



**University of Wisconsin
Stevens Point**

**First-Year
Seminars:**

Spring 2015

Course Information & Instructor	Title	Course Description
<p>FYS 101 (01)</p> <p>Mon/Wed 9:35-10:50 Sci D216</p> <p>Erica Weisgram</p>	<p>Pink and Blue: Examining The Role of Gender in Children’s Development</p>	<p>Is it a Boy or Girl? Should I buy Pink or Blue? Those are questions that many expectant parents face and illustrate the importance of gender in children’s development and in our American society. Children are given numerous and various messages about how to “be a man” or “act like a lady” at a young age from parents, peers, siblings, media and other influential aspects of society. In this First Year Seminar course, we will examine the ideas children have about gender, the gender expectations and gender stereotypes they face, and critically examine gender differences and similarities in children’s development. These important issues will be examined through popular press books and research articles, films, and children’s media as well as experiential learning activities such as observations or interviews.</p>
<p>FYS 101 (Section 02)</p> <p>Tues/Thurs 11:00-12:15 HEC 119</p> <p>Betsy Barrett</p>	<p>Raising the Wellness Bar</p>	<p>In this FYS course we will examine how our personal wellness practices are impacted by where we live, learn, work and play. Wellness is a function of more than genetics and making healthy lifestyle choices (e.g., regular physical activity, healthy eating patterns, managing stress, avoiding smoking and drugs, getting enough sleep, practicing safe sex). The choices we make are shaped by the choices we have available to us. Wellness starts in our families, in our schools and workplaces, in our playgrounds and parks, and in the air we breathe and the water we drink. Some neighborhoods do not offer the tools and opportunities for individuals to pursue paths to better health. We will explore strategies and policies that give all Americans an opportunity to choose good health and wellness.</p>
<p>FYS 101 (Section 03)</p>	<p>Arts as a Spiritual Journey</p>	<p>Create, discover and explore the</p>

<p>Wed 11:00-13:30 NFAC 121</p> <p>Diane Bywaters</p>		<p>area through art! Students will create a hand-made journal (sketchbook/field notes) through collage, sketching, and writings by discovering this community rich with art—public sculptures, a natural history museum, art centers, and numerous galleries in and around campus. Students will regularly take walking field trips to consider art work on display with assignments for the visual learner, while exploring the spiritual renewing qualities of art. At the end of the semester you'll have a richly, designed handmade art book. <i>Aren't an artist?</i> You'll discover ways to be artistic. <i>Are an artist?</i> You'll have ample opportunities to be very creative.</p>
<p>FYS 101 (Section 04)</p> <p>Tues/Thurs 12:35-13:50 Sci D216</p> <p>Rachel Albert</p>	<p>From Crib to College: Influences on Your Development</p>	<p>Why do teenagers fight with their parents? Is TV really bad for kids? How do babies learn to talk? Why do children lie? In this seminar, we will discuss these topics and many more related to how children's social environments (e.g. parents, peers, school, and media) impact their learning and development. We will read and discuss current research findings while considering the parenting and public policy implications for these childhood questions. This course will enhance your knowledge of child development while encouraging you to reflect on the family, friends, and experiences that shaped the person you are today.</p>
<p>FYS 101 (05) Wed 13:00-14:50 CPS 229</p> <p>Sterling Wall</p>	<p>What We Knew and What We Thought We Knew: Integrating College and Real Life</p>	<p>We all have our own ideas about what works and what doesn't, for almost all aspect of life. Students are invited to share their ideas about a variety of topics across the 7 dimensions of wellness: Social, Physical, Environmental, Career, Intellectual, Emotional, and Spiritual. Comparing what we think we know with recent scientific discoveries in each of these areas, that is when it really gets interesting!</p>
<p>FYS 101 (Section 06)</p>	<p>Back from the Front; Transitioning from Military to Civilian Life</p>	<p><i>For military veterans and current military service members only</i></p>

<p>Mon/Wed 12:25-13:40 CCC330</p> <p>David Chrisinger</p>		<p>Military veterans have always experienced challenges coming home from war. They've also always found ways to overcome those challenges. In this course, we will take an inter-disciplinary approach to studying the history of coming home from war, drawing comparisons from the Revolutionary War to the War on Terror. We will also learn to identify the unique and valuable skills you developed in the military and apply them in civilian settings. Upon completion of this course, you will be able to (1) read with perception and discernment, (2) write with clarity and precision, and (3) think both critically and courageously—skills that are sorely needed in today's workforce.</p>
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