

University of Wisconsin
Eau Claire

Mark Stephen Cosby
HONORS COLLEGE

SPRING

20  **27**

**COURSE
CATALOG**

Cosby Honors College

Spring 2027 Course Catalog

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Notes on Honors Registration

Priority Registration

If you have earned the privilege of priority registration through Honors, by taking on average one honors course per semester and attending the required third semester advising session, then you should have an enrollment appointment for November 4, 2026.

Check your enrollment appointment as soon as it is available in CampS the week of October 5. If your enrollment appointment is not what you expected, contact Kim immediately and before October 23 at wellnik@uwec.edu.

Course Levels

Any honors student can enroll in a 100-level HNRS course, while students with sophomore-standing or higher (30+ earned credits) are eligible to enroll in 300-level HNRS courses.

Navigating Registration

- All honors course section numbers begin with the number 5
- MyBlugold CampS: go to manage classes > class search and enroll > click on the desired semester > type in "honors"
- Schedule Builder: + add course > search by section attributes > click on attributes tab > select "honor course" OR
> add course > from the dropdown menu, select "all subjects." > click on the course tab to view all available honors courses by department.
- **Recommendation:** check your eligibility to enroll in the courses you put in your shopping cart by using the "validate" function in Schedule Builder or MyBlugold CampS.

Waitlists

If an honors class is full (courses with the HNRS prefix), it will indicate "need department consent" to enroll. If you would like to be added to the waitlist, please complete the [honors waitlist eForm](#). Do NOT submit multiple eForms; you can list more than one course on the form. **Please do NOT contact instructors.**

You will be notified by email *if* a seat becomes available; diligently **check your email throughout winter break** because we never know if or when a seat *may* become available. If you are emailed about an open seat, you will be given a very short period to register for it.

Waitlist requests will not be accepted until the first day of registration.

[Click here for the Honors waitlist eForm](#)

Other Ways to Earn Honors Credit

Information on honors contracts, counting some research and internship experiences toward Honors, pursuing an honors thesis, or earning honors credit while on study abroad can be found on the [Honors SharePoint site](#) in the Advising, Registration, and Graduation Requirements section.

Important deadlines:

- **Honors Contracts:** Talk with your professor before Dec. 1, 2026, to inquire if they are willing to serve as your contract mentor. [Honors contract eForms](#) for spring 2027 must be submitted **by February 5, 2027**.
- Serve as an **honors tutor** (HNRS 420) in an honors course you have taken before. First talk with the professor and create a plan; then submit this [eForm](#) **by January 8, 2027**.
- If you are interested in pursuing an **honors thesis** sometime during your last two semesters, [please chat with Dr. Fielding](#)!

Want more information about anything Honors?

- Check the [Honors SharePoint site](#).
- Schedule a time to chat with [Kim Wellnitz](#). We can discuss:
 - Your degree audit, Honors and LE or CGER requirements
 - Honors contracts, Mentoring (HNRS 410), Tutoring (HNRS 420), Leadership (HNRS 430), Honors Advocacy (HNRS 450/451)
 - Possibly using research or an internship toward honors requirements
 - The honors course waitlist and how it works
 - Pathways and options to complete Honors; create your plan to complete Honors
 - How Department Honors or McNair Scholars could possibly help you fulfill Cosby Honors College requirements.
- If you would like to discuss an Honors thesis, meet with [Dr. Fielding](#).
- Want to chat about fellowships, scholarships, and other prestigious awards? Schedule a meeting with [Dr. Weidman](#).
- Email us at honors@uwec.edu

Honors Advising Week

We're here to help you graduate with University Honors! No appointment needed, simply drop-in on these days. We will be in the **Honors Commons** (McIntyre Library 2002, 2nd floor) and as our schedules allow.

Dr. F., Kim, or Sean 8:30 am – 3:30 pm	Honors Peer Advisors 10 am – 2:00 pm
Wed., October 28	Wed., October 28
Thurs., October 29	Thurs., October 29
Fri., October 30	Peer Advisors not available
Mon., November 2	Mon., November 2
Tues., November 3	Tues., November 3
Wednesday, Nov. 4 = Honors Priority Registration and we will be here to help all day!	

Winterim Honors Course

Reminders:

- Registration for winterim courses is available in CampS and Schedule Builder starting Oct. 5.
- Be sure to check the [Blugold Central website](#) for undergraduate tuition and fees.
- Please [email Blugold Central](#) with any questions regarding your financial aid eligibility or stop by VLL 1108 to chat with them.
- Due to the short duration of winterim courses, please be aware of the deadlines for dropping, withdrawing, and tuition payment/refund due dates.

(Re)making Memories: How Nostalgia Shapes the Future

Instructor: Professor Andrew Suralski

Course Details: HNRS 135.581, 3 credits, \$150 online course fee

Course Dates: January 4 – 22, 2027

Modality: Online, asynchronous

LE attributes: K3 and S1

GE attributes: CL

Course description: Ever notice how an old toy, a familiar jingle, or a throwback commercial hits you right in the chest? In 2027, nostalgia has become one of the most powerful tools in marketing, media, and culture, and this course is your guide to why it works and who it's working on. Think Super Bowl ads leaning hard on the past, retro toys and throwback flavors in stores, or the wave of remakes and revivals showing up in movie theaters. We'll dig into why these moves work so well right now, and how different generations get targeted with different eras of nostalgia. But nostalgia has a cost, too. We'll ask what gets lost when brands, and audiences, keep looking backward instead of forward. Along the way, you'll examine why the past feels so good to revisit, and how companies engineer that feeling into products, ads, and campaigns.

Fully online and asynchronous, dig in on your own schedule. No background required, just curiosity about why we're all a little obsessed with looking backward.

Schedule At-a-Glance

100-Level Colloquia

Title	Course	LE	GE	Instructor	Credits
A World of Water	HNRS 118.501	K1 + I1	NSW	T. Wellnitz	3
Because Internet: Language Change in the 21 st Century	HNRS 122.501	K2 + R1	SBS	L. Wolter	3
Intro to Psycholinguistics	HNRS 128.501	K2 + I1	SBS	B. Brown	3
Medical Malfeasance and Health Care Horrors	HNRS 132.501	K3 + R1	HA	H. Fielding	3
Vibes: Affect and the Politics of Feeling	HNRS 132.502	K3 + R1	CP	S. Weidman	3
The Art of Travel: Self-Discovery, Independence, and Global Connection	HNRS 133.501	K3 + R2	CP	S. Roach	3
Press Start: Video Games and the New Literacy	HNRS 135.501	K3 + S1	CL	A. Suralski	3
True Crime: Investigating our Culture's Obsession	HNRS 135.581	K3 + S1	HA	S. White	3
Creative Crucible: Make. Break. Repeat.	HNRS 147.501	K4 + S3	HA	C. Garvey	3
Analyzing Popular Music	HNRS 147.502	K4 + S3	HA	K. Metzger	3
Present Tense: Improv and Mindfulness	HNRS 158.501	S1 + I1	CL	A. Dernbach	3
The Loneliness Epidemic: Building Better Communities	HNRS 184.501	R1 + R3	CP	K. Streckert	3
Human Rights and the Environment in Latin America	HNRS 187.501	R2 + R3	CP	A. DeGrave	3

HNRS 200: Texts and Discussion

Title	Course	LE	GE	Instructor	Credits
Medicine, Uncertainty, and the Human Experience: A Book Club Seminar	HNRS 200.501	None	None	R. Raleigh	1
Stephen King	HNRS 200.502	None	None	H. Fielding	1



Find videos for some courses on the Honors YouTube channel.

Honors Sections of Courses in Other Departments

Title	Course	LE	GE	Instructor	Credits
Honors: Introduction to Accounting	ACCT 201.501	None	None	S. Gilberstadt	3
Honors: Foundations of Biology I	BIOL 221.501/531	K1 + Lab	NSWL	D. Herman	4
Honors: General Chemistry II lecture	CHEM 109.501/502	None	None	J. Reed / J. Halfen	4
Honors: General Chemistry II Laboratory	CHEM 109.531/532			M. Carney	
Honors: American Women's History	HIST/WGSS 205.501	K3 + R1 DDIV	CP	M. Weber	3
Honors: Elementary Statistics	MATH 246.501	S2	MQR	R. Harrison, J. Harrison	4

300-Level Colloquia (sophomore standing, 30+ credits)

Title	Course	LE	GE	Instructor	Credits
Stars and Galaxies	HNRS 318.501	K1 + I1	NSW	Z. Marquez	3
Fermentation Biology	HNRS 318.502	K1 + I1	NSW	R. Arndt	3
Can We End Poverty? What Works, What Fails, and Why	HNRS 324.501	K2 + R3	SBS	C. Rozowski	3
Theatre – Memory – Nation - War: The Case of Cassandra	HNRS 333.501	K3 + R2	CP	H. Fielding and A. Grothe	3
The Concept Album	HNRS 335.501	K3 + S1	CL	P. Hecht	3
Empire and Imperialism in the Ancient World	HNRS 337.501	K3 + S3	HA	M. Waters	3
Musical Exoticism	HNRS 349.501	K4 + R1DD	HA	G. Peters	3
The Lasso Way	HNRS 385.501	R1 + I1	CP	A. LeGear	3
Global Citizenship in a Multicultural Academic Setting (Romania Travel Study)	HNRS 388.501	R2 + I1	CP	C. Marchwick and H. Fielding	3



Find videos for some courses on the Honors YouTube channel.

Courses by Liberal Education (LE) Requirement

LE	Course	Section	Title
K1	HNRS 118	501	A World of Water
	HNRS 318	501	The Life Cycle of Stars and Galaxies
	HNRS 318	502	Fermentation Biology
K1 w/ Lab	BIOL 221	501/531	Honors: Foundations of Biology
K2	HNRS 122	501	Because Internet: Language Change in the 21st Century
	HNRS 128	501	Intro to Psycholinguistics
	HNRS 324	501	Can We End Poverty? What Works, What Fails, and Why
K3	HNRS 132	501	Medical Malfeasance and Health Care Horrors
	HNRS 132	502	Vibes: Affect and the Politics of Feeling
	HNRS 133	501	The Art of Travel: Self-Discovery, Independence, and Global Connection
	HNRS 135	501	Press Start: Video Games and the New Literacy
	HNRS 135	581	True Crime: Investigating our Culture's Obsession
	HIST/WGSS 205	501	Honors: American Women's History
	HNRS 333	501	Theatre – Memory – Nation - War: The Case of Cassandra
	HNRS 335	501	The Concept Album
	HNRS 337	501	Empire and Imperialism in the Ancient World
K4	HNRS 147	501	Creative Crucible: Make. Break. Repeat.
	HNRS 147	502	Analyzing Popular Music
	HNRS 349	501	Musical Exoticism
S1	HNRS 135	501	Press Start: Video Games and the New Literacy
	HNRS 135	581	True Crime: Investigating our Culture's Obsession
	HNRS 158	501	Present Tense: Improv and Mindfulness
	HNRS 335	501	The Concept Album
	HNRS 353	501	Credit Cards and Beyond
S2	MATH 246	501	Honors: Elementary Statistics
S3	HNRS 147	501	Creative Crucible: Make. Break. Repeat.
	HNRS 147	502	Analyzing Popular Music
	HNRS 337	501	Empire and Imperialism in the Ancient World
R1DDIV	HNRS 349	501	Musical Exoticism

	HIST/WGSS 205	501	Honors: American Women's History
R1	HNRS 122	501	Because Internet: Language Change in the 21st Century
	HNRS 132	501	Medical Malfeasance and Health Care Horrors
	HNRS 132	502	Vibes: Affect and the Politics of Feeling
	HNRS 184	501	The Loneliness Epidemic
	HNRS 358	501	The Lasso Way
R2	HNRS 133	501	The Art of Travel: Self-Discovery, Independence, and Global Connection
	HNRS 187	501	Human Rights and the Environment in Latin America
	HNRS 333	501	Theatre – Memory – Nation - War: The Case of Cassandra
	HNRS 388	501	Global Citizenship in a Multicultural Academic Setting
R3	HNRS 184	501	The Loneliness Epidemic
	HNRS 187	501	Human Rights and the Environment in Latin America
	HNRS 324	501	Can We End Poverty? What Works, What Fails, and Why
I1	HNRS 118	501	A World of Water
	HNRS 128	501	Intro to Psycholinguistics
	HNRS 158	501	Present Tense: Improv and Mindfulness
	HNRS 318	501	The Life Cycle of Stars and Galaxies
	HNRS 318	502	Fermentation Biology
	HNRS 358	501	The Lasso Way
	HNRS 388	501	Global Citizenship in a Multicultural Academic Setting

Courses by Core General Education Requirement (CGER)

GE	Course	Section	Title
MQR	MATH 246	501	Honors: Elementary Statistics
CL	HNRS 135	501	Press Start: Video Games and the New Literacy
	HNRS 158	501	Present Tense: Improv and Mindfulness
	HNRS 335	501	The Concept Album
CP	HNRS 132	501	Vibes: Affect and the Politics of Feeling
	HNRS 133	501	The Art of Travel: Self-Discovery, Independence, and Global Connection
	HNRS 184	501	The Loneliness Epidemic
	HNRS 187	501	Human Rights and the Environment in Latin America
	HIST/WGSS 205	501	Honors: American Women's History
	HNRS 333	501	Theatre – Memory – Nation - War: The Case of Cassandra
	HNRS 385	501	The Lasso Way
	HNRS 388	501	Global Citizenship in a Multicultural Academic Setting
HA	HNRS 132	501	Medical Malfeasance and Health Care Horrors
	HNRS 135	581	True Crime: Investigating our Culture's Obsession
	HNRS 147	501	Creative Crucible: Make. Break. Repeat.
	HNRS 147	502	Analyzing Popular Music
	HNRS 337	501	Empire and Imperialism in the Ancient World
	HNRS 349	501	Musical Exoticism
NSW	HNRS 118	501	A World of Water
	HNRS 318	501	The Life Cycle of Stars and Galaxies
	HNRS 318	502	Fermentation Biology
NSWL	BIOL 221	501/531	Honors: Foundations of Biology
SBS	HNRS 128	501	Intro to Psycholinguistics
	HNRS 122	501	Because Internet: Language Change in the 21 st Century
	HNRS 324	501	Can We End Poverty? What Works, What Fails, and Why

100-Level Colloquia

A World of Water

Instructor: Dr. Todd Wellnitz

Course Details: HNRS 118.501

Course Days/ Times: Monday and Wednesday, 2:00 to 3:15 pm

LE Attributes: K1 and I1

GE Attribute: NSW

Water covers 71% of the Earth's surface, and all life depends on it. Yet aquatic environments and the creatures they contain remain a profound mystery. Despite centuries of exploration, our understanding of oceans and freshwater habitats remains fragmented. Consider this: while 12 people have walked on the surface of the moon, only 3 have reached the deepest part of the ocean. We know Earth's landforms and terrestrial life in exquisite detail. But when it comes to the oceans, our ignorance outweighs our knowledge. Only about 25% of the seafloor has been mapped, and most ocean species remain undiscovered.

Beyond science, water flows through our art and culture and enriches our lives. It inspires creativity and shapes the popular imagination. From books like *Moby Dick* and *Huckleberry Finn* to films like *Jaws* and *Avatar: The Way of Water*, water serves as an essential setting or even as a central character. In art, water becomes a powerful metaphor for exploring what makes us human—our motivations, yearnings, and inner struggles.

The World of Water invites students to explore this mysterious realm through multiple lenses. We will study the ecology of marine environments, examine the ways human society depends on water, and explore the biology of local aquatic life. Students will read works such as Helen Scales' *The Brilliant Abyss* and view films such as Guillermo del Toro's *The Shape of Water* as the basis for discussion of how water shapes imagination and culture. For the final project, students will express their perspective on water's influence on human society by creating an original creative work inspired by water.

Because Internet: Language Change in the 21st Century

Instructor: Dr. Lynsey Wolter

Course Details: HNRS 122.501

Course Days/ Times: Tuesday and Thursday, 9:30 to 10:45 am

LE Attributes: K2 and R1

GE Attribute: SBS

Wherever there are humans, there's a need to communicate, to share ideas, and to signal who belongs (and who doesn't). The internet is a new domain for creative language use and a vast record of ongoing language change. Students will investigate innovative language practices that people use to convey tone of voice, take turns in conversation, and signal politeness in online writing. And help troubleshoot situations in which computers introduce very human biases into online communication. During this process, students will learn principles and methods that linguists use to describe how people create words, structure conversations in person and in writing, and use language to signal identity and group membership.

Intro to Psycholinguistics

Instructor: Dr. Bryan Brown

Course Details: HNRS 128.501

Course Days/ Times: Monday, Wednesday, and Friday, 11 to 11:50 am

LE Attributes: K2 and I1

GE Attribute: SBS

What's going on in your brain as you read this? How is it that many people can read text even though the letters are mixed up? How did you learn to speak, listen, read, and write? Why are some human languages so different from each other? What even is language? These are some of the questions we will tackle in this introduction to psycholinguistics, the interdisciplinary study of language that involves linguistics, psychology, neuroscience, sociology, and others. We will explore evidence from some of these fields to explore how brains acquire language, how language changes the brain, how language and thought influence each other, and how speech and language are impacted by communication differences and disorders. We will read original research articles, position papers, and literature reviews, engage in small group and whole class discussion, and conduct small experiments to test our newfound knowledge of language and the brain. Expect to spend about three to five hours a week outside of class reading and preparing for class. In class we will have some brief lectures, but much of our time will be spent discussing viewpoints and perspectives about the reading and our own experiences with language.

Medical Malfeasance and Health Care Horrors

Instructor: Dr. Heather Fielding

Course Details: HNRS 132.501

Course Days/ Times: Monday, Wednesday, and Friday, 12 to 12:50 pm

LE Attributes: K3 and R1

GE Attribute: HA

Biomedical research, health care, and public health have increased longevity and improved quality of life. However, there is a dark side to medical research and our current, still developing research ethics emerged in response to incredible abuses. In this course, we will learn about unethical and dubious research such as the Nazi medical experiments, the Tuskegee Study of Untreated Syphilis, the Holmesburg prison dermatology experiments, and other abuses.

In addition, sometimes well-intended "state-of-the art" care has unintended and devastating consequences, such as birth defects of children whose mothers took thalidomide to treat morning sickness, the use of lobotomy to treat mental illness, and more. As we explore the way that the ethics of medical research have morphed over time in response to these events, we'll also engage with Mary Shelley's *Frankenstein* and Kazuo Ishiguro's *Never Let Me Go*, two important works of literature that have much to say about how research and researchers can go astray and what is at stake when we listen to the point of view of the subject of research.

Throughout the semester, we will look for ethical gray areas, examine historical examples from multiple points of view, and consider the question of why: why did these researchers make the choices they did? Why did professional communities, bureaucracies, regulators, governments, and society at large let these research projects happen? The course is entirely discussion-based, with 3-5 hours of reading of varied kinds of sources outside of class per week. Assessments include two essay exams and a final project that asks you to look at new developments in biomedical research and treatment, such as gene editing or Neuralink, and predict the health care horrors of the near future.

Vibes: Affect and the Politics of Feeling

Instructor: Dr. Sean Weidman

Course Details: HNRS 132.502

Course Days/ Times: Tuesday and Thursday, 12:30pm to 1:45pm

LE Attributes: K3 and R1

GE Attribute: CP

What we feel is no accident. What the vibes are, or whom we vibe with (or don't), is reflective of all sorts of conflicting beliefs, values, and modes of being-human—or what Raymond Williams called “structures of feeling.” Against a variety of loudly uninformed positions that hold those feelings don't matter (e.g., “facts over feelings”), in this course we will learn why they matter a great deal.

Our class will wonder about what vibes are, what they teach us, what we feel, what others feel, and how/why words, people, and milieus make us feel. What and how do our vibes communicate? When do we wield vibes as social power or political resistance? Who or what can constitute a vibe? How do vibes discipline our modes of feeling? Can vibes help us pursue new ways of being and becoming? What can our vibes describe, contain, do?

In pursuit of those questions and others, we'll study texts, objects, and thinkers that span a wide variety of intellectual lineages. Every class will contain two parts: theory and praxis. Each day we'll first frame vibes through the academic vocabulary of affect (joy, laughter, shame, panic, envy, fear, disgust). Then we'll practice using vibes to understand, name, share, and reimagine ourselves and others, relying in part on cultural objects (e.g., movies/TV/music, locations, events) supplied by you.

In other words, this will be a class where we treat our emotions with intellectual rigor. We'll spend a semester reckoning with what it means to feel things—to inhabit a life world, an atmosphere, a texture, a sensuality, a rhythm—as situated humans in an alienating world.

The Art of Travel: Self-Discovery, Independence, and Global Connection

Instructor: Professor Shannon Roach

Course Details: HNRS 133.501

Course Days/ Times: Monday, Wednesday, and Friday, 9 to 9:50 am

LE Attributes: K3 and R2

GE Attribute: CP

Many people dream of traveling the world, imagining distant and famous landscapes, new cuisines, or the thrill of adventure. But what does it truly mean to travel? Where do we begin, and what do we hope to find? Who do we hope to become? This course examines travel not as a checklist of destinations but as a transformative practice that requires curiosity, honesty, and a willingness to embrace vulnerability. Through a wide range of texts by travelers of diverse identities and cultural backgrounds, students will explore how meaningful travel invites honest self-reflection and fosters deeper connections with others. Rather than treating travel as a series of photographs or social media moments, we will consider it as an opportunity to confront our assumptions, examine our values, and navigate unfamiliar cultural contexts with openness and respect. Ultimately, travel requires profound vulnerability and empathy in order to build connection in a world that seems deeply fractured. Are you ready? Consistent attendance and completing the assigned readings (books, blogs, articles, etc.), viewings (movies, tv series, and videos), and listenings (podcasts) are essential for success in this course. The grade will be based on in-class activities, discussions, presentations, and self-reflections, all of which rely on familiarity with the texts. Being prepared ensures participation and meaningful contribution.

Press Start: Video Games and the New Literacy

Instructor: Professor Andrew Suralski

Course Details: HNRS 135.501

Course Days/ Times: Monday and Wednesday, 5:00 to 6:15 pm

LE Attributes: K3 and S1

GE Attribute: CL

This course starts with a simple but serious idea: video games are one of the defining cultural forces of our time and knowing how to read them critically is becoming just as important as understanding film, music, or literature. Have you ever wondered why a video game can make you cry, or why billions of dollars are riding on whether people pay a subscription instead of buying a game outright? Those are exactly the kinds of questions we dig into here. The course looks at games through three angles: how they reflect culture and identity, how the business side shapes what gets made and who can play, and how games tell stories and create meaning. No gaming experience required, and you won't need to buy anything. The course will build toward a final presentation where you pick a game or topic you actually care about and make a real critical argument for why it matters. Outside of class, expect to read, listen, and explore games. Come curious and you'll be fine.

True Crime: Investigating our Culture's Obsession

Instructor: Professor Sarah White

Course Details: HNRS 135.581

Course Days/ Times: Online; asynchronous. \$150 online course fee.

LE Attributes: K3 and S1

GE Attribute: HA

What is our culture's obsession with true crime? There are podcasts, movies, books, series, and countless media outlets that stoke the fires. Serial killers are examined and studied. Do we empathize with the victims or the perpetrators? Let's play detective and take a closer look at the weird, twisted world of true crime!

Creative Crucible: Make. Break. Repeat.

Instructor: Dr. Christa Garvey

Course Details: HNRS 147.501

Course Days/ Times: Monday, Wednesday, and Friday, 11 to 11:50 am

LE Attributes: K4 and S3

GE Attribute: HA

Creative Crucible's spine is 100 days, 20 minutes a day, building a creative project — writing, music, drawing, dance, acting, film, photography, cooking, or another creative discipline. Along the way, we'll study working artists' creative processes through readings and documentaries, learning from the pros. This daily commitment adds up: by the end, you'll have built a real creative practice and a body of work, plus a clearer sense of how creativity actually happens. No prior skill required — this course is about showing up, not creating expert-level work. We'll also take part in "Inspiration Activities" that stretches you and write reflections. Grading centers on engagement and consistency, not mastery. All majors are welcome. Expect about 6 hrs/week.

Analyzing Popular Music

Instructor: Dr. Kara Metzger

Course Details: HNRS 147.502

Course Days/ Times: Tuesday and Thursday, 11am to 12:15pm

LE Attributes: K4 and S3

GE Attribute: HA

Taught by the Director of the Bugold Marching Band, this course will explore an analysis of popular music and the historical and/or global context it takes place in. Students should expect to have weekly reading, listening, and reflecting outside of their class periods to be prepared for in class dialogue. Additional work in DAWs (digital audio workstations) will be a component as well. Throughout the semester, we will dissect popular music of various genres, including music videos, analyzing topics such as form, rhythm, narrative, harmony, identity, genre, and visual representation. We will aim to answer questions such as: why do artists gravitate to certain common choices in popular music?

Present Tense: Improv and Mindfulness

Instructor: Professor Amber Dernbach

Course Details: HNRS 158.501

Course Days/ Times: Tuesday and Thursday, 3:30 to 4:45 pm

LE Attributes: S1 and I1

GE Attribute: CL

Learn to be in the present tense. Get in touch with your breathing, learn about self-regulation strategies through mindfulness and give your brain and body the gift of play.

Improvisation is not about being funny. In fact, that is the most common misunderstanding about the discipline. Improvisation is a specialized skill that requires focusing the mind, learning to breathe, to stay in the present moment, voracious reading, a sharp vocabulary, responsiveness to the physical environment, and keen listening skills. Improv students learn to be team players. They learn how to cite world events and local politics in the same breath. They learn how to forge a community out of mutual labor and respect. Comedy, or being funny, is sometimes a by-product. The thrill and the skill to apply for the future comes from the practice of the discipline and the deep reflection afterwards. Turn off the inner chatter in your busy mind and learn how to be in the present moment while you improvise.

In this course you will learn to focus, breathe, listen, and respond. Guided instruction in principles of mindfulness and improvisation will give students valuable skills to transfer to any potential career field.

The Loneliness Epidemic: Building Better Communities

Instructor: Professor Katie Streckert

Course Details: HNRS 184.501

Course Days/ Times: Monday, Wednesday, and Friday, 10 to 10:50 am

LE Attributes: R1 and R3

GE Attribute: CP

In March of 2023, the US Surgeon General announced a national health advisory warning of the country's "Epidemic of Loneliness." The advisory noted that 52% of American adults felt lonely some or most of the time, while college students' reported loneliness is at record highs. Why the rise in loneliness, and how can we combat this epidemic in our own lives and communities? This honors colloquium will examine recent interdisciplinary research surrounding the biological, psychological, and sociological dimensions of loneliness and why it has

become so prevalent, along with strategies to decrease disconnection and fuel community. Discussion will be a core learning method as we connect the varied perspectives of required readings to our own experiences, working together to come to a deeper understanding of why Americans are so lonely. Opportunities to put this knowledge into practice will be built into the class, including participating in ProjectConnect, a six-week program scientifically formulated to build connection, and other application activities. Students will also complete a hands-on community-building final project. Coursework will be highly practical, and the aim is for students to both understand what is behind the loneliness epidemic and to feel more connected on campus by the end of the semester. Expect to spend 2-3 hours reading and 1-3 hours completing activities to activate what you've learned each week.

Human Rights and the Environment in Latin America

Instructor: Dr. Analisa DeGrave

Course Details: HNRS 187.501

Course Days/ Times: Monday, Wednesday, and Friday, 1 to 1:50 pm

LE Attributes: R2 and R3

GE Attribute: CP

This interdisciplinary course examines human rights and the environment in Latin America through a spectrum of modes of expression-essay, performance art, social movements, literature, art, film, music, social media, among others. The course will analyze possible connections between the violation of human rights and harm to the natural world. Topics discussed in class include the legacy of (neo)colonialism, gender, extractivism, state-sponsored violence, education, religion, control and access to natural resources, censorship, and freedom of expression. Viewed through the prism of human rights and the environment, students will evaluate global systems, institutions, and relationships of power. The class also examines how individual and collective decisions have global implications with respect to human rights and the environment in Latin America. In addition to assessing connections between the topics discussed in the course, students will contextualize human rights and environmental challenges and address the civil, social, and environmental dimensions of these challenges.



Find videos for some courses
on the Honors YouTube
channel.

Honors Sections of Courses in Other Departments

Introduction to Accounting

Instructor: Professor Sheril Gilberstadt

Course Details: ACCT 201.501

Course Days/ Times: Tuesday and Thursday, 12:30 to 1:45 pm

LE Attributes: None

Are you interested in learning the language of business? Are you curious about what kinds of business practices and procedures can minimize the risk of fraudulent activity? This honors accounting course introduces you to the language of business, explores how accounting can be used as a tool for making informed business decisions and examines generally accepted accounting principles.

Foundations of Biology I + Lab

Instructor: Dr. Dan Herman

Course Details: BIOL 221.501/ 531

Course Days/ Times: Lecture: MWF, 10 to 10:50 am, Laboratory Monday 1 to 3:50 pm

LE Attributes: K1 and Lab

GE Attribute: NSWL

The honors section of BIOL 221 will foster skill-building and learning among a trusted cohort of students. The lab instructor will demonstrate the relevance of each lab exercise by relating those exercises to current events and will discuss medical/clinical/research significance of techniques being utilized in lab. The lab instructor will include a Canvas page of supplementary reading that ties lab experiences to scientific events of historical and current importance (e.g., "The Double Helix"), with opportunity for discussion.

General Chemistry II + Lab

Instructors: Lectures - Dr. Jessica Reed, Dr. Jason Halfen, Labs - Dr. Mike Carney

Course Details: CHEM 109.501/502 CHEM 109.531/532

Course Days/ Times:

Lecture section 501: Tuesday and Thursday, 9:30 to 10:45 am

Lecture section 502: Monday, Wednesday, Friday, 11 to 11:50 am

Lab sections 531 and 532: Monday, 5 to 7:50 pm

LE Attribute: None

GE Attribute: None

Continuation of Chemistry 105 + 106. Equilibrium, thermodynamic and kinetic aspects of chemical reactions; acid-base, precipitation, and redox reactions; transition metal compounds; organic compounds; nuclear reactions. Honors students will work collaboratively and often with less guidance from the instructor to complete the laboratory experiments. Students will also be presented with challenging exercises that apply and extend the learning from the lab to new situations.

American Women's History

Instructor: Dr. Maggie Weber

Course Details: HIST 205.501 and WGSS 205.501

Course Days/ Times: Monday, Wednesday, Friday 9 to 9:50 am

LE Attributes: K3 and R1 DDIV

GE Attribute: CP

Note: you can take this course as either HIST 205 or WGSS 205.

While frequently ignored or dismissed, women have always played an integral part in the development of United States. From reform movements and national politics to daily survival and economic sustainment, women contributed and influenced how the nation thought, fought, and survived. Yet, there is no “one” women’s experience in America. Diversity in background, age, class, sexuality, race, region, citizenship status, and other aspects of identity all changed how women interacted with society and each other.

To understand these differences and interrogate our own modern assumptions about the past, this class will be using a framework of Intersectionality, Decolonial Thinking, and Queer Theory. Kimberlé Crenshaw’s theory of Intersectionality paved a path to understanding more precisely how individual identities overlapped to create different lived experiences. We will be using it to showcase how different women faced different oppressions that reflected their specific historical identities. Decolonial Thinking seeks to interrogate and unravel the production of knowledge and its perceived social value from Eurocentric imperialism.

This class will explore how European colonialism and white supremacy influenced attitudes towards womanhood and gender. It will discuss how groups and individuals who historically challenged patriarchal systems often struggled to comprehend and adequately address these long-term oppressions. Finally Queer Theory challenges normative assumptions about the world and social conventions. Specifically, this class will ask students to confront their own beliefs and definitions about womanhood and whether it can have a history.

For the Honors Section in particular, we will concentrate on reading and applying the above theories to history. In addition to the normal weekly readings, honors students will also be expected to read the work of Kimberlé Crenshaw, bell hooks, Susan Stryker, Joan Scott, Judith Butler, and others. We will then discuss how these broader theories can be used in history and the potential lens of analysis they bring to the table. Finally, honors students will have an additional semester assignment. After reading bell hook’s book *Feminism is for Everyone*, students will be required to write a reflective response.

Elementary Statistics

Instructor: Dr. Ryan Harrison and Dr. Jennifer Harrison

Course Details: MATH 246.501

Course Days/ Times: Monday and Wednesday, 3 to 4:50 pm

LE Attributes: S2

GE Attribute: MQR

Can dolphins communicate? Are people born in January better at hockey than people born in December? Can statistics help us convict criminals? In this class, we'll learn how to collect and analyze data to address a variety of real-world questions. This course covers the same material as the regular sections of Math 246, but with an emphasis on group discussions (with your awesome Honors classmates) and using computer simulations to gain a visual understanding of statistical concepts. We'll finish the semester with a group project using statistics to analyze a real data set of your choice.

300-Level Colloquia (sophomore standing, 30+ credits)

The Life Cycle of Stars and Galaxies

Instructor: Professor Zoe Marquez

Course Details: HNRS 318.501

Course Days/ Times: Tuesday and Thursday, 2 to 3:15 pm

LE Attributes: K1 and I1

GE Attributes: NSW

This course will be an introduction to the field of astronomy with a special focus on stellar formation, stellar evolution, and galaxy formation. The class will cover a variety of topics starting with how to think like an astronomer, understanding the patterns in the sky, how astronomical bodies move, how stars evolve, different types of galaxies, and ending with the Milky Way Galaxy. Although designed for students with no background in astronomy, the course will help you develop valuable skills to find, interpret, analyze, and present on complex research papers. During this course, students will also have the opportunity to investigate a star or galaxy they are interested in learning about and share their findings with the class. This course heavily relies on group collaboration, in-class attendance, and participation in weekly discussions. Students can expect to spend 4-5 hours on readings and out-of-class assignments each week.

Fermentation Biology

Instructor: Dr. Rob Arndt

Course Details: HNRS 318.502

Course Days/ Times: Thursday, 3:30 to 4:45 pm

LE Attributes: K1 and I1

GE Attributes: NSW

Course fee: \$15

This course will cover the basic science behind fermentation, a description of the cultures that have developed fermented food, and a practical application of fermentation practices. Thus, you'll learn both how and why fermentation has played an outsized role in food and cooking traditions across the globe. Every week, you will get to practice fermentation as well: you'll learn how to use hands-on practices to ferment a variety of foods, including vegetables, teas and dairy products. Expect approximately 3 hours a week in out-of-class work.

Can We End Poverty? What Works, What Fails, and Why

Instructor: Dr. Casey Rozowski

Course Details: HNRS 324.501

Course Days/ Times: Monday and Wednesday, 3:30 to 4:45 pm

LE Attributes: K2 and R3

GE Attributes: SBS

Can We End Poverty? What Works, What Fails, and Why examines why poverty persists and what can be done about it. The course approaches poverty as a moral, civic, economic, and institutional problem. Students will study poverty in both global and American contexts, comparing explanations that emphasize markets, institutions, human capital, geography, family structure, governance, discrimination, incentives, and historical context. The course will also evaluate common anti-poverty interventions, including foreign aid, cash transfers, microfinance, education, health programs, housing policy, migration, and local nonprofit work. Students will learn to ask not only whether a policy is well intended, but whether it actually improves human flourishing. The course is designed for honors students from a wide range of majors and does not require prior economics coursework. Class meetings will emphasize discussion, case analysis, student led presentations, and applied policy evaluation. Students

should expect approximately three hours of reading and preparation outside of class each week, with occasional short writing assignments and group project work. Readings will include accessible books, policy essays, empirical studies, and primary source excerpts.

Theatre – Memory – Nation - War: The Case of Cassandra

Instructors: Dr. Heather Fielding and Professor Arthur Grothe

Course Details: HNRS 333.501

Course Days/ Times: Tuesday and Thursday, 9:30 to 10:45 am

LE Attributes: K3 and R2

GE Attributes: CP

This course presents a unique opportunity to learn about theatre arts, Ukrainian culture, and the role of the arts in preserving memory and identity during wartime. Team taught by Professor Grothe, UWEC's Artistic Director of Theatre, and Professor Fielding, whose research focuses on Ukrainian literature, this interdisciplinary course will examine big themes and expansive historical and cultural contexts through one case study: the 1908 play *Cassandra* by beloved Ukrainian playwright Lesia Ukrainka. We will learn about the role of Ukrainian theatre and literature in nation-building and their suppression during and after Soviet times, and what Ukrainka means to Ukraine today during Russia's full-scale invasion. We will also have the opportunity to explore the Greek theatre traditions Ukrainka invokes, the role of masks in theatre, elements of theatrical design, and current trends and practices in Ukrainian Theatre.

We will put our learning into action through an experiential project: a staged reading of the play, with many roles (onstage and off) available for students to explore, from performing on stage, to imagining costuming and staging for both period and contemporary versions of a production, to exploring and explaining cultural references and contexts, to marketing the production and helping us to find an audience. Our production will be staged in partnership with the NGO Razom for Ukraine and will form part of a collaborative project across several US universities. Join us for a rich and rewarding exploratory experience—you'll leave the course with a greater understanding and experience of theatre, deep knowledge about Ukraine and what they are fighting for, and even a collaborative project to put on your resume.

The Concept Album

Instructor: Dr. Paul Hecht

Course Details: HNRS 335.501

Course Days/ Times: Monday and Wednesday, 2 to 3:15 pm

LE Attributes: K3 and S1

GE Attributes: CL

This course considers "the concept album," a term first used of recordings of western popular music in the 1960s and 70s, as a jumping-off point for a wide-ranging consideration of extended musical and artistic appeals to our attention and thought: what happens when short artistic forms, like the two-minute, broadly popular song, are put together into larger groups, with larger designs? These questions lead us to questions about what popular music is, what music is more broadly, and what roles art plays in our lives in 2027.

Empire and Imperialism in the Ancient World

Instructors: Dr. Matt Waters

Course Details: HNRS 337.501

Course Days/ Times: Tuesday and Thursday, 12:30 to 1:45pm

LE Attributes: K3 and S3

GE Attributes: HA

Seminar-based course studying the phenomena of conquest and domination through the lens of empire in the ancient Mediterranean world (and beyond): its definition, formation, development, and application. Students will explore – via readings, assignments, in-class discussion, and research project – the multiple facets of empire (political, social, cultural, military, ideological) through several examples from antiquity and develop their own project incorporating the results of interdisciplinary examination of empire throughout the term.

Musical Exoticism

Instructor: Dr. Gretchen Peters

Course Details: HNRS 349.501

Course Days/ Times: Monday, Wednesday, and Friday, 9 to 9:50 am

LE Attributes: K4 and R1DD

GE Attributes: HA

This course will focus on musical exoticism, which is evoking through music a place or social group that is not that of the composer. Examples of musical exoticism are prevalent throughout history and across the globe, and they have been steeped in the power dynamics of colonial settings. We will ask what the social and political subtexts of musical exoticism are? How do issues of colonialism, stereotyping, globalization, cultural appropriation, and authenticity fit into this discussion? How have musical traditions been part of the process of creating, defining, and controlling the “Other” throughout history? How have members of the exoticized culture responded to this practice? Select examples will be drawn from popular and Classical music traditions, and the examples exoticize a wide array of cultures, including Middle Eastern, Romani, Puerto Rican, and Native American. Students will have the opportunity to work with primary sources drawn from multiple national archives. Each student will develop a research project and provide a presentation at the end of the semester. Students can expect to spend 5-6 hours per week on average throughout the semester for all work related to the course. No prior knowledge of music is assumed.

The Lasso Way

Instructor: Professor Ashlee LeGear

Course Details: HNRS 385.501

Course Days/ Times: Monday, Wednesday, and Friday, 10 to 10:50 am

LE Attributes: R1 and I1

GE Attributes: CP

This class taken in spring 2027, with this instructor and topic, and will also count for HNRS 400.

In this course, you will develop a strong foundation in leadership concepts and practices by examining the leadership themes presented in Ted Lasso, a show widely recognized for its insightful and relatable examples of modern leadership. The series highlights that great leadership is not about titles or authority, but about empowering others, fostering trust, and creating an environment where everyone can thrive. You will have the opportunity to observe and analyze different approaches to team management and personal growth, while also reflecting on your own experiences and the type of leader you aspire to become. Since this course focuses on the knowledge and skills essential for success in graduate school and your future career, it also fulfills the HNRS 400

requirement. Students should expect about 3-4 hours of work outside of class each week, most of which will be watching episodes of Ted Lasso to prepare for class discussions around leadership. There will be some smaller assignments for reflection and personal connection as well as a group presentation addressing how to effectively manage leadership challenges.

Global Citizenship in a Multicultural Academic Setting

Instructors: Dr. Heather Fielding and Dr. Colleen Marchwick

Course Details: HNRS 388.501

Course Days/ Times: TBD

LE Attributes: I1 and R2

GE Attributes: CP

Explore global citizenship and intercultural collaboration in partnership with the 1 Decembrie 1918 University of Alba Iulia in Romania. For the first six weeks, students work through four game-based virtual modules with peers and faculty from around the world, tackling cultural awareness, identity, intercultural communication, and perspective-taking, while also reading award-winning contemporary Romanian fiction.

Students then travel to Romania with Profs. Marchwick and Fielding for a week-long in-person intensive (March 21-27, 2027), where they meet their collaborators and serve as regional delegates to a fictional World Education Council, engaging in negotiations and diplomacy to collaborate on policy, curriculum, and resource allocation. The class meets weekly for 50 minutes for most of the semester—at a time arranged with participants. All students will earn 3 UWEC credits for the course, which includes 5 European (ECTS) credits from the University of Alba Iulia.

Prerequisites: Honors students with at least a 3.4 GPA are eligible; [apply](#) by November 1. This experience is limited to 10 students.

Cost: Housing, food, and most transportation in Romania will be covered by our host institution; participants will be responsible for fees, passport costs, the plane ticket, and incidental expenses (total estimate: \$1,370 for students who need to order a passport). *Honors students in good standing will receive Mark Stephen Cosby scholarships of at least \$400 to offset these costs.* Additional scholarship dollars may be available depending on number of students participating.

Application: This experience is open to 10 honors students. [Apply here](#) by November 1, and email Dr. Fielding or stop by her office for more information or to discuss.

See next page for breakdown of estimated budget.

**University of Wisconsin-Eau Claire
Center for International Education**

**Estimated Study Abroad Budget
Blended Intensive Program (BIP) Alba Iulia, Romania
March 21-27, 2027**

Estimated Costs You Will Pay Directly to UWEC:

CIE Winter Program Fee includes:	USD
Alba Iulia Tuition/Fees & WI Res-WAIVED	\$ —
Housing & Meals-Provided by Alba Iulia	\$ —
CIE Admin fees	\$ 40
CISI Insurance	\$ 10
Total Estimated Cost You Pay Directly to UWEC*:	\$ 50

Total Additional Estimated Costs to Expect*:

Additional expenses:	USD
Personal expenses	\$ 175
Passport and mailing	\$ 170
Books and supplies	\$ —
Transportation	\$ 25
Airfare (MSP to Cluj Napoca)	\$ 950
Total Estimated Cost You Pay Directly to UWEC*:	\$ 1,320

Total Estimated Cost:	\$ 1,370
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***Note on Foreign Currency Exchange Rate**

- The foreign currency exchange rate is 1 USD = 4.59 Romanian Leu. Costs shown above are based on the suggestions provided for Budget Travel by Discover Romania. Use the URL below to see the current exchange rate and to calculate any differences in estimated costs in USD.
- Discover Romania: [Romania Budget Calculator: Estimate Your Trip Cost \(2026\)](#)
- Current Exchange Rate: [Oanda Currency Converter](#)

Other Important Notes for All Students

- Costs are estimated for the term above and are for planning purposes only. Note that costs can fluctuate with exchange rates, tuition or airfare increases & varying personal lifestyles.
- The flight price estimate is an estimate.
- If planning for a future academic year, please add 7%.
- Optional personal travel is not included in this estimate.

Important Notes for Student with Financial Aid

- If you receive financial aid, only the costs you pay to UWEC will be automatically paid from your aid. If you receive more aid than what you need to pay to UWEC, you will receive a refund. You are responsible for paying all other costs directly to the vendor(s) involved.
- If travel costs to apply for your student visa, the required labs, and/or books/materials fees are higher than the estimated costs above, these costs may be added to your financial aid budget.

Updated: 9/16/2026

HNRS 200: Texts and Discussion

Medicine, Uncertainty, and the Human Experience: A Book Club Seminar

Instructor: Prof. Rose Raleigh

Course Details: HNRS 200.501; 1 credit, does not count for LE

Course Days/ Times: Thursday, 12:30 pm to 1:20 pm

How are decisions made when the stakes are high, and the answers aren't clear? What does "doing better" look like in a profession built on imperfect science? And how do we define a good life—and a good death? In this discussion-based seminar, these questions are explored through three acclaimed books by surgeon and writer Atul Gawande: *Complications*, *Better*, and *Being Mortal*. Each week, we'll unpack real stories from medicine that illuminate broader themes of uncertainty, performance, ethics, identity, and what it means to care for others. This course is designed for students from any major. No prior knowledge of healthcare is required. You'll practice close reading and collaborative discussion while building skills in critical thinking, empathy, and navigating complexity. Expect lively conversation, honest questions, and space to connect the readings to your own experiences and future goals. Taught by Prof. Raleigh from the College of Nursing.

Stephen King

Instructor: Dr. Heather Fielding

Course Details: HNRS 200.502; 1 credit, does not count for LE

Course Days/ Times: Friday, 11 to 11:50 am

This edition of Texts and Discussion takes up four novels by the great American horror writer Stephen King. Focusing on some of his best and most culturally influential novels from the 1970s and 80s, we'll consider how these texts form and play with their genre and what they tell us about their culture's fears and values. Our texts-- *Carrie* (1974), *The Shining* (1966), *Christine* (1983), and *Misery* (1987)—get into ideas about repression and the unconscious, the nuclear family, class mobility, gender anxieties, celebrity, cars/hotels/schools and other semi-private spaces, and what it means to be an American. In the classic tradition of the book club, we'll read and then gather for discussion.

Seminars & Special Experiences

HNRS 100: First-Year Honors Seminar

Instructor: Dr. Sean Weidman and honors mentors

Course Details: 1 credit, does not count for LE

The First-Year Honors Seminar will help you to develop connections and roots within the Honors Program, at the university, and in Eau Claire. In this one-credit course, you will learn about what Honors can do for you, become part of the Honors community, and make plans to get the most out of Honors and UWEC.

Sections Offered:

- 501: Monday 12:00 to 12:50 pm
- 502: Tuesday 8:30 to 9:20 am
- 504: Friday 12:00 to 12:50 pm

HNRS 400: Senior Honors Seminar

Instructors: Dr. Sean Weidman and Professor Avonlea Hanson

Course Details: 1 credit, does not count for LE, does not count as an upper-division Honors Credit

Prerequisite: Senior standing or department consent required

HNRS 400, the Honors Senior Seminar, is a capstone course that aims to give you space and opportunity to reflect on your university experiences and on what you want the next stage of your life to look like, within and beyond your career. As you discuss your reflections with other honors students, you will learn how to frame your experiences in a way that will have maximum impact in professional situations—with employers, admission committees, application reviewers, and future colleagues.

Sections Offered:

- 501: Wednesday, 12 to 12:50 pm
- 581: online, asynchronous, \$50 online course fee

NEW – HNRS 400.582 Senior Honors Seminar: Graduate School

Instructors: Dr. Sean Weidman

Course Details: 1 credit, does not count for LE, does not count as an upper-division Honors Credit; \$50 online course fee

Prerequisite: Senior standing or department consent required

This new, (predominantly) online iteration of HNRS 400 will focus on **graduate school planning and preparation**. We'll take as our premise that students working toward an advanced degree have a different set of timelines, worries, expectations, and planning needs than students who are immediately entering specific job markets or industry roles. Although our work will largely be asynchronous, it won't be independent, and we'll collaborate together across our disciplines, learning from one another and preparing ourselves as best we can for what graduate school will bring.

If you are planning on graduate work in any field, this section of HNRS 400 could be for you! But spots are limited, and there are a couple of eligibility requirements. You must be:

- a junior entering a summer/fall graduate application cycle; or a first-semester senior with graduate application plans for *next* year; or any senior with gap-year graduate school application plans;
 - and
- available to meet a few pre-arranged times over the semester, in person and on campus, to talk/workshop with your professor and peers.

If you're interested in enrolling in this special section of HNRS 400, please **scan the QR code below** or [follow this link to register](#). Dr. Sean Weidman will reach out with further details and specific course information.



Sections Offered:

- 582: online, asynchronous, \$50 online course fee

HNRS 420: Tutoring in Honors

Instructor: various

Course Details: 1 credit, fulfills Service/Community Engaged Learning, open to juniors and seniors by application.

LE attributes: Service/Community Engaged Learning

Honors tutors assist a professor in teaching an honors course. Generally, tutors collaborate on honors courses in which they have previously excelled. Tutors gain valuable experience in leadership and communication, learn about pedagogy, and get the opportunity to dig even deeper into the course's topics. If you are interested in tutoring an honors course being offered this spring, please reach out to the instructor and/or to honors staff.

Note: HNRS 420 is a one-credit course that reduces (by 2) the number of credit hours required to graduate with University Honors. Rising juniors and seniors are eligible to apply.

Application: Students must apply; enrollment is by permission. For more information, read the [Tutoring information on the Honors SharePoint site](#). **Tutoring applications for spring 2027 are due by January 8, 2027.**

HNRS 430: Leadership in Honors

Instructor: Dr. Kris Knutson, Communication and Journalism Department

Course Details: 1 credit, open to juniors and seniors

Section Offered: 501: Tuesday and Thursdays, 11:00 to 12:15 PM

NOTE: This course meets for 8 weeks, January 25 through March 21, 2027

LE attributes: this course does not automatically count for service learning/community engaged learning, but students who pursue a service-based leadership project may petition it to count toward the service-learning/community engaged learning requirement

What does it mean to be a leader? Is leadership about authority or something else? HNRS 430 strives to demonstrate that leadership is not a position but is an activity that requires mobilizing people to confront difficult challenges. This course is designed to equip you with the essential tools and frameworks needed to navigate uncertainty and lead effectively in dynamic environments.

You will explore the principles of adaptive leadership, a model that emphasizes flexibility, creativity, and the ability to galvanize people to tackle tough challenges. Most importantly you will explore these activities while actively using the class itself as a case study to practice leadership and develop your own competency.

This class is also designed to support you in tackling a leadership project related to your work in an on- or off-campus organization, broadly defined (including student orgs, sports teams, residence halls, and much more). As we explore leadership tools together, you will define and begin your project, and then reflect on challenges and successes with the support of the group. Students do not need to have a project before the class begins.

Note: Like HNRS 410 (Mentoring in Honors), 420 (Tutoring in Honors), 440 (Fellowships), and 450 (Honors Advocacy), this is a 1-credit course that will reduce the number of credits required to graduate with University Honors by 2.

HNRS 440: Fellowships & Awards

Instructor: Dr. Sean Weidman

Course Details: 1 credit, open to sophomores, juniors, and seniors

Section Offered: 501: Day and time will be determined after students are registered for the course.

LE attributes: None

Do you want to get paid to do summer research? Or win a competitive internship spot? Or become a fellow of a prestigious institute? Or pursue professional opportunities abroad? Or bolster your application to graduate schools?

In this 1-credit, once-a-week course, students with sophomore standing and above will learn how to refine their professional personas with the goal of applying to a prestigious fellowship, scholarship, internship, or award. As the term progresses, you'll learn about types of awards, search for and select one, plan an application, study best practices and sample documents, line up references and recommenders, draft essays and materials, compile application packets, and—by the end—submit the best version of yourself for the opportunity of your choosing.

You'll receive dedicated advising from UWEC fellowships advisor, Dr. Sean Weidman, but the class will also be deeply collaborative, and we'll critique, workshop, and polish one another's drafts until each is the best we can produce. Along the way, we'll reflect on the risk of putting ourselves out there, and after we'll celebrate the achievement of having applied for something important.

To apply to participate in HNRS 440, please reach out to Sean Weidman (weidmans@uwec.edu) as soon as possible.

Note: Like the other courses in the HNRS 400-level leadership series (410, 420, 430, 450), HNRS 440 is a one-credit course that reduces (by 2) the number of credits required to graduate with University Honors.

HNRS 490: Honors Thesis

Instructor: various

Course Details: variable 1 to 6 credits, open to seniors by permission

The Honors Thesis is a special opportunity to complete an advanced, independent project in any field. Research-focused, creative, or applied projects are all possible. The thesis process begins with a proposal that is submitted by eform before the semester begins. To learn more, see the [Honors Thesis Guidelines on the Honors SharePoint](#) site. If you are interested in pursuing an honors thesis in spring or fall 2027, [please talk to Dr. Fielding](#).