

A FIELD GUIDE TO: FIRST-YEAR SEMINARS





**"WHAT IS IT YOU PLAN TO DO
WITH YOUR ONE WILD AND
PRECIOUS LIFE?"
-MARY OLIVER**

THE YEAR AHEAD

Use your voice. Choose the choice. Make our house your home.



This guide is meant to help you think about which seminars you want to take as part of your First Year Experience. At Regis, we design your First Year Seminars with three hopes in mind. We want you to:

Use your voice.

Speak up, speak out, converse, sing: your beautiful voice is a powerful thing. The ability to take our experiences, reflect on them, and then transmit our thoughts to other people is an essential part of what makes us all human. We're here to help you learn how to trust your own voice, and to turn it into a powerful tool to change the world.

Choose the choice.

As a Jesuit Institution, we believe in the power of discernment. Discernment is the ability to listen to what is going on inside of us, to sift through the noise, and pay special attention to what really makes our hearts sing. That's how we learn to consciously connect to what is calling us in the world. After we've made a big choice—like coming to college—it is important to have many opportunities to choose a choice again and anew.

Make our house your home.

First and foremost, we are a community of communities. Belonging to a community is essential to our humanity. We are not born for ourselves alone. We live our lives for and with others, and we learn for and with others. Now and forever, you have a home at Regis, even if it's our job to help you think about the places you go and the communities you'll join in the future. All we ask is that you take the hospitality and care you find here, and share it with others.

So, as you are looking at the descriptions of the Fall writing-intensive seminars and the Spring communications-intensive seminars, we encourage you to imagine yourself entering a broader conversation about things that matter.

As you look through the many options below, find **THREE** that speak to you more than others. We invite you to reflect on why you feel called to those seminars. This process of discernment will help us in registering you for your Fall Semester courses and will help you to choose the choice to come to Regis.

RCC 200: FIRST YEAR WRITING

Fall 2023



During the fall semester, all first-year students are required to take a writing-intensive seminar course which is commonly referred to as **RCC 200** or the "**W-Course**".

These seminars focus specifically on developing college-level skills in reading and writing. It also introduces students to their advisor and a small community of fellow students - a personal cohort - that you'll stay with throughout the year. In other words, the same folks will be in both your Fall and Spring First-Year Seminars. The seminars are small—with no more than 17 students—and meet for 75-minute sessions three times per week.

The purpose of these seminars is to introduce you to the skills and practices that will make you a confident writer. Over the course of the semester, you will learn:

- **How to connect your writing with critical reading**

Good writers are also good readers. They look at other people's writing in order to understand how that writing works. This involves asking good questions. What is the author writing about? What kinds of questions is she posing about that topic? Are there any indications of what led the author to address this subject? What in the past has occasioned the need to use words to address this subject? Who is the author's audience? Does that audience expect the author to write in particular ways? And given all that, what is the author trying to accomplish? What does she want her words to do?

- **How to connect your writing with critical thinking**

Good writers adopt personal strategies for composing and revising their work. They also have strategies for giving and receiving constructive feedback on their own and others' writing. They use inquiry, analysis and argument to strengthen their writing. Finally, good writers reflect on their personal writing strategies and the work they produce in order to learn and to set goals for future writing.

- **How to develop your personal voice**

Good writers experiment at bringing their whole selves—their experiences, opinions, feelings, habits, and ways of relating—to different writing tasks. They strive to connect their growth as writers with the persons they wish to become.

COMMUNICATION-INTENSIVE SEMINAR

Spring 2024



During the spring semester, all first-year students are required to take a communication-intensive seminar, often referred to as the "**C-Course**," because their course codes end in "c".

These seminars are built around "disciplinary" content (like History, Religious Studies, or Fine Arts), but otherwise focus specifically on developing college-level skills in active listening and speaking.

These seminars will also satisfy a requirement for the Distributive Core. The seminars are small—with no more than 17 students—and composed of a familiar community of peers, which makes for an ideal setting for fostering the kind of trust, support and challenge required for conversations that matter.

The purpose of these seminars is to introduce you to the skills and practices that will make you a confident speaker. Over the course of the semester, you will learn:

- **How to connect your speaking with active listening**

Good speakers are also good listeners. They know that being a part of the conversation requires that they seek to understand the perspective of others.

- **How to connect your speaking with critical thinking**

Good speakers adopt personal strategies for preparing for and participating in speaking situations. They also have strategies for giving and receiving constructive feedback on their own and others' participation. They use inquiry, analysis and argument to strengthen their contributions to a conversation. Finally, good speakers reflect on their personal strategies and their performance in order to learn and to set goals for future speaking situations.

- **How to develop your personal voice**

Good speakers experiment at bringing their whole selves—their experiences, opinions, feelings, habits, and ways of relating—to different speaking situations. They strive to connect their growth as speakers with the persons they wish to become.

FIRST-YEAR SEMINARS

A doorway into a broader conversation about things that matter.

On the pages that follow, you will find descriptions of all our fall writing seminars with their spring pairs. The faculty members who teach these classes have designed them to be a "doorway" to enter into a broader conversation about things that matter.

As you read through each of the titles and descriptions, use this time as an opportunity to practice discernment, to be more mindful of the thoughts and emotions stirring inside you.

Which topics excite you? Which ones make you unexpectedly curious? Which ones might help you to grow next year, as a student and as a person?

After discerning, you will then complete the **Academic Interest Survey** and select the three fall seminars that call to you and your Summer Advisor will do their best to match you with one that fits your schedule and interests.

First-Year Advising Survey

Choose three First Year Writing seminars that you might be interested in taking. Note: We do not rank your preferences.

Artificial Intelligence

Of Monsters and Mercenaries

The Art of Living Well

Nobel Peace Laureates of Africa and their Worlds

Border Crossings: Living Musicians Who Cross the Line(s)

Paths

Building Your Climate Change Survival Pack

Read the World: Fiction, Film & Culture



**WHAT IT LOOKS IN
THE ACADEMIC
INTEREST SURVEY**

MAGIS LEARNING COMMUNITIES

Learning beyond the classroom

The Magis Learning Communities at Regis University are designed for students who are committed to learning beyond the classroom and who also are interested in building a stronger sense of community between commuter and residential students.

Magis Students enroll in specific First-Year Seminars, while also participating in hands-on experiential learning. The experiential component is made possible through a collaboration of several units, including the Center for Service Learning, the Outdoor Adventure Program, Residential Life, RegisCorps, and the Office of the First Year Experience.

Next year, we are offering two Magis Learning Communities:

- 1. CORE**
- 2. En/Route**

You will find the description for each community below

CORE (Colorado Outdoor Recreation Experience)



Passionate about the outdoors? Join the CORE community and learn among others who are actively engaged in the many outdoor activities Denver has to offer. You'll participate in outdoor safety and sustainability activities while building outdoor skills and experience (teamwork, collaboration, leadership) to supplement your classroom learning. You'll also have the opportunity to participate in easy-to-moderately strenuous activities such as hiking, biking, horseback riding, rock climbing and snowshoeing (fall and spring CORE will be planned over the summer in consultation with incoming CORE students).

The fall-semester CORE seminar is: "A Spirituality of Adventure".

The spring semester CORE seminar is: "Religion and the Human Quest (RT 201C)".

Descriptions listed below. Please refer to Section RU19 in the left-hand column.

MAGIS LEARNING COMMUNITIES

Learning beyond the classroom



En/Route

Now in its second decade, En/Route is widely regarded by students and teachers alike as one of Regis' most transformational programs. En/Route takes its name from the life-route we travel during the academic year as well as from the life-roots we put down in communities in which we learn and serve. By integrating classroom with hands-on learning at a local program or agency, En/Route contributes to the promotion of justice in the Denver area. As the year goes on, we will return over and over to the power of deepening relationships and academic inquiry to inform the journey we take together.

The fall-semester En/Route seminar is "Community, Voice, Justice."

The spring-semester En/Route seminars are:

- **"Speaking to Make a Difference (COM 250C)"** or
- **Philosophical Explorations (PL 270C)"**

Descriptions listed below. Please refer to sections RU1 & RU2 in the left-hand column.

FALL 2023

← PAIRED WITH →

SPRING 2024

Writing-Intensive Seminar

Communication-Intensive Seminar

En/Route: Community, Voice, Justice (RU01)

We will focus on writing which practices being for and with others through social observation, analysis and advocacy. We will approach this theme in two ways: first, by means of weekly fieldwork at a Denver program or agency seeking to address basic human needs and to promote justice; and, second, by means of reading, reflection, discussion, and writing at Regis University. Our goal in taking a double approach is to trace the connections between academic life at Regis and life in and beyond the city of Denver.

Dr. Sarah Puett

Speaking to Make a Difference (COM 250C)

Develops engaged, competent, confident communicators, preparing speakers to connect with small and large, live and remote audiences. Encourages critical listening, writing, rehearsing, revising and speaking skills relevant to everyday, civic, professional and family/social life.

Dr. Sarah Puett

En/Route: Community, Voice, Justice (RU02)

We will focus on writing which practices being for and with others through social observation, analysis and advocacy. We will approach this theme in two ways: first, by means of weekly fieldwork at a Denver program or agency seeking to address basic human needs and to promote justice; and, second, by means of reading, reflection, discussion, and writing at Regis University. Our goal in taking a double approach is to trace the connections between academic life at Regis and life in and beyond the city of Denver.

Dr. Jason Taylor

Philosophical Explorations (PL 270C)

An introductory course in philosophy which acquaints students with the range of questions and issues raised in both the philosophical tradition and contemporary thought. Engages students in a critical analysis and evaluation of different philosophical positions, including their own.

Dr. Karen Adkins

FALL 2023



SPRING 2024

Writing-Intensive Seminar

Communication-Intensive Seminar

Imagining our Shared Future (RU3)

During our time together we will explore a variety of essays, stories, poems, and multimedia works that challenge simplistic depictions of the future as either a conflict-free paradise or a hopeless apocalypse. Instead, we will develop ways to make space in ourselves and in our communities for simultaneity, multiplicity, and transformation. In addition to engaging a range of topics related to ecology, identity, technology, and the arts, students in the class will write about how they imagine their own lives unfolding.

Dr. Eric Baus

Literature Matters (EN 250C)

Introduces the literary genres of poetry, fiction, and drama. Students will write a series of analytical essays, including at least one research essay.

Dr. Eric Baus

Care of the Whole Person:

Disability Rights & the Fight for Inclusion (RU4)

Disability is a human condition that we will all experience within our lifetime, whether it be permanent or temporary, by accident or illness. This course will challenge you to examine your own privileges in relation to how you learn and interact with others with and without disabilities. You will learn about historical disability rights movements and the impacts thereof on our current social structures. The heart of this course is "Care of the Whole Person" which is a Jesuit value and based on the Latin phrase, *cura personalis*.

By taking this course, you will experience an inclusive classroom environment with a diverse group of students with intellectual and developmental disabilities enrolled in the GLOBAL Inclusive Program. We will use Universal Design for Learning (UDL) for all students and provide many ways to engage, present (teach) information, and demonstrate your learning. This course may be of interest to students in education, psychology, and peace & justice. Join us in our journey to meaningful inclusion. Space is limited.

Dr. Jeanine Coleman

Religion and the Human Quest (RT 201C)

Considering human existence in relation to "the sacred" and drawing on Eastern and Western religious traditions, this course explores religious perspectives on human question about life, suffering, goodness, and ultimacy.

Dr. Julia Brumbaugh

FALL 2023

← PAIRED WITH →

SPRING 2024

Writing-Intensive Seminar

Communication-Intensive Seminar

"Artificial Intelligence" (RU5)

Machine-learning algorithms play an increasing role in our society. They shape the content that we see on social media platforms, and they drive personalized advertising and product recommendations. Chatbots driven by large language models offer to be our personal writing assistants, and image generators can produce work in the style of almost any known artist. Computer vision systems easily recognize our faces, and the dream of a fully self-driving car has almost been realized. Artificial intelligence technology has the potential to improve our lives in some cases, but it also brings its own risks. It threatens to displace human creativity, facilitate authoritarian surveillance, and perpetuate human biases that the machine learned from its developers. In this course, we will read and write about these systems, both about how they work and about their impacts on our world.

Dr. Fred Gray

Questions in Contemporary Music (FAC 201-OC)

Western classical musicians in the twentieth and early twenty-first centuries responded to world events with musical styles that questioned the foundations of traditional musical language. In this course, we will explore these wide-ranging styles while discussing the philosophical and aesthetic issues facing contemporary musicians and audiences. NOTE: Enrollment is limited to students that completed the linked RCC 200 course in the fall.

Dr. Loretta Notareschi

Sustainable Cities (RU6)

Some people escape cities for the suburbs; others escape the suburbs for a taste of city life. Over the past years we've witnessed a resurgence in city life with metro populations booming. Then came the pandemic with cities emptying as they became virus epicenters. It's yet to be seen what post-pandemic city life will be like. This course looks at city life from 3 perspectives - economic, environmental, and social - and poses the question of how best to cultivate sustainability in each of these areas and city life in general. Students will engage in experiential activities to supplement classroom learning.

Dr. John Hickey

Literature Matters (EN 250C)

Introduces the literary genres of poetry, fiction, and drama. Students will write a series of analytical essays, including at least one research essay.

Faculty To Be Determined

FALL 2023



SPRING 2024

Writing-Intensive Seminar

Communication-Intensive Seminar

The Art of Living Well (RU7)

What does it mean to live well, especially in times like ours, so full stress and strife? How important are things like work, happiness, nature, culture, friendship, love, and religion to the art of living well? Does money help or hinder, and what about death and dying?

These are challenging questions that we'd be hard pressed to answer on our own. But when confronted with opportunities and difficult situations, we are not alone when it comes to finding guides towards the good life. Our literary, philosophical, religious, and scientific traditions are full of wisdom. In this class we will read and write our way to possible answers.

Drawing on a variety of texts from different disciplines, this course seeks to further our abilities at understanding what matters to us and how best we might spend our days.

Dr. Tom Howe

Religion and the Human Quest (RT 201C)

Considering human existence in relation to "the sacred" and drawing on Eastern and Western religious traditions, this course explores religious perspectives on human question about life, suffering, goodness, and ultimacy.

Dr. Russell Arnold

Food, Climate, and Our Future (RU8)

Did you eat today? Will you have access to healthful, affordable food tomorrow? It's easy for most of us to take food for granted, but not everyone has that luxury, and the climate crisis is exacerbating inequities and other challenges to global food security. We will read and write together about a range of issues related to food, and we will examine how food producers, scientists, activists, and others are addressing the consequences of climate change for the ways that we feed ourselves.

Dr. Frank McGill

General Psychology (PSY 250C)

Introduces the science of behavior and mental processes through a systematic study of representative areas of psychology.

Dr. Amanda Miller

FALL 2023



SPRING 2024

Writing-Intensive Seminar

Communication-Intensive Seminar

Border Crossings:

Living Musicians Who Cross the Line(s) (RU9)

What are the boundaries between hip-hop, rock, pop, folk, country, and classical music? Between music and art? Between music from different places in the world? Do these differences matter in today's world? In this class, we'll listen to, discuss, and write about contemporary pieces of music that break down the barriers between style, genre, and culture. In the process, we'll encounter mixture, appropriation and misappropriation, homage, borrowing, stealing, trespassing, and inspiration. Come with open ears!

Dr. Loretta Notareschi

American Musical Theater Studies (FAC 201NC)

Offers a survey of the American Musical through general musical concepts while developing a working vocabulary of the elements of music. Examines the historical and social context of musical theater in the United States, from its earliest developments in the mid-nineteenth century to present day and explores its major developments and influence in American culture. Concentrates on written assignments and current approaches to music research.

Dr. Trudi Wright

Of Monsters and Mercenaries: Exploring the Ancient World (R10)

The ancient world was messy and chaotic. But from that messiness came poetry, philosophy, politics, and even language as we know it. In this course, we seek to understand the cultures of Greece and Rome—cultures which are fundamentally foreign, both to us and to each other, yet served as direct inspirations for much of what today we call “Western Civilization.”

By considering the poetry, history, and comedy of the ancients, you will gain a new appreciation for the way that words work to convey meaning, emotion, and identity. of Greece and Rome—cultures which are fundamentally foreign, both to us and to each other, but ultimately served as the foundation of Western culture. By considering the poetry, history, and drama of the ancients, you will gain a new appreciation for the way that words work to convey meaning, emotion, and identity.

Dr. Ian Oliver

Philosophical Explorations (PL 270C)

An introductory course in philosophy which acquaints students with the range of questions and issues raised in both the philosophical tradition and contemporary thought. Engages students in a critical analysis and evaluation of different philosophical positions, including their own.

Dr. Ron DiSanto

FALL 2023



SPRING 2024

Writing-Intensive Seminar

Communication-Intensive Seminar

Naturalist Explorations (RU11)

How do we care for our common home? How does our common home care for us? Throughout the semester, we will reflect on our place with and within the natural world writ large, while also paying special attention to the unique environments of Denver and the Rocky Mountain region. In addition to engaging with various readings and movies, this class is designed to get us out of the classroom in order to actually EXPERIENCE the world. For example, if we want to reflect on the human urge to always pursue greater heights, there's no better way than to actually climb a hill! Students should be aware that this course will require some physical exertion, so please come with an engaged mind and a sense for adventure. If you have concerns about accessibility, please feel free to contact Dr. Heidi Barker any with questions.

Dr. Heidi Barker

Nobel Peace Laureates of Africa and their Worlds (RU12)

Those who encounter the lives of Mohandas Gandhi, Nelson Mandela, Desmond Tutu and Wangari Maathai—four Nobel Peace Prize winners who lived and worked in Africa—are often awed by the accomplishments of these four individuals. And yet, their writings and biographies demonstrate that they did not have exceptional backgrounds, but were ordinary people like you and me. What set each of them on a course to making lasting positive change in their worlds was the ability to take time to reflect on their experiences, understand the problems, and then chart new courses of action. Throughout this course we will not only learn about the historical contexts of these individuals and how to become better writers, but we will also attempt to draw from their journeys of vocational discernment in order to gain insights for our own lives and “how ought we to live.”

Dr. Ethan Sanders

Science for Environmentalists (CH 202C)

Provides an introduction to the scientific aspects of environmental and social issues for the non-science student. Including the role of science and technology, water and air pollution, conventional and alternative energy sources, and selected topics relating to local and global issues in energy and the environment. Co-requisite: CH 203, or permission of instructor. NOTE: Designed specifically for non-science majors to satisfy the Natural Science Core Requirement when taken with CH 203.

CH 203 Lab: Involves laboratory exercises accompanying and reinforcing lecture topics in CH202C. Co-requisite: CH 202, or permission of instructor. NOTE: One three-hour laboratory period, starting Friday mornings at 9:30.

Dr. Lynetta Mier

Speaking to Make a Difference (COM 250C)

Develops engaged, competent, confident communicators, preparing speakers to connect with small and large, live and remote audiences. Encourages critical listening, writing, rehearsing, revising and speaking skills relevant to everyday, civic, professional and family/social life.

Faculty To Be Determined

FALL 2023



SPRING 2024

Writing-Intensive Seminar

Communication-Intensive Seminar

Sensing the World (RU13)

Our senses are remarkable. They help us identify beauty and danger as well as experience joy, feel pain and every emotion in-between. In this first-year seminar, we will explore our senses and the ways they enliven the world around us. For instance, we'll discuss how our sense of smell can create feelings of nostalgia and our hearing can help us locate ourselves in space. We will explore our sense of sight through activities with color and shape as we walk through campus and recreate these visions with words and images. If you've ever been interested in just how our senses impact our lives, this course is a fun, playful, and engaging way to explore them.

Dr. Sue Sci

Philosophical Explorations (PL 270C)

An introductory course in philosophy which acquaints students with the range of questions and issues raised in both the philosophical tradition and contemporary thought. Engages students in a critical analysis and evaluation of different philosophical positions, including their own.

Dr. Becky Vartabedian

Zen Lab (RU14)

In this seminar, you will embark on a journey of self-inquiry through the lens and methods of Zen Buddhism as well as other systems of introspection. By establishing a regular practice of stillness and mindfulness you will explore the nature of your being beyond surface-level descriptors and roles. You'll learn practical tools and practices to empower your exploration of the self and develop a more meaningful relationship with the world.

Through engaging discussions, journaling, and small-group work, you'll further your writing skills and learn how to articulate your insights and discoveries clearly and effectively. This course will also introduce you to academic writing conventions and critical thinking principles. By the end of the seminar, you will have gained a deeper understanding of yourself and the world and effective ways to engage with life.

Dr. Tim Trenary

Literature Matters (EN 250C)

Introduces the literary genres of poetry, fiction, and drama. Students will write a series of analytical essays, including at least one research essay.

Dr. Eric Baus

FALL 2023



SPRING 2024

Writing-Intensive Seminar

Communication-Intensive Seminar

Mexico in Film and Text (RU15)

Do you enjoy watching films? Through an analysis of film and text, this course explores representations of identity and culture during the second half of the twentieth century in Mexico. During this course, we will explore films that depict issues of representation, memory, identity, nationalism, and modernity in Mexico, and their connection with crucial historical moments.

Issues of representation can be explored from many points of view, but this course will focus on a Latin American perspective by exposing students to films produced by underrepresented voices such as Indigenous communities, Afro Descendants, women, and immigrants. At the end of the course, the students will be able to connect some historical films in Mexico with the historical and social context in which they were produced. Students will also learn how to use films as primary sources and understand the differences between films produced in Mexico with those produced in the US.

Dr. Heider Tun Tun

Communication in Relationships (COM 252C)

Emphasizes the communicative processes by which we co-create, experience, and manage relationships. Students will become more aware, competent, and confident communicators, whether live, face-to-face or in the digital realm.

Dr. Emily Stones

Storytelling for Social Justice (RU16)

How do social justice and telling stories work together? This semester we will listen to and tell stories, critically examining the ethical considerations around how people speak and are spoken about across a number of genres. We will consider questions such as, in what way can stories be dangerous? How can stories be transformative? As we think, read, and write together, we will critically examine diverse perspectives of global voices who tell their stories to inspire social change, to make claims for justice, and to take moral stands. We will analyze how stories operate in the world; how they inspire social justice, position dominance, marginalization, (in)justice, (im)morality, inclusion and exclusion. In the process we will also come to understand our own voices and locations in the global production of narratives.

Dr. Alison Castel

Introduction to Anthropology (AN 204C)

Introduces the methods and theory of cultural anthropology through a theoretical and comparative examination of the role in human life. Includes the study of cultural practices such as language, myth, gender, marriage, sexuality, and economic and political practices in different cultures of the world.

Dr. Elisabeth Moolenaar

FALL 2023



SPRING 2024

Writing-Intensive Seminar

Communication-Intensive Seminar

Chinese Food Culture in America (RU17)

This course focuses on the role that Chinese cuisine has played in the development of society, culture, and identity in the United States over the past 150 years. It examines the history of Chinese cuisine in China as well as foreign encounters with Chinese cuisine in China from the perspectives of both Europeans and Chinese-Americans.

Dr. Michael Chiang

Latin America in Film and Text (HS 262C)

Studies films produced by underrepresented voices in Latin America, such as Indigenous communities, women, and Afrodescendants. Students will learn how films represent historical and political issues that affect our communities in modern times.

Dr. Heider Tun Tun

RU Afraid? (RU18)

Each of us experiences various forms of fear on a daily basis. In this course, we will explore the many facets of fear and discuss the roles that fear plays within our lives. Does fear help us? Does fear hinder us? How does fear shape who we are? Through the exploration of various forms of text and media, we will take a closer look at how fear impacts our lives. At the conclusion of this course, you can expect to view fear differently and leave with a variety of tools to ultimately improve your life.

Ashley Kloess, MA

Philosophical Explorations (PL 270C)

An introductory course in philosophy which acquaints students with the range of questions and issues raised in both the philosophical tradition and contemporary thought. Engages students in a critical analysis and evaluation of different philosophical positions, including their own.

Dr. Anandita Mukherji

FALL 2023

← PAIRED WITH →

SPRING 2024

Writing-Intensive Seminar

Communication-Intensive Seminar

CORE: A Spirituality of Adventure (RU19)

Whatever the faith tradition, many of us feel the presence of the sacred most acutely when we are in nature – especially when there is an added sense of risk and adventure. This class combines outdoor experiences with reflection on how God (however we understand the word) is present in our lives. We will develop writing skills that help us to strengthen our voices in narrating our encounters and advocating for environmental justice. In the spring, students commit to designing and facilitating an adventure retreat for their fellow students (April 12-14, 2024).

Dr. Daniel Justin

Religion and the Human Quest (RT 201C)

Considering human existence in relation to “the sacred” and drawing on Eastern and Western religious traditions, this course explores religious perspectives on human question about life, suffering, goodness, and ultimacy.

Dr. Daniel Justin

Superheroes (RU20)

The oldest story in history stars a superhero named Gilgamesh. Today, three of the top five highest-grossing films of all time have featured heroes with special powers. Why do superheroes fascinate us? What can we learn by examining them through psychological, philosophical, and literary lenses? In this course, we will analyze superheroes from Achilles and Batman to Xena and Zelda, as represented in literature, films, comics, and video games. Topics of discussion will include gender, social justice, and spirituality, as well as how heroes reflect and challenge their historical contexts.

Alyse Knorr, MFA

Introduction to Cultural Anthropology (AN 204C)

Introduces the methods and theory of cultural anthropology through a theoretical and comparative examination of the role of human life. Includes the study of cultural practices such as language, myth, gender, marriage, and sexuality, and economic and political practices in different cultures of the world.

Dr. Jude Fokwang

FALL 2023

← PAIRED WITH →

SPRING 2024

Writing-Intensive Seminar

Communication-Intensive Seminar

WHAT LIES BENEATH MEXICO CITY? Uncovering the art and architecture of The Americas' first empire (RU21)

December 10th, 1978: electrical workers digging in Mexico City accidentally unearthed a giant stone sculpture depicting an ancient Moon goddess. It was Coyolxauhqui, one of many powerful goddesses and gods of the Mexica, an Indigenous American culture and empire more commonly known as the Aztec.

The Mexica built their capital city, Tenochtitlan, on an island in the middle of a giant lake surrounded by mountains. Today, its glorious art and architecture lie beneath modern Mexico City. In this class, we will journey to Tenochtitlan through discussions and writing activities focused on Tenochtitlan's monumental stone sculpture, sacred artifacts, and the remains of its major temples. Other experiences include a visit to the Denver Art Museum to see art and artifacts from Tenochtitlan, and guest lectures from Chicana and Hispanic artists in the Denver area who incorporate Mexica imagery into their own art. Ultimately, in this class, we ask: "What lies beneath us?" "What histories have we walked on?" "How do we write about them now, and in a way that gives those histories voice?"

Dr. Khristin Montes

Philosophical Explorations (PL 270C)

An introductory course in philosophy which acquaints students with the range of questions and issues raised in both the philosophical tradition and contemporary thought. Engages students in a critical analysis and evaluation of different philosophical positions, including their own.

Dr. Ted Zenzinger

Women of Color Remaking the U.S (RU22)

This course will focus on women of color and the varied ways they are remaking the U.S. to be a more just society for us all. Through a variety of materials and contemporary media, we will analyze how the lived experiences of women of color uniquely prepare them to lead social change and how their activism has impacted and continues to impact our society.

Dr. Jazmin Muro

Introduction to Peace and Justice (PJ 200C)

Introduce students to themes within the academic discipline of peace and justice studies. Discussion is focused on nonviolence in theory and practice, and includes interdisciplinary threads from history, philosophy, literature, religion, economics, and social analysis.

Dale Fredrickson

FALL 2023

← PAIRED WITH →

SPRING 2024

Writing-Intensive Seminar

Communication-Intensive Seminar

Language Games (RU23)

Title: Language Games Description: As poet Ron Silliman notes, "the limits of my language are the limits of my world." In this class, we will learn to play the game of language so well that we may experience a world without limits. Without the self-imprisonment of our cowardice or the odious coercion of our fellow human beings. Without the reflex of intolerance, dogma, or doctrine. Without the lamentable fear with which we meet our own adventure in personhood on this planet. To do so, we will need to know the games available to us and how to play them well or poorly. If we play these games well, we may become beautiful and wise. And what better task can we set for ourselves than to live beautifully and wisely? Oscar Wilde urged that one should either "wear a work of art or be a work of art." Learn to be a work of art.

Dr. Nicholas Myklebust

Religion and the Human Quest (RT 201C)

Considering human existence in relation to "the sacred" and drawing on Eastern and Western religious traditions, this course explores religious perspectives on human question about life, suffering, goodness, and ultimacy.

Dr. Tom Howe

Who, What, Wear? The Stories our Clothes Tell (RU24)

Miuccia Prada once said, "What you wear is how you present yourself to the world, especially today, when human contacts are so quick. Fashion is instant language." What we wear is intimately connected to the construction of self through the lenses of gender, class, race, and ethnicity. We will explore not only the "language of fashion" as it pertains to our personal narratives but also how those narratives are a part of broader social, cultural, and economic conversations. We will explore questions such as, how does "fast fashion" impact consumers, laborers, and the environment? How do issues of cultural appropriation and exploitation trickle down from major fashion houses to retail ready-to-wear fashion? How do the clothes we wear mark social and economic class? By examining different voices in the fashion industry, we will tap into and develop our personal voices in writing as well as fashion.

Dr. Sarah Nichols

Religion and the Human Quest (RT 201C)

Considering human existence in relation to "the sacred" and drawing on Eastern and Western religious traditions, this course explores religious perspectives on human question about life, suffering, goodness, and ultimacy.

Dr. Tom Howe

FALL 2023

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SPRING 2024

Writing-Intensive Seminar

Communication-Intensive Seminar

Travel and Migration (RU25)

This course explores stories of travel and migration -- the voluntary, and sometimes involuntary, movement of peoples, animals, and things across our planet. What inspires migration? How does travel, and writing about travel, transform us?

Dr. Erin Nourse

Introduction to Peace and Justice (PJ 200C)

Introduce students to themes within the academic discipline of peace and justice studies. Discussion is focused on nonviolence in theory and practice, and includes interdisciplinary threads from history, philosophy, literature, religion, economics, and social analysis.

Dr. Alison Castel

The Purpose of Pilgrimage (RU26)

The ritual practice of pilgrimage is a purposeful journey that exists in many cultures and religious traditions. A pilgrimage is often a contemplative expedition in search of something, whether it be a religious shrine, a Holy Grail, a personal transformation, or an exploration of the inner life. What is it about travelling for hundreds of miles and suffering exhaustion that stirs the heart and brings meaning to a person's life? Does the pilgrimage transform? Does it heal? What are the ways that we move like pilgrims through our own lives? In this course, we will ask questions like these, while we explore how pilgrims and wanderers express their experiences and find meaning. We will also reflect on our own connections to their stories and to the quest we call "college."

Eliza Bennett, MA, LPC, ACS

Art in Culture (FAC 201-EC)

This course is designed to provide you with the necessary tools to view and interpret art. As a broad and diverse topic, art can be considered many ways. As a result, this course is divided into three units that cover three major types of artistic experience: 1) "Art as form" understands art as a physical object that has visible qualities that can be analyzed and interpreted. 2) "Art as context" addresses how art fits both into our immediate physical context as well as a historical/cultural context. 3) "Art as expression" focuses on the role of the artist in forming works as well as art's role as communicating artistic identity. Each of these units will be accompanied by creative, oral, and written projects, allowing you to apply your newly acquired skills.

Dr. Sarah Nichols

FALL 2023

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SPRING 2024

Writing-Intensive Seminar

Communication-Intensive Seminar

Games (RU27)

Board games, card games, computer games, sports-games—you've played them all. But what is a "game"? And, what happens if we define humans as "that animal which plays games"? We will play games, write game guides, study the history of games and, as our final project, create "The Regis Game". As we do these things, we will also be reflecting on how playing games is what makes us human.

Dr. Ted Zenzinger

Speaking to Make a Difference (COM 250C)

Develops engaged, competent, confident communicators, preparing speakers to connect with small and large, live and remote audiences. Encourages critical listening, writing, rehearsing, revising and speaking skills relevant to everyday, civic, professional and family/social life.

Dr. Rob Margesson

Ghosts and Ghouls (RU28)

In this course we will explore the ways in which the things that haunt us, as individuals and a culture, tell us more about who we are and what we value. We will read, analyze, and research things ghostly and ghoulish as a way to gain a deeper understanding of topics that are meaningful to you.

CharLee Toth, MA

Media Literacy (COM 251C)

Investigates the creation, production, and uses of messages, media in platforms (television, film, advertising, social media). Students will become more conscientious, critical and responsible audiences, consumers, and meaning-makers.

Faculty To Be Determined