES
ONLY

SPRING
2015



UNIV 1820.013

10963

U Can Cook @ UConn

★ WEDNESDAY | 9:05-11:05 | JONES 137 ★

— ROBERT LANDOLPHI —

FIRST

YEAR

SEMINARS

THIS COURSE IS INTENDED
FOR STUDENTS INTERESTED
IN LEARNING BASIC
COOKING TECHNIQUES
THROUGH HANDS-ON
LEARNING.

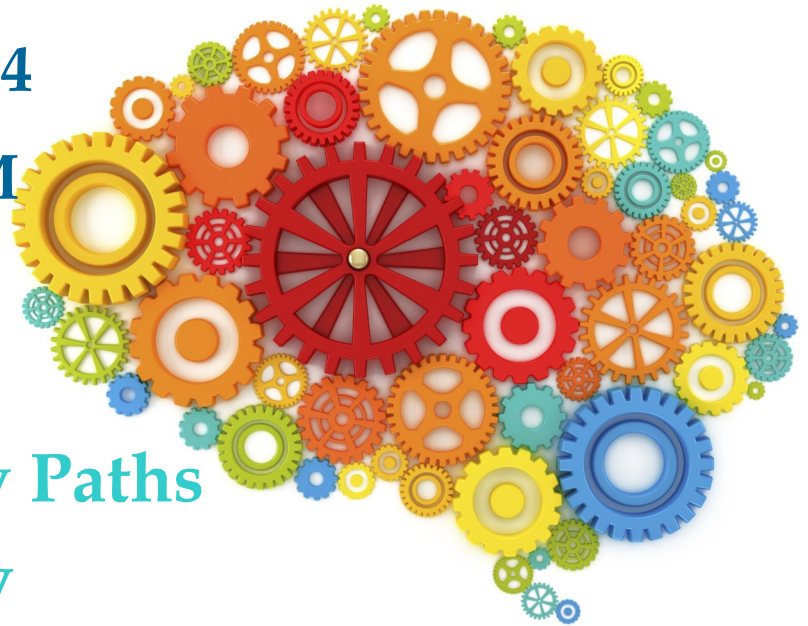
GUIDED BY
PROFESSIONALLY
TRAINED MANAGERS
AND CHEF
INSTRUCTORS, THE
OBJECTIVE OF THIS
PROGRAM IS TO
PREPARE STUDENTS
TO FUNCTION SAFELY
AND SKILLFULLY IN
THE KITCHEN.

NOW
ACCEPTING
REGISTRATIONS!

UNIV 1820.014 | 11144

THUR. | 11-11:50 AM

BOUSFIELD A101A



Exploring the Many Paths of Psychology

Instructor | Sarah Scheidel

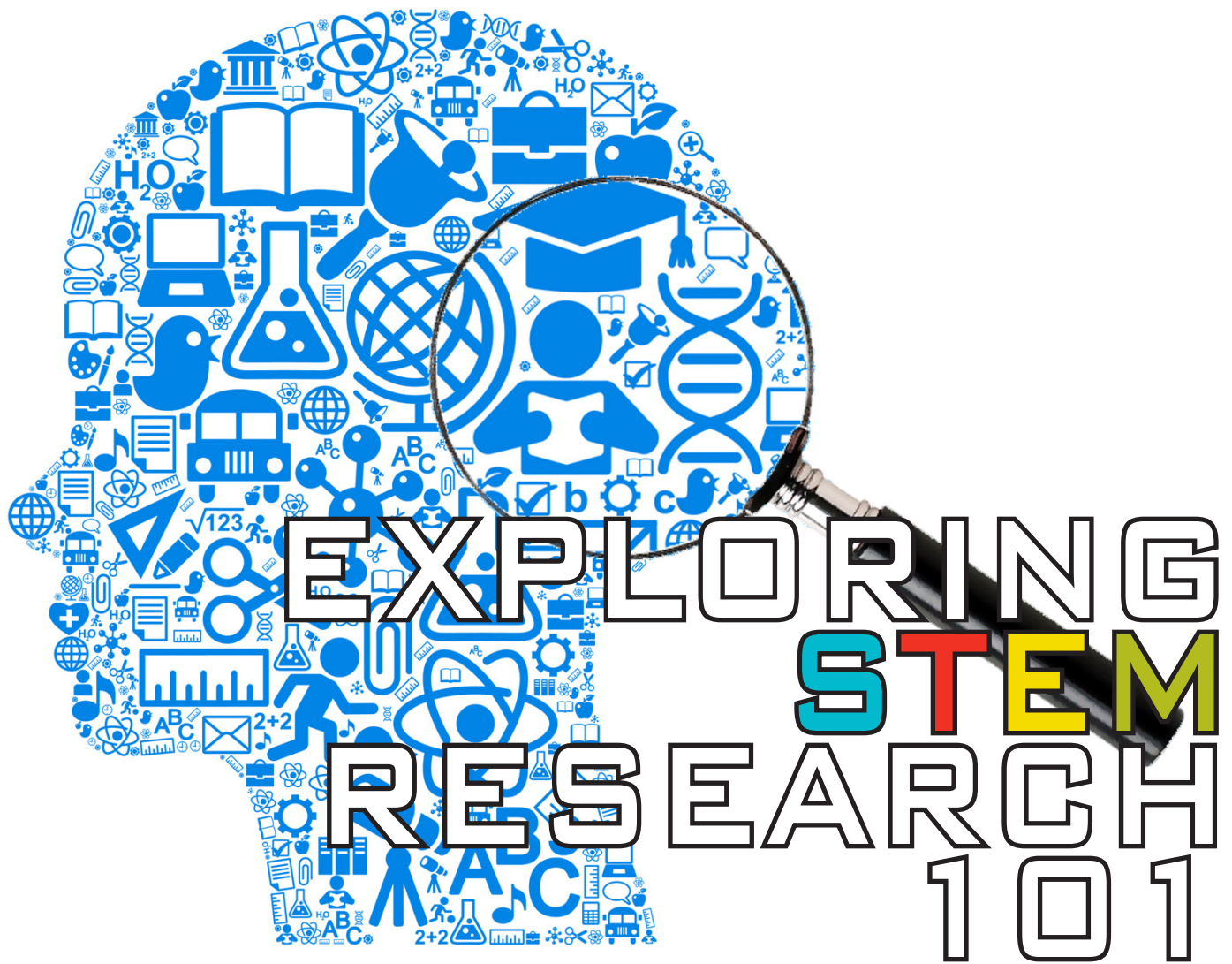
Undergraduate Academic Advisor, Dept. of Psychology

This **one-credit** seminar is designed to support students as they formulate their undergraduate plan into Psychology. Through intentional **exploration** of the psychology major, double majors, and various minors available, students will explore what they can do to set themselves up for successful careers at UConn and beyond.

- **No prerequisites!**
- One 50-minute lecture/discussion per week
- **Open to Freshmen & Sophomores Only.** Preference given to those who are **declared** PSYC majors & minors.

****Email Sarah Scheidel (sarah.scheidel@uconn.edu) for a permission number.****

FIRST YEAR SEMINAR | www.fye.uconn.edu



Through this course, students majoring in, or considering, a Science, Technology, Engineering, & Mathematics (STEM) field will:

- Explore hands-on research opportunities available to them at UCONN
- Research graduate schools and STEM career options
- Improve fluency writing discipline-relevant academic research
- Enhance their professional communication skills for real-world interactions with professors and fellowship/scholarship interview scenarios

UNIV 1820.015 | ROWE 318

THURSDAY | 9:30-10:20 AM |

E-MAIL DR. RENEE GILBERTI FOR PERMISSION CODE

RENEE.GILBERTI@UCONN.EDU

FIRST YEAR SEMINAR | WWW.FYE.UCONN.EDU

