**Spring 2023 Course Descriptions - Colloquia & Workshops**

**1-Credit Courses**

Please refer to the Registrar’s Master Schedule of Classes for the most up-to-date courses being offered in Honors for Spring 2023. Click [here](#) to access this list. At the first menu scroll down to ‘Spring 2023’ and the click the ‘Submit’ button. At the next menu scroll down to ‘Honors’ and then click the ‘Class Detail Search’ button at the bottom of the screen. This will display the most up-to-date courses being offered in Honors for Spring 2023. Courses with the HON prefix, H sections (i.e.-H01), courses with Honors attributes, and graduate courses count for Honors credit. Schedule is not always correct, so you should always consult with the Master Schedule of Classes.

**Honors 1-Credit Colloquium Courses**

Students may take Honors, 1-Credit Colloquium classes and bundle 3 to make 1 Upper-Level Honors Course. This bundle may occur once in pursuit of an Honors credential. Classes are clearly marked “Colloquium” prior to the title appearing on the Master Schedule. Note: Shaping a College Life, Shaping a Work Life, Integrative Capstone, and the Cultural Leadership Workshop count as Colloquium classes.
**HON 5305-001 COLL: Jane Austen**  
*Kimberly Hidore*

This 1-credit course will examine Jane Austen’s novels both in historical context and also as they are represented today. We will ask questions about love in British Recency society, and contrast this with what we know about love and dating in modern-day America. Even though Jane Austen wrote over 200 years ago, depictions of her work live on today as some of our most cherished love stories. But was Jane Austen ever even writing about love? And what do our depictions of her work reveal about us?

**HON 5305-002 COLL: Exclusion & Exct Wrld Affts**  
*Prof. Lance Kenney*

If world affairs can be thought of as a conversation, who is not included in the discussion? This colloquium will look at issues of exclusion as they relate to global issues, starting with the original ‘inside/outside’ demarcation of the modern state, the great confinements of the 18th century, and the ‘other-‘d’ voices in the international arena (feminism, postcolonialism, etc.). The class will end with an analysis of Agamben’s ‘state of exception’—when the exception becomes the ‘norm’—as it applies to contemporary world events.

**HON 6003-001 Intergrative Capstone**  
*Madeline Reynolds*

This course serves as (1) the capstone for Honors Degree students on the Integrative Capstone track or (2) a 1 credit colloquium course. This course prepares those enrolled for their Integrative Capstone Examination at the end of the Spring 2022 Semester. Students will complete a paper in which they reflect on their Honors experience inside and outside the classroom, the ways this experience has influenced your sense of vocation, and the ways it might be changed and improved. The paper is then used as the basis for the Integrative Capstone Examination, conducted by Madeline Reynolds at the end of the semester. The IC Examination will provide students the opportunity to engage in a conversation in which they reflect on and analyze the ideas and experiences articulated in the students’ written work. That is, the IC Examination is a conversation about the themes and issues that you will raise in your paper, allowing you to think back on your education and experiences in Honors and forward to your future.
Honors 1-Credit Enrichment Workshop Courses

Students may take any number of offered one-credit workshops. These workshops are intended for enrichment purposes only and will not count toward an Honors Degree or Honors Minor; nor will these credits be reflected in a student’s GPA. These courses are graded at the S/U level.

HON 5300-001 Personal Finance

Prof Catherine Stecyk

Personal finance is an important life skill. Have you ever heard of people who made millions during their professional lives, only to face mountains of debt or bankruptcy? Solid personal financial management is critical but need not be daunting. This course surveys topics like budgeting, living on your own, saving for that dream car, house, or vacation, responsible use of credit cards, investing for retirement, and a host of other topics. This discussion-based class is designed to introduce students to the financial topics they will face as young professionals. Students develop the knowledge to navigate personal finance effectively and in line with their needs and values.

HON 5300-100 Handyman Univ

Michael Ellis

Learn the basics of home & auto maintenance! Need to patch a hole in the wall? Want to hang a ceiling fan or refresh a backsplash? What if you need to replace a brake light? Save time and money by learning to do it yourself. Course is open to student requested content.

HON 5400-100 Mindfulness Meditation Immersion

Kimberly Reilly

Dates: 4/28-4/30, Fri 6-9, Sat 11-4, Sun 12-5 Participants must attend all sessions.

Mindfulness is a facultative state that promotes increased creativity, flexibility, clarity, resilience, and peace of mind. Mindfulness meditation practices are simple yet powerful ways of transforming our everyday lives. These practices can help us to reduce stress, overcome obstacles, achieve goals, and engage more deeply with the world around us. This immersive weekend retreat offers a practical, experiential, and theoretical introduction to mindfulness meditation and contemplative practices. This program is suitable for individuals wanting to
deepen their knowledge and personal practices of meditation (including students who have taken the full semester Mindfulness Meditation course) and/or students with some preliminary experience in mindfulness-based practices. Topics covered and practices explored: science of mindfulness/stress, everyday mindfulness, breathwork, seated meditation, yoga, journaling, walking meditation, mantras, mandalas, and compassion meditation. Using breath, movement, and meditation, you will develop a mind-body tool kit to establish the groundwork for a sustainable home practice.

**HON 5400-DL1 Mindfulness Meditation Immersion**

*Kimberly Reilly*

Mindfulness is a facultative state that promotes increased creativity, flexibility, clarity, resilience, and peace of mind. Mindfulness meditation practices are simple yet powerful ways of transforming our everyday lives. These practices can help us to reduce stress, overcome obstacles, achieve goals, and engage more deeply with the world around us. This immersive weekend retreat offers a practical, experiential, and theoretical introduction to mindfulness meditation and contemplative practices. This program is suitable for individuals wanting to deepen their knowledge and personal practices of meditation (including students who have taken the full semester Mindfulness Meditation course) and/or students with some preliminary experience in mindfulness-based practices. Topics covered and practices explored: science of mindfulness/stress, everyday mindfulness, breathwork, seated meditation, yoga, journaling, walking meditation, mantras, mandalas, and compassion meditation. Using breath, movement, and meditation, you will develop a mind-body tool kit to establish the groundwork for a sustainable home practice.

This asynchronous distance-learning immersion will be held online and can be taken at your own pace (though it is designed to be a three-day experience). All work must be completed before finals.

**HON 5410-001 Performing Arts: Intro Guitar I**

*Prof. Rebeka Karrant*

“Music washes from the soul the dust of everyday life.” – W.F. Corgill
In this workshop students will learn chords, chord progressions, several different strums, and learn some basic theory as it applies directly to the guitar. Students will learn to play popular folk, pop, rock and country songs. This workshop is for beginning students or a refresher for the rusty. Students must bring an acoustic or electric guitar.
HON 5410-002 Performing Arts: Intro Guitar II

Prof. Rebeka Karrant

“Music is the weapon in the war against unhappiness.” – Jason Mraz
Bring more happiness and joy into your life by making some beautiful music. This workshop picks up where Intro to Guitar 001 left off. Students will improve their skills, increase their repertoire, build more confidence, explore more advanced concepts that will allow them to play anywhere on the guitar neck. Come ready to play folk, pop, rock and blues tunes more competently and with greater freedom.
Prerequisite: HON 5410-001 Performing Arts: Intro Guitar I or Professor’s permission.

HON 5440-100 At Stoneleigh Grdn: Write Wksp

Professor Catherine Staples

At Stoneleigh Garden: Reading and Writing Children’s Stories & Myths, One-Credit Poetry Workshop

Dates: April 14-16, 2023
From Goodnight Moon and The Woman Who Flummoxed the Fairies to Wind in the Willows, Sukey and the Mermaid, and Alice in Wonderland along with selected Greek myths—we will read and write our way through Stoneleigh’s gardens, meadows, and woods. We’ll set imagination loose upon such mysteries as the disappearing, reappearing water garden in Catalpa court, the three gates to nowhere, the miniature world of the bog garden, the hollow stump down which Alice might have followed a white rabbit, and the lost greenhouse. The workshop begins on Friday afternoon with exercises in observation and imagination. On Saturday morning, we’ll spend the day writing at Stoneleigh Garden. On Sunday, we will gather to share new work in the garden.

HON 5440-101 At the Barnes: Poetry Workshop

Professor Catherine Staples

Dates: January 20-22, 2023
Dr. Barnes’ collection of Impressionist, Post-Impressionist and early Modern paintings will be the centerpiece for this one-weekend, poetry writing workshop. From Cezanne’s card players and Picasso’s acrobats to Matisse’s storytelling interiors—we’ll let the details of paintings “tease us out of thought.” Why did Picasso identify with street acrobats and performers? What are we to make of the repeating “still-lifes” within paintings by Matisse? How might Monet’s painting of his floating boat-studio on the Seine and Matisse’s The Music Lesson be considered
responses to world events and, at the same time, self-portraits of the artists? The workshop begins on Friday afternoon with exercises in memory & observation. On Saturday morning, we’ll take the train into Philadelphia and spend the day at the Barnes Foundation on the parkway. We will write our way through the galleries, using paintings and sculpture as well as the ensembles of quirky objects—keys, hinges, candle sticks, and locked chests—as entry points for new poems. On Sunday, we will gather to share new work over brunch!

**HON 5460-100 The Art & Science of Nature: Stnlegh Grdn**

*Cristine Cluy Gorka*

**Dates: TBA**

Through direct observation of natural patterns and behavior of plants and animals, students will photograph, illustrate and research their findings and translate them into art forms which will culminate in an exhibition at the end of the semester.

**VSB 2121-H01 Business Scholars Seminar**

*Dr. Beth Vallen*

This course will focus on business research. It will include presentations by a team of VSB faculty from different departments covering cutting-edge topics from the main fields of business and with a specific focus on accounting, economics, management, and marketing. The primary goal of the course is to acquaint students with some of the key theories, concepts and empirical findings that underpin these fields. It is a one-credit course, graded as satisfactory/non-satisfactory. It will be offered in the spring semester for VSB Honors students; first year honors students have enrollment preference. Also, this course is a prerequisite for those interested in applying to become a VSB Research Associate in subsequent semesters.

**VSB 2121-H02 Business Scholars Seminar**

*Mi Luo*

This course will focus on business research. It will include presentations by a team of VSB faculty from different departments covering cutting-edge topics from the main fields of business and with a specific focus on accounting, economics, management, and marketing. The primary goal of the course is to acquaint students with some of the key theories, concepts and empirical findings that underpin these fields. It is a one-credit course, graded as
satisfactory/non-satisfactory. It will be offered in the spring semester for VSB Honors students; first year honors students have enrollment preference. Also, this course is a prerequisite for those interested in applying to become a VSB Research Associate in subsequent semesters.