



UNIVERSITY OF
NORTHERN COLORADO
Honors Interdisciplinary Program
HIP Track Information Sheet
MIND TRACK

Description:

- Take Life of the MIND courses to focus on broadening your perspective.
- Mind classes are Interdisciplinary, seminar style classes that count for Liberal Arts Core (LAC).
- Mind Classes focus on applying philosophical, historical, and cultural ideas to current experiences.
- Courses rotate such that not all MIND classes are offered every semester.

Potential Benefits:

- You will complete your honors program requirements with classes that count toward LAC and may be part of your degree program.
- As the courses may be outside of your major, you work with students from many different perspectives
- MIND courses may expose you to new ways of thinking about the world and the social systems we are a part of.
- What you learn here may have implications for how you see the content you'll find in your major as well as your future career path.

Example Courses:

MIND 180 – Great Ideas of the Western Tradition – An introduction to the intellectual tradition of the western world through reading and discussion of classic works.

MIND 182 – Confluence of Cultures – An exploration of Middle Eastern, African American, Asian American, Hispanic American OR Native American cultures from historical, literary, and artistic perspectives and how the cultures crossover with other western cultures.

MIND 290 – Coming of Age in the Twenty-First Century – An investigation through primary readings into the questions: how has our century come of age? Into what age have we arrived?

Example MIND Track:

Fall Freshman Year: HON 101 (required), LIB 151

Spring Freshman Year: MIND 182

Fall Sophomore Year: MIND 180

Spring Sophomore Year: MIND 290

*These are example MIND classes. You may find others that interest you.

Portfolio Requirement for MIND Track: After completing the course you will select one piece of your work from the course and explore which honors program learning objectives were met in the course. You will also complete a short reflection on what themes you found in the course as relate to “Life of the Mind.”



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THEME TRACK

Description:

- Determine a theme that interests you that you will explore throughout your honors coursework.
- Take 3 courses or curricular options from any of the following options:
 - Honors or Mind interdisciplinary seminars
 - Leadership courses
 - Any course that counts toward your major or minor as a “course by contract”
 - Experiential options: Study Abroad or internship
- For courses by contract: discuss with your professor a project that connects your theme and the course material at the beginning of the semester.
- Projects might be additional research, out-of-class activities (i.e. mentoring, volunteering etc.), and additional creative works.
- Important to pick a theme that maintains an interdisciplinary perspective and helps to connect your curricular together. Discuss the theme with your major advisor.
- The theme must be approved in advance by the Honors Program.

Potential Benefits:

- Begin to develop a greater level of understanding in a certain topic/theme.
- Gain course credit towards your major/minor and credit for the Honors Program.
- Build professional relationships with faculty members/mentors.
- Explore an idea that may give you background on a future Upper Division Honors Program project.

Example Theme Track: Cultural impact on Psychology

- Fall Freshman Year: HON 101 (required), LIB 151
- Spring Freshman Year: PSY 255 – Abnormal Psychology (as course by contract)
 - Additional research paper on misdiagnosis based on cultural factors
- Fall Sophomore Year: PSY 331 – Maturity and Aging (as course by contract)
 - Volunteering at a nursing home and writing a reflection about cultural stereotypes of the elderly and your experiences
- Spring Sophomore Year: MIND182 Confluence of Cultures (no contract needed)
 - No extra project needed. Final portfolio reflection on how psychology is partially culturally derived and how it differs in the cultures explored in the class

Portfolio Requirement for Theme Track: After taking the course you will be asked to include your project from any courses by contract or select any one piece of work from Hon, Mind or Lead courses and explore which honors program learning objectives were met in the course. You will also complete a short reflection on how your understanding of your theme has been expanded based on your project in the portfolio.



Environmental and Sustainability Theme Track

This interdisciplinary track draws from economics, physics, natural sciences, English, geography, and more. Explore environmental theory and practical applications for real-world issues.

Example Courses:

• ENST 100: Introduction to Environmental Studies • ENST 272 Environmental Conflict Resolution • ENST 360 Environmental Justice • ENST 178 Food Preparation and Preservation Techniques • ENST 331 Anthropology and Contemporary Human Problems	• ENST 225 Energy and the Environment • ENST 205 Environment, Politics and Law • ENST 378 Energy Policy and Economics • ENST 375 Literature and the Environment • ECON 382 Sustainability and Capitalism
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Inclusion and Advocacy Theme Track

Set yourself on a path to understand other perspectives and learn how to advocate for social issues. Example courses align well with Psychology, Sociology, Gender Studies, Anthropology, Africana Studies, and more.

Example Courses:

• SOC 240: Gender, Race, Class, and Sexuality • GNDR 285: Gender in Global Order • ANT 110: Intro to Cultural Anthropology • AFS 100 Introduction to Africana Studies • AFS 101 Development of Black Identity • AFS 240 Dynamics of Racism • HISP 102 Hispanic Cultures in the United States	• HISP 111 Introduction to Hispanic Literature • SOC 195 Sociology Topics • SOC 444 Sociology of Law • SOC 221 Sociology of Gender • ASIA 116 State, Society, and Culture in Contemporary Asia • Any world language courses
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Build-Your-Own Track

Mix and Match any courses to create and synthesis an interdisciplinary theme using the Theme Declaration Form (unco.edu/honors/). Turn in to the Center for Honors, Scholars, and Leadership when completed in Michener L-98.