

AQUINAS SCHOLARS
Honors Seminars
Spring 2022

Date: January 24, 2022

Note: All seminars are two credits.

Honors seminars are all published in the Schedule of Classes under HONR. Honors seminars all have a course number of HONR 480. The word "Honors" or an abbreviation of honors, such as "HONR," is at the beginning of the course title.

Please contact Erica Berglund at berg7582@stthomas.edu if you have any questions.

Spring 2022

HONR 480-01 (CRN 27363) - Honors Extreme Survival: Who Thrives, Who Dies, and Why

Spring 2022 - Thursdays, 3:25 PM - 5:00 PM Location: JRC 222 (In Person)

Faculty: Britain Scott (Psychology)

NOTE: This seminar will NOT appear in Class Finder because registration for a one-professor seminar is controlled by the faculty member. Please contact Britain Scott directly (bascott@stthomas.edu) if you would like to be enrolled in this seminar.

Adrift at sea, stranded in the mountains, alone in the desert, lost in the woods...thankfully, most of us will never find ourselves in such a perilous predicament, yet there is much to be learned from the harrowing and inspirational stories of those who have. In this course we will explore why some individuals thrive and survive in extreme conditions while others flail and fail. You will learn about universal traits and individual differences in human psychology that can aid or impair our ability to successfully cope in crisis situations—and why these factors may matter more than expertise or preparedness. You will learn why people behave in bizarre and irrational ways when thrust into life-threatening circumstances. You will learn about anomalous and spiritual experiences that sometimes manifest in extreme environments, such as sensing the presence of an invisible companion. Most importantly, you will learn that the principles of resilience in acute survival situations apply also to meeting less dramatic yet stressful challenges in our demanding daily lives, as well as coping with prolonged global threats to survival, such as pandemics and climate change.

HONR 481-L02 (CRN 29696) - Honors Philosophies of Nature and the Environment

Spring 2022 - Tuesdays, 9:55 AM - 11:35 AM Location: MHC 305J (In Person)

Faculty: Mark Neuzil (Emerging Media) and Stephen Laumakis (Philosophy)

Throughout history, philosophers, theologians, essayists and other writers have been interested in the status and meaning of nature and the environment and the proper relationship of humans to nature. For example, the 19th century transcendentalists such as Emerson, Thoreau and their progeny called themselves philosophers. Divinity, in their view, pervades all nature. With Thoreau,

although he is remembered for the book *Walden* or the essay *Civil Disobedience*, his outdoor adventures in Maine and on the Connecticut River were influential at a different, popular level. Journalists, scientists, adventurers, and Native voices from the 20th century such as Sigurd Olson, Aldo Leopold, Mary Hunter Austin, Ohiyesa (Charles Eastman) and others carried some of these ideas forward and beyond the realm of academic discussions. As a result, this seminar looks at these works from various philosophical, religious, and secular traditions and compares and contrasts them on the status of the place of the human person in nature.

This seminar counts toward the following core requirements:

- *Integrations in the Humanities*
- *Writing to Learn (Writing Across the Curriculum)*

HONR 481-03 (CRN 29697) - Honors Humanity in Classical Landscapes: Ancient Perceptions and Modern Inquiries

Spring 2022 - Thursdays, 9:55 AM - 11:35 AM

Location: MHC 305J (In Person)

Faculty: Lorina Quartarone (Modern & Classical Languages) and Ivancica Schrunk (History)

Global environmental issues require interdisciplinary search for understanding and solutions. Understanding and potential solutions may stem from questions that have long been asked about nature and the human-environment relations. The writings and material remains of the Greeks and Romans offer lessons of classical knowledge and ideas about the world they inhabited, both as they imagined it and as they lived in it. Today, the tools of interdisciplinary inquiry that integrate a wide range of evidence include archaeological, historical and ecological data; these inquiries have not only sharpened considerably our understanding of the past physical world and human agency and ideas, but also encourage reflection of what we experience today.

Through lenses both ancient and modern, this course will examine how the ancient Greeks and Romans viewed, utilized, appreciated, and sought to understand the earth around them. Areas of special focus will include ancient concepts of the environment and the interconnection of elements, appreciation for the landscape and water, and awareness of environmental problems and sustainability. Special attention will be paid to representation of landscapes in myth, art, and literature.

This seminar counts toward the following core requirements:

- *Integrations in the Humanities*

HONR 480-L04 (CRN 27663) - Honors "All Natural": Separating Fact from Hype

Spring 2022 - Wednesdays, 11:15 AM - 12:55 PM

Location: MCH 111 (In Person)

Faculty: Lisa Prevette (Chemistry) and David Alexander (Marketing)

There is a current movement toward clean living - avoiding chemicals, seeking all-natural, organic products and minimizing our impact on the environment. As consumers, we have daily decisions to make about what we put in, on and around our bodies. Is natural really safer or more nutritious than

artificial? In the digital era, information abounds through targeted advertising, blogs and social media, so how does one differentiate the science from pseudoscience? This seminar will examine this clean living movement from both a chemical and marketing perspective. Students will gain a practical understanding of marketing strategies, consumer behavior and persuasion and discuss regulations in place to protect society from false advertising. Then, we will use some basic chemistry to define popular adjectives, such as "organic", "hormone- and antibiotic-free", "green" and "non-GMO" and discuss chemophobia, the fear of chemicals. Students will examine the processes used to extract natural products and compare to those involved in synthesizing man-made versions in a lab. By the conclusion of the course, students will be able to critically evaluate claims of safety and healthfulness in the media and be more knowledgeable consumers.

This seminar counts toward the following core requirements:

- *Writing to Learn (Writing Across the Curriculum)*
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HONR 480-L05 (CRN 27366) - Honors The Digital Future of American Healthcare Innovation

Spring 2022 – Mondays, 1:35 PM - 3:10 PM Location: MCH 118 (In Person)

Faculty: John McVea (Entrepreneurship)

and Daniel McLaughlin (Operations & Supply Chain Management)

This course will explore how current issues in the American healthcare system such as high costs, variable quality, poor patient engagement, bad financial incentives and the slow deployment of advanced digital technology will affect the future American Healthcare system. Opportunities to preserve the essential character and advantages of the American style of healthcare will also be identified. Innovations to create new value at both the patient care and business systems level will be developed by students who will use innovation design principles to create potential system improvements.

On completion of the course students will:

- Understand the US Health Care System as an integrated system, including insurance, payments, delivery systems, drug manufacture and regulation
- Explore the causes and tensions which underlie the current 'healthcare crisis'
- Explore the role of innovation, change and entrepreneurship in potentially solving some of the HC system problems
- Become familiar through case studies with a number of local Minnesota healthcare innovators and employers
- Be exposed, through classroom visits to leaders and innovators in Minnesota and national healthcare innovation
- Develop a comprehensive understanding of the impact of technology and the Covid -19 Pandemic
- Be able to articulate the key elements of a future, significantly improved, American Health Care system

This seminar counts toward the following core requirements:

- *Writing to Learn (Writing Across the Curriculum)*
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