

★ **Upper Level General Education Course Options**

- **BIO 3010 Genomics and Emerging Technologies (3 credits: lecture)** This course will build on the student's understanding of biology and examine the field of genomics and genetics. While exploring advances in this area of science students will explore its most recent influence on health screenings and treatment options both now and in the future, as well as implications for public policy, ethics, and health literacy.
- **HNU 3001 Understanding Obesity in America: Etiology, Influences, and Treatment (3 credits: lecture)** This course will examine the dynamic etiology, physiological, and psychological impacts of obesity, as well as the personal and social influences impacting obesity in today's society. Students will explore the multifaceted issues of obesity in the United States in addition to prevention and treatment options.
- **HSS 3001 Advanced Lifespan Development (3 credits: lecture)** This course will provide an advanced exploration of current research and theories in human development related to motivation, personality, learning, and socialization. Emphasis is placed on typical physical, cognitive, emotional, and social developmental transitions throughout the lifespan as well as issues such as diversity, culture, and ethics. Content areas include infant perception, attachment behavior, intelligence, moral development, social interaction, and aging and death. A conceptual understanding of healthy development will be established as well as a more practical understanding of how to help children, adolescents, and adults address developmental challenges.
- **HWE 3001 Compassionate Self-Care: Building Resilience (3 credits: lecture)** This course will focus on building skills of resilience and compassionate self-care. Individuals face a multitude of stressors on a daily basis. While everyone experiences stress, our stressors and reactions to stress are very different. The toll of stress in our lives affects the quality of our self-care, the quality of our caring for others, and the impact of our reactions to stress on those around us. Students will explore evidenced-based tools such as mindfulness, empathy, gratitude, and other key components of self-care in order to build personal resilience. Students will also learn to incorporate skills learned in this course into their personal and professional lives.
- **PHI 3001 Narrative Meaning Making: Stories and Their Value (3 credits: lecture)** This course will explore the role of stories in revealing, shaping, and challenging the meaning and values we derive from our lived experiences. Stories are explored as conveyors of moral and ethical values and as justifying decisions made and actions taken. Students will learn to identify and describe the values implicit and explicit in the stories they tell about themselves and others through the study and practice of storytelling. The course begins with a discussion of various types of stories, proceeds to consider the structures of each story type, and concludes by seeking to understand the value and meaning of the stories we tell.