

**CONGRATULATIONS!
The Office of Student Success and the First Year Experience (FYE) welcomes you! It’s time to choose your FIRST FALL SEMESTER COURSE: the first year seminar. Please read the following information carefully before selecting your seminar.**

All incoming first year students, and incoming transfers with less than 15 credits, are required to take (as part of the General Education program) a first year seminar. These are innovative, exciting, 3-credit courses designed and taught by professors who are passionate about the topic they have chosen. In addition to focusing on a particular academic topic through reading, writing, and analyzing, each seminar also includes some transition and support components as you enter your first year of college.  **These seminars are required academic components of your curriculum similar to any other full 3-credit course you are required to take as part of your major or the General Education program.**

There will be dozens ofdifferent seminars to choose from for the fall semester (some have multiple sections with the same topic – they just meet at different times). We encourage you to **READ ALL THE OPTIONS** and **READ THE SEMINAR DESCRIPTION BEFORE CHOOSING (do not make a decision based on the title or course code)** before making your selection. Here are some helpful notes as you review topics:

* Some courses meet twice a week, others meet once a week for a longer period. If a topic is listed twice it means there are two “sections” running. You can pick either set of times.
* Ignore your assumptions about what department a seminar falls in. Just because a seminar is “housed” in Political Science, it doesn’t mean that it is for political science majors OR that it has anything to do with political science. A seminar is only assigned to a department because that is where the professor teaches their other classes. Professors teach seminars based on their **PASSIONS** and **INTERESTS** which could be completely separate from their discipline. We encourage you to broaden your horizons and **NOT pick a seminar that you THINK is related to your major**, because it might not have anything to do with your major.
* Common questions about first year seminars are answered on the FYE website: [www.salemstate.edu/fys](http://www.salemstate.edu/fys). **We encourage you to review the FAQs before selecting!**
* First-year students sign up for their seminar through Navigator after paying your deposit and confirming orientation. Incoming transfer students with less than 15 credits and full-time evening students will receive information via email regarding the process for how to sign up for a seminar. If you are an upper-class student who needs to retake your seminar you will select during the normal class registration time.
* **You may CHANGE your first year seminar, depending on space availability, up until Tuesday May 27 at NOON in Navigator. After that, the system will be closed.** If you want to choose or change your seminar after May 27, you will do so AT orientation.
* Every first year seminar is an academic course and will involve reading, writing, and critical analysis like any other college-level course you take. While there are “transition to college” elements woven into the seminar, the main focus is on a particular academic topic. For example, if you took a dance or yoga or music class in high school you may have focused your time on actually dancing, doing yoga, or singing. A first year seminar focused on one of those topics might include “doing” but is going to also focus on reading about the history of those topics, perhaps studying cultural impact, writing papers, and engaging in academic discussions about the topic.

**Exciting Learning Opportunities for Fall 2025**

There are several learning opportunities available to students for Fall 2025 that may have an impact on your selection of a first year seminar. Please review the information below before choosing a seminar. If you’re interested in one of these options, please let us know if you have any questions by emailing firstyearseminar@salemstate.edu.

**The Humanities Brigade Learning Community**

A new and dynamic year-long learning community for 20 first year students no matter your major (Honors Program students are not eligible due to their course schedules.) The Humanities Brigade (THB) combines humanities coursework, collaboration with local social justice non profits, and a paid summer internship to explore and address social justice concerns. THB students take five classes together over the course of the year (2 in fall and 3 in spring), and work intensively with faculty and community leaders. You will apply the skills and knowledge of the humanities to make change in the “real world”. The benefits of the program include taking five courses as a cohort over the course of a year (four of the five meet General Education requirements), learning from passionate faculty members, earning $3,500 stipend for completing a summer internship, having course books/materials for the courses paid for, and more! The fall semester courses are:

* **American Identities** (*Tuesdays and Thursdays from 10:50am – 12:05pm, which meets the Human Past AND the Diversity, Social Justice and Power Dynamics requirement*) and
* **Introduction to Philosophy** (*Tuesdays and Thursdays from 12:15pm – 1:30pm,* *which meets the Personal Growth and Responsibility requirement*.)

**Students interested in this opportunity will want to select a first year seminar that does not conflict with the times for the two Fall 2025 Humanities Brigade courses listed above.** Want to apply or learn more? Email Professor Dulcos-Orsello at educlosorsello@salemstate.edu

**Creating a Home and Why it Matters Learning Community**

This exciting learning community provides students with an opportunity to take two courses together, the first year seminar (FYEN 100-01) and the general education Writing Level 1 course (ENL 110).

Everyone’s home is a little bit different, but students often have a shared view that “home is more of a feeling than a place, it is where you are comfortable and accepted.” As students transition to college, this is an important moment when they can reflect back on the homes they have lived in while looking forward to their future selves and the type of home they aspire to. We will start with student’s personal experiences and knowledge and then consider how various academic approaches can help us develop and dig deeper into our personal experiences. We will add context by thinking about how homes change over time, across cultures, and through the arts. Bringing the first year seminar and writing course together, students will be able to develop a community of learners supporting one another as we investigate, read, and write about the topic from personal and scholarly perspectives.

**Students interested in this option should select FYEN 100-01 as their first year seminar and will automatically be enrolled in the corresponding section of ENL 110. (See seminar description later for details on days/times).**

**Social Change Policy Path**

Through the Social Change and Policy Path, first year students will explore pressing issues and learn how to create change through civic engagement, public policy and politics as you take specific courses in your first year which also complete general education degree requirements. These courses include:

* CIV110 **Writing for Civic Engagement** (*which meets the Writing I requirement),*
* FYPO100-03 **Social Change and Policy in Action** (*which meets the first year seminar requirement*)
* **Introduction to Public Policy** (*which meets the Oral Communication requirement*), and
* CIV110 **Introduction to Civic Engagement** (*which meets the Personal Growth and Responsibility requirement*).

The Social Change and Policy Path will allow you to network with classmates, faculty and community organizations who share your interests, gain advocacy skills, and learn about innovative programs such as the North Shore Policy Lab. You can take all four courses or selected courses. Some courses can also be used towards a Civic Engagement Minor and Public Engagement Seal. Students interested in choosing courses along the pathway should speak with an advisor while selecting courses during orientation.

**FALL 2025 FIRST YEAR SEMINARS**

We encourage you to **READ ALL THE OPTIONS** and **READ THE SEMINAR DESCRIPTION BEFORE CHOOSING (do not make a decision based on the title or code alone)** before making your selection.

1. Afro-Latinx Identity and Cultures

2. What’s in the Cards?

3. What’s in the Cards?

4. Knit & Crochet Yourself Calm

5. Salem: By Land and By Sea

6. Creating a Home and Why it Matters

7. Religion and Climate Change

8. Creating a Meaningful and Happy Life

9. Under Pressure: Conformity and Social
 Influence

10. Traveling the World

11. The Salem Witch Hunt

12. The Salem Witch Hunt

13. It's About Time

14. Page Turners

15. Business and Human Rights

16. How to tackle climate change: real world
 solutions

17. Sustainability: Is it Good for Business?

18. Bollywood: India Through Film

19. Race and Racism in the Americas

20. Race and Racism in the Americas

21. Voicing the Sacred in Narrative, Poetry, and
 Song

22. So, You Want to Get Stung? Beekeeping and
 the Environment

23. Visual Art and Activism

24. Navigating College through Cultural and
 Emotional Xpression

25. Exploring identity in today’s society

26. See Yourself in STEM

27. Penguins, Kangaroos and upside-down
 Barbecues

28. Social Change and Policy in Action

29. Pickleball: Why is it Having a Moment Now?

30. History of Now

31. Playing with Pop Culture

32. Upcycling and Emphasizing the Reuse in
 Reduce, Reuse, and Recycle

33. How Well Do You Know Your Name?

34. Environmental Sustainability

35. Viewpoints on Social (In)Justice

36. Navigating College through Storytelling and
 Community Exploration

37. Pirates: Fact or Fiction

38. Sensory Health: Sensation & Well-Being

**FALL 2025 FIRST YEAR SEMINARS**

**1. Afro-Latinx Identity and Cultures FYWL 100-01 (1200)**

It will become essential for our students to explore other cultural groups if they are to become active citizens. This seminar introduces students to topics relating to various aspects of Afro-Latinx interaction in the US, such as identity, cultures, colorism, labels, music, economic status, assimilation, biases, and immigration. Through readings, movies, documentaries, poetry, interviews, and personal experiences, we will explore and analyze ideas to help deal with challenges, personal growth, intercultural dialogue, and interpersonal success. *Wednesdays and Fridays, 9:25am – 10:40am*

**2. What’s in the Cards? FYPO 100-01 (2222)**

The Tarot is a centuries-old set of archetypal representations used to understand the past, evaluate the present, and (at times) predict the future. By turns associated with the devil, paganism, goddess worship, and witchcraft, these cards can nonetheless be a powerful tool for understanding both ourselves and the culture around us. This class will take you on a journey of self-discovery by exploring what the cards are meant to represent and what they can mean to each of us. At the same time that you are learning about the historical, psychological, and cultural meanings embedded in the representative art of various Tarot decks, you will begin exploring yourself and your surroundings here on campus. In a final creative project, students will be asked to develop their own Tarot card using the medium of their choice. There are two sections of this seminar being offered (each meets at different times). Students may select either one if they are interested in this topic. *Tuesdays and Thursdays, 10:50am – 12:05pm*

**3. What’s in the Cards? FYPO 100-02 (2223)**

The Tarot is a centuries-old set of archetypal representations used to understand the past, evaluate the present, and (at times) predict the future. By turns associated with the devil, paganism, goddess worship, and witchcraft, these cards can nonetheless be a powerful tool for understanding both ourselves and the culture around us. This class will take you on a journey of self-discovery by exploring what the cards are meant to represent and what they can mean to each of us. At the same time that you are learning about the historical, psychological, and cultural meanings embedded in the representative art of various Tarot decks, you will begin exploring yourself and your surroundings here on campus. In a final creative project, students will be asked to develop their own Tarot card using the medium of their choice. There are two sections of this seminar being offered (each meets at different times). Students may select either one if they are interested in this topic. *Tuesdays and Thursdays, 9:25am – 10:40am*

**4. Knit & Crochet Yourself Calm FYHI 100-08 (2517)**
Are you ready for a semester of knitting and crocheting with a professor who also is a knitter? The seminar will teach you to knit or crochet if you don’t already know how to do so. It will provide you with project ideas and patterns or help you find or develop your own. As we knit and crochet, we will consider the benefits of handcrafting for personal fulfillment and relaxation. We will also learn a bit about the history of handcrafts by looking at various cultures around the world, revival movements in handcrafting, and handcraft culture today. Some supplies will be provided. *Tuesdays, 4:30pm – 6:50pm*

**5.** **Salem: By Land and By Sea FYEN 100-03 (2613)**

Inspired in part by Ralph Waldo Emerson’s belief that the best education is not learned in the classroom, but through first-hand experience, this first year seminar section, “Salem: By Land and By Sea,” will challenge you to navigate your new environment in several ways. We’ll learn about the first settlers of Salem, both Native American and white, consider the work of master navigator Nathaniel Bowditch, and study the writings of Charlotte Forten Grimke, the first African-American graduate of SSU, among others. We'll explore historic sites in Salem by foot and experience an ocean-based perspective via a sailing excursion on the 1812 replica Schooner *Fame*. Additional sites under consideration include Salem’s 1630 Pioneer Village, a cemetery, SSU Library Archives, and possibly SSU’s Collins Observatory. As we explore Salem, we will also examine and reflect on how to navigate college and life beyond. Note: Students will need to purchase a ticket for the sailing excursion, which will occur during our class meeting time and cost approximately $25 which replaces one of the books that we would have used. *Mondays 1:10pm – 3:50pm*

**6. Creating a Home and Why it Matters FYEN 100-01 (1907)**

This exciting learning community provides students with an opportunity to take two courses together. Everyone’s home is a little bit different, but students often have a shared view that “home is more of a feeling than a place, it is where you are comfortable and accepted.” As students transition to college, this is an important moment when they can reflect back on the homes they have lived in while looking forward to their future selves and the type of home they aspire to. We will start with student’s personal experiences and knowledge and then consider how various academic approaches can help us develop and dig deeper into our personal experiences. We will add context by thinking about how homes change over time, across cultures, and through the arts. Bringing the first year seminar and writing course together, students will be able to develop a community of learners supporting one another as we investigate, read, and write about the topic from personal and scholarly perspectives. ***(Students selecting this seminar will also be enrolled in ENL 110-24, Wednesdays and Fridays, 12:15pm – 1:30pm, which meets the Writing Level 1 requirement in general education. Students MUST be eligible to take ENL 110 through the Writing Self-Placement process.)*** *Seminar times: Wednesdays and Fridays, 9:25am – 10:40am*

**7. Religion and Climate Change   FYGE 100-02 (1752)**

We hear a lot about climate change: global warming, species extinction, melting ice caps, wildfires and more intense hurricanes. Climate change is a crisis on a planetary scale. How do we solve the climate crisis? Proposed solutions are often technological (i.e. solar/wind energy), economic (i.e. carbon taxes) or individual’s changing their energy use. In this first year seminar, we examine how the world’s faiths and religions offer religious-based solutions to the climate crisis. We’ll explore how the world’s major religions (i.e. Christianity, Islam, Hinduism) and other faiths/spiritualities (i.e. Buddhism, indigenous) propose re-thinking our relationship with nature. Second, we’ll study the climate change activism of religious/faith-based organizations at the local, national and global scales; how are they challenging the “powers that be” into solving the climate crisis? We’ll dive into these questions by studying religious teachings (texts/videos) and activism/action and organizing. In studying these questions, we’ll also explore our own thinking regarding religion/spirituality, our relationship to nature and our engagement with solving the climate crisis. *Tuesdays and Thursday 3:05pm - 4:20pm*

**8. Creating a Meaningful and Happy Life FYID 100-01 (1271)**

What is a happy life? Is it in our power to create a happy life? Are some careers more fulfilling than others? What majors will lead to what careers? Through exploring different ideas about happiness, this course will guide you in discovering how to get the most out of college and how to carve a path toward a happy life and successful career. We will examine a variety of ways that we can create for ourselves happy and meaningful lives by looking at a wide range of resources from the most current empirical research to ancient philosophy. We will practice some of the happiness activities that have been proven to lift people’s spirits, such as acts of kindness, meditation, and expressing gratitude. The course design allows a great deal of interaction between students and introduces students to the variety of supports the school offers. *Tuesday and Thursdays, 9:25am – 10:40am*

**9.** **Under Pressure: Conformity and Social Influence FYPY 100-01 (2536)**

Why do we care what others think and conform to their expectations? Do first impressions really matter? Why do people share their bank accounts and passwords with total strangers? Why does no one help when there is a big crowd watching? Humans are social animals and our social relationships shape who we are, what we do, and how we think about others. And often we are totally unaware that this is happening. We will explore some key areas of social influence and social perception through readings, TED talks, etc. We will test some concepts out in the real world and learn strategies to regain control and protect ourselves from unwanted influence. We will also focus on getting to understand how college works and to make the most of the college experience rather than simply following along with what others are doing. *Tuesdays and Thursdays, 10:50am – 12:05pm*

**10. Traveling the World FYEC 100-01 (1435)**

Do you want to see the world? In this first year seminar, we will explore different parts of the world and figure out how to plan trips to your dream destinations. We will do more than look at pretty travel brochures – rewarding and meaningful travel requires effort. You will learn about history, culture, food, the economy, politics, language and more. We will explore famous sights and lesser-known attractions of different regions. We will also discuss the practical problems facing an aspiring world traveler, including how to travel on a budget, how to stay safe, how tourism affects local people and culture, and the impact of travel on the environment. As you plan trips, you will develop research, writing, and presentation skills that will help you succeed in all your classes*. Mondays, 1:10pm – 3:50pm*

**11. The Salem Witch Hunt FYHI 100-01 (2506)**

Salem is known around the world for its infamous witch hunt - events that are surrounded by myth, mystery and misinformation. This course will explore the witchcraft crisis of 1692 and assess the many theories that try to explain what were by far the largest witch trials in American history. The course will place these events in the larger narrative of Salem’s rich history. Students will also examine how the trials created an enduring legacy for the “Witch City,” and how Salem and her witch hunt became synonymous with persecution, fanaticism and rushing to judgment. There are two sections of this seminar being offered (each meets at different times). Students may select either one if they are interested in this topic. *Wednesday and Fridays, 9:25am – 10:40am*

**12. The Salem Witch Hunt FYHI 100-02 (2507)**

Salem is known around the world for its infamous witch hunt - events that are surrounded by myth, mystery and misinformation. This course will explore the witchcraft crisis of 1692 and assess the many theories that try to explain what were by far the largest witch trials in American history. The course will place these events in the larger narrative of Salem’s rich history. Students will also examine how the trials created an enduring legacy for the “Witch City,” and how Salem and her witch hunt became synonymous with persecution, fanaticism and rushing to judgment. There are two sections of this seminar being offered (each meets at different times). Students may select either one if they are interested in this topic. *Wednesday and Fridays, 10:50am – 12:05pm*

**13. It's About Time FYGS 100-01 (1128)**

This course is about time. We live our lives according to its rhythm, measuring it in seconds, minutes, and hours. As university students, you might already feel the pressure of deadlines, schedules, and the ever-ticking clock. But what exactly is time? Is it just numbers on a clock or something deeper? At its core, time is a way to measure change. It allows us to track events, sequence occurrences, and organize our lives. While we often think of time in terms of minutes, days, or years, geologists operate on an entirely different scale, stretching across millions and even billions of years. This concept reveals a vast history that human lifetimes become mere blinks in comparison. Unlike physicists, geologists see time through the slow, steady processes shaping our planet. In this course, we will depart from tracking time with clocks and calendars in our daily lives, explore geologists' perspectives, and measure time in rock layers and atoms in decay. By understanding geological time, we will gain a new perspective on the world around us, which connects the past, present, and future in ways we rarely consider in our daily lives. *Tuesdays and Thursdays, 9:25am – 10:40am*

**14. Page Turners FYHI 100-03 (2510)**

What makes a book a page turner for you? Have you found precious moments of escape in books or met characters as real to you as friends in real life?  Do you sometimes wonder why you stopped reading for pleasure in high school? Reading for pleasure is, according to studies, one of the best things you can do for yourself. Not only are the most successful people serious readers, but reading increases self-esteem, builds our capacity to deal with tough situations, increases our empathy and our imagination, even helps us sleep better and make meaningful friendships. In this seminar, you will delve deeply into your love of reading while developing academic skills in a small, supportive environment. In this class, we will identify and stick to a plan for reading for fun amidst the demands of college and create a clear argument about the power of reading.  We will build community among readers at Salem State, share books that have helped us, even saved us, and build a little free library. *Tuesdays and Thursdays, 10:50am – 12:05pm*

**15. Business and Human Rights                                                                                                   FYAF 100-02 (1570)**

Humanitarian crises are happening around the world. This first-year seminar course explores the responsibility that businesses and companies have to respect and protect human rights, and considers the broader themes of business and society. Through a variety of readings, examples, case studies, media stories, and fictional works we’ll consider these concepts in an equitable and ethical space that intentionally honors diverse viewpoints and student voice, and discuss how that model can be used to build a supportive community and be successful in college. *Tuesdays and Thursdays, 1:40pm – 2:55pm*

**16.** **How to tackle climate change: real world solutions FYGE 100-03 (1753)**

Can students help tackle climate change? This seminar explores real-world solutions, focusing on the power of collective action. From student-led movements like fossil fuel divestment to broader climate and environmental justice campaigns, we examine how social movements influence policy, challenge greenwashing and climate inaction, and drive systemic change. Through case studies and interactive discussions, students will analyze effective strategies for action and develop the skills to engage in meaningful climate solutions. *Tuesdays and Thursdays, 1:40pm – 2:55pm*

**17. Sustainability: Is it Good for Business? FYAF 100-01 (1567)**

This first year seminar will explore the topic of whether sustainability is good for business, i. e. the financial position, financial performance, customer satisfaction, and reputation of a business entity. Sustainability is usually defined as environmental, social, and governance (ESG) accountability of business to nature, the local community, and society, not just to the shareholders and creditors who have a direct financial interest in the company. Students will complete a free 7.5 hour Bloomberg ESG Certificate in the Bloomberg Lab (CC155) on campus, participate in small-group and class discussions on readings from The Economist magazine, read and analyze sustainability for business resources from the library’s catalog and databases, and/or watch and discuss sustainability-related documentaries. The class will also participate in virtual exchange/collaborative online international learning (COIL) project with a class from abroad (for Fall 2025, most likely with China, Indonesia or Ukraine). *Wednesdays and Fridays, 10:50am – 12:05pm*

**18.** **Bollywood: India Through Film FYMU 100-01 (1948)**

The music! The dancing! The fashion! The popular Hindi cinema industry based in Mumbai has been a global force for decades. You’ve probably heard the term “Bollywood," maybe you’ve given yoga a try, or perhaps your favorite drink is “chai tea.” But how well do you understand the most populous country in the world? By exploring the ways that pop culture relates to society throughout the Indian subcontinent, students will become better-informed global citizens prepared with a fun way to build connections with people of South Asian heritage in business, healthcare, technology, and the arts. Students will work collaboratively on projects, and film viewing on three evenings will be required. *Tuesdays and Thursdays, 3:05pm – 4:20pm*

**19. Race and Racism in the Americas FYHI 100-04 (2512)**

This seminar explores the realities of race and status in the contemporary United States and Latin America through history, journalism, literature, and film. We will engage in a close analysis of multiple sources, as well as following contemporary debates in the world, in the news, and on campus. Topics include histories of race-making, race and class, citizenship, immigration, exclusion, and deportation, the carceral state, struggles for racial and environmental justice, and the ways in which race and immigration have been intertwined throughout American history. There are two sections of this seminar being offered (each meets at different times). Students may select either one if they are interested in this topic. *Wednesdays and Fridays, 9:25am – 10:40am*

**20. Race and Racism in the Americas** **FYHI 100-05 (2513)**

This seminar explores the realities of race and status in the contemporary United States and Latin America through history, journalism, literature, and film. We will engage in a close analysis of multiple sources, as well as following contemporary debates in the world, in the news, and on campus. Topics include histories of race-making, race and class, citizenship, immigration, exclusion, and deportation, the carceral state, struggles for racial and environmental justice, and the ways in which race and immigration have been intertwined throughout American history. There are two sections of this seminar being offered (each meets at different times). Students may select either one if they are interested in this topic. *Wednesdays and Fridays, 10:50am – 12:05pm*

**21.** **Voicing the Sacred in Narrative, Poetry, and Song** **FYEN 100-02 (2612)**

This seminar explores the realities of race and status in the contemporary United States and Latin America through history, journalism, literature, and film. We will engage in a close analysis of multiple sources, as well as following contemporary debates in the world, in the news, and on campus. Topics include histories of race-making, race and class, citizenship, immigration, exclusion, and deportation, the carceral state, struggles for racial and environmental justice, and the ways in which race and immigration have been intertwined throughout American history. There are two sections of this seminar being offered (each meets at different times). Students may select either one if they are interested in this topic. *Mondays, 1:10pm – 3:50pm*

**22. So, You Want to Get Stung? Beekeeping and the Environment FYGE 100-01 (1751)**

Did you know that the honey bee can fly up to 15 miles per hour?  Or that a pound of honey is made by 2 million flower visits?  Or that human collection of honey dates back to 8000 BC?  In this seminar we explore the fascinating world of honeybees and beekeeping. As such we explore the unique relationship of how the environment not only affects the hive, the individual bee, but also the food supply for honeybees and the $40 billion dollars worth of crops they pollinate.  With one out of every three mouthfuls of food we consume dependent upon pollinators like bees, they are critical to our continued survival. To bee or not to bee…that will be our question!  Note: You will see and experiment with honeybees through an observation hive. *Wednesdays and Fridays, 12:15pm – 1:30pm*

**23. Visual Art and Activism FYAD 100-01 (1050)**

Visual artists have long used their work to advocate for social change.  While twenty-first century examples may come readily to mind, many artists in previous centuries also designed artworks to protest social conditions and prompt political and cultural change.  Together we’ll learn about historical and contemporary artists, local and global, working in diverse mediums (painting, sculpture, photography, performance and installation art, and more) to create change.  At the end of the semester, students will plan their own activist artworks influenced by the course material and our class discussions.  No studio or art history experience is required for this course. *Wednesdays and Fridays, 12:15pm – 1:30pm*

**24. Navigating College through Cultural and Emotional Xpression FYDA 100-01 (1947)**

By blending elements of movement, creative problem-solving, journal articles, and storytelling, this seminar will help you build resilience, develop a personal toolkit for handling college stressors, and tap into the power of cultural expression as a means of navigating both academic, professional, and social spaces. Your first year of college is a journey—one filled with excitement, challenges, and unexpected emotions.  This seminar will help you successfully transition into college life by exploring the five primary emotions—joy, sadness, fear, anger, and disgust—through the lens of cultural awareness and personal expression. Through discussion, movement, and creative exercises rooted we’ll unpack the real emotions that arise in this new chapter of life. Maybe you’ve felt the fear of speaking up in class, the anxiety of making new friends, or the frustration of handling a tough professor or roommate. On the flip side, there’s the thrill of getting your first A, the joy of finding your people, and the confidence that comes with growth. In this seminar, we won’t just talk about these experiences—we’ll move through them, strategize around them, practice situational awareness, and learn how to harness them as fuel for success. The goal? To make sure you take flight in your first year—and never come down. If you're looking for a seminar that keeps it real, gives you practical strategies for success, and helps you step into your college experience with confidence and creativity, this seminar is for you. Let’s get to work, build community, and make this first year one to remember. There is a similar section of this seminar being offered with a slightly difference description (each meets at different times). Students may select either one if they are interested in this topic. *Wednesdays and Fridays, 10:50am – 12:05pm*

**25. Exploring identity in today’s society FYED 100-01 (2652)**

In this first-year seminar students will examine what Beverly Daniel Tatum refers to as the “complexity of identity” (Tatum, 2017).  Students will reflect on personal experiences related to different aspects of their identity such as gender, race, language, and culture.  The purpose of this reflective practice is to help students understand how all these components of their identity are influenced by the social context of their lives.  Students will also use texts and other forms of media as tools for learning how our identities are shaped and impacted by society.  The goal of this seminar is to have students think about the role society has in their identity development and the way they see and treat other people. *Tuesdays and Thursdays, 3:05pm – 4:20pm*

**26. See Yourself in STEM FYBI 100-01 (2436)**

Do you care about animals or nature? Do you enjoy learning how the human body works? Do you want to learn about current advances in technology, medicine, or outer space? You belong in STEM! This first year seminar will support students with their transition to college and will help each student to develop their unique sense of science identity. We will learn about scientists from diverse backgrounds and how they are using science to solve local and global problems. We will practice reading, analyzing, and discussing scientific news and research articles that are interesting to you. Finally, we will learn about how science works by participating in “citizen science,” which allows members of the general public to help collect data for real research projects being conducted around the world. *Wednesdays and Fridays, 10:50am – 12:05pm*

**27. Penguins, Kangaroos and upside-down Barbecues: everything you might want to know about the largest island nation in the world. FYHC 100-01 (1649)**

What do you think you know about Australia, and where did that knowledge come from? Do kangaroos box in the street? Does the largest living thing on earth live there? Does water really go down the drain in the opposite direction from the US? Most likely, your impressions have originated from movies, tv, and romanticized images of Australia from social media. In this course, we will examine multiple perspectives of what it means to be Australian through cultural phenomena such as food, travel, and the arts. How do Australians view themselves, and how does this compare to your own sense of identity, whether you grew up in the US, or have immigrated from somewhere else? How do you express yourself and share knowledge with others about your own cultural background? *Tuesdays and Thursdays, 1:40pm – 2:55pm*

**28. Social Change and Policy in Action FYPO 100-03 (2224)**

Ever wanted to see change and have a hand in that change? The political world may feel more uncertain than ever, but you have power, especially by being engaged in your local communities. The barriers to seeing policy in action are lower than you may think! This seminar explores how real social and political change can rise from civic engagement and getting our hands on the policy process where we live. Public policy is inherently political, however, it necessarily draws from a wide array of disciplines. This seminar will introduce you to guest speakers across disciplines, field trips, & peer collaboration, exposing you to the actors, ideas, and actions that make change real.   *Wednesdays and Fridays, 12:15pm – 1:30pm*

**29. Pickleball: Why is it Having a Moment Now? FYSM 100-01 (1333)**

How does pickleball have anything to do with college? Glad you asked! In this course, we will learn some of the physical skills developed playing pickleball. But we will also explore the sport from historical, scientific, and cultural perspectives as a form of academic inquiry to learn how a college student investigates this sport. In the process, you will have fun, continue to develop your writing and communication skills, develop your own curiosity and interests regarding sport and academics. *Tuesdays and Thursdays, 1:40pm – 2:55pm*

**30. History of Now FYHI 100-06, (2501)**

How does the past shape the present? What historical forces and events have contributed to contemporary global issues? The*History of Now*highlights the enduring power of historical inquiry in understanding our past and navigating our current moment. In an era of rapid digital communication and pervasive disinformation, strong information literacy—the ability to find, evaluate, and use information effectively—serves as a vital skill for navigating the present. This course empowers students in the process of thinking critically about issues today and locating and evaluating reliable sources that help us understand the historical roots of now. By tracing the connections between past and present, this course challenges students to see history as an ongoing process that informs the world around us and our everyday lives. **NOTE:** This course will meet one day a week in-person on *Wednesdays at 10:50am – 12:05pm* and the other day of the week, students are expected to conduct asynchronous work/assignments on their own.

**31. Playing with Pop Culture FYEN 100-04 (2734)**

What does popular culture tell us about ourselves? And how does it shape our identity? How can we become more aware of its influence on our beliefs and behaviors? Why is it a relevant subject for scholarly pursuit? We all turn to pop culture when we want to escape, be entertained, and bond with buddies. At a higher level, popular culture can inform (and misinform) us; and it invites us to get involved with — and maybe even change — the world. We’ll use your favorite cultural pursuits to frame spirited discussions about identity — individual, generational, American, and global. Let’s have laughs playing with pop culture, while also appreciating its contemporary relevance. Additionally, guest speaker workshops and projects are designed to help you successfully navigate the campus and your academic/student life adventures. *Tuesdays and Thursdays, 9:25am – 10:40am*

**32. Upcycling and Emphasizing the Reuse in Reduce, Reuse, and Recycle FYTH 100-01 (2802)**

When it comes to the three Rs, (Reduce, Reuse, and Recycle) Reducing and Recycling are the most prevalent.  Reducing is straight forward, just use less when you can.  Recycling is an ever more user-friendly experience with bins located in most locations.  But Reusing can be difficult.  How do you repair your clothing, fix a chair, or a broken cup if you don’t know the basics of sewing or tool use.  We will not only explore these practical skills but also the impacts reusing has on personal finances, communities and the world at large.  *Tuesdays and Thursdays, 1:40pm – 2:55pm*

**33.** **How Well Do You Know Your Name? FYEN 100-05 (2757)**

Come learn about names! Famous names. Up-and-coming names. Tell us about yours. Tell us who you are, what you like and want to do. Tell us the story of what and who you are and who you want to be. This First Year Seminar will explore names known and unknown. The Seminar will explore the Vietnam Veteran’s Memorial and its 58,000 names, the Tomb of the Unknown Soldier, your name, the names of your forebears, as well as the mysteries associated with names (of queens and pharaohs). Make yours a name everyone on campus knows or wants to know!  *Tuesdays and Thursdays, 12:15pm – 1:30pm*

**34. Environmental Sustainability: What does it mean in a changing climate and what can we do? FYGE 100-04 (2732)**

In 2015 the United Nations formulated and announced 17 Sustainable Development Goals (SDGs). We can define sustainability and sustainable development - and many good things have been happening in many arenas of the public, private, and NGO sectors regarding sustainability, but will climate change impede or lessen the positive impacts of these efforts? “Climate Action” is one of the 17 SDGs of the U.N. because climate change will likely impact all of the SDGs and needs to be incorporated into all of the SDGs.

This seminar will look at good examples of environmental sustainability in the corporate, government, and NGO sectors and we will look at climate action planning and resiliency planning in these same sectors. All of this work needs educated, well-trained people to develop and write these plans and to help incorporate the plans into real action by the company, or local government or state government or regional government, or NGO. Salem State students can do internships and volunteering in these areas and can earn a good living, making the world a better place and to help society be more sustainable while confronting the climate crisis that is already upon us. *Tuesdays and Thursdays, 10:50am – 12:05pm*

**35.** **Viewpoints on Social (In)Justice FYID 100-02 (2804)**

“How we think about something makes a difference not only at the level of theory, but in terms of practice as well” (Apple, 1992). This seminar will focus on questions of social justice, how it is defined and who controls access. As part of an interdisciplinary examination to questions of justice we will focus on different constructions of justice based on thinkers from Plato to Rawls, Russell to Singer: potential topics will include but not limited to, Climate change, Gun control, Abortion Rights (especially in a post Roe world), Healthcare (after COVID), Voting Rights, and Education, Black Lives Matter, Antifa, White Supremacy and the role of international norms (particularly in light of the war in Ukraine) as a result we will connect with students from Petro Mohyla Black Sea National University in Mykolaiv, Ukraine). The aim of the semester will be on the development of a lexicon and modes of presentation that will progress from an examination of the personal to the construction of what are taken as societal norms. *Wednesdays and Fridays, 1:40pm – 2:55pm*

**36.** **Navigating College through Storytelling and Community Exploration FYID 100-03 (2878)**

By blending elements of storytelling through spoken word poetry, creative problem-solving, and encounters with local creative spaces, this seminar will help you build resilience, develop a personal toolkit for handling college stressors, and tap into the power of cultural expression as a means of navigating both academic, professional, and community social spaces. Your first year of college at Salem State University is a journey—one filled with excitement, challenges, and unexpected emotions.  This seminar will help you successfully transition into college life by exploring the stories in the world and community around you through the lens of cultural awareness and personal expression. Through and exploration of narratives in storytelling, discussion, creative exercises we will explore experiences that arise in this new chapter of your life and you will get to write yourself in to the narrative as the hero of your own story, overcoming challenges of adjusting to college life.  Maybe you will face the fear of speaking up in class, or anxiety of making new friends, or the frustration of handling a tough professor or roommate. On the flip side, there’s the thrill of getting your first A, the joy of finding your people, and the confidence that comes with growth. In this seminar, we won’t just talk about these experiences—we’ll move through them, strategize around them, practice situational awareness, and learn how to harness them as fuel for success. Along the way, we will visit campus and Salem community sites to help you connect your stories to other stories from the diverse cultural experiences in the campus and community. In the end, you will understand yourself and the community around you a little better. The goal? To make sure you take flight in your first year—and never come down. If you're looking for a seminar that keeps it real, gives you practical strategies for success, and helps you step into your college experience with confidence and creativity, this seminar is for you. Let’s get to work, build community, and make this first year one to remember. There is a similar section of this seminar being offered with a slightly difference description (each meets at different times). Students may select either one if they are interested in this topic.

*Wednesdays and Fridays, 1:40pm – 2:55pm*

**37.** **Pirates: Fact or Fiction? FYHI 100-09 (2950)**

In this seminar we will explore the truth about pirates. Through film and readings we will explore what life was like for some of the most notorious pirates sailing on the high seas. We will look at the similarities and differences of pirates from different cultures. We will also look at the men and some women who sailed as pirates, where they came from, where they lived when not aboard a ship, and what they did with their ill-gotten gains. Did “X” really mark the spot? *Tuesdays and Thursdays 1:40pm – 2:55pm*

**38.** **Sensory Health: Sensation & Well-Being FYOT 100-01 (2971)**

Have you ever wondered how we make sense of the world? Why we all choose different career paths, hobbies, and lifestyles? We have our sensory systems to help us understand! We learn about the five primary systems (sight, hearing, smell, taste, and touch) but did you know we have 3 more invisible systems that guide us? All of these systems help us day in and day out to live our lives- but can also be crucial to supporting our stress management and help us build relationships with the people and world around us. This seminar will use multiple methods to explore your own sensory profile and ways you feed your sensory systems day to day. Through hands on activities, campus- based field-trips, discussion, movies/videos, and readings, students will leave this course better understanding their own body needs to fulfill their student role in the classroom as well as a community member on campus. Topics to be reviewed include basics of sensory processing, philosophy of sensory health, sensory “anchors”, habits that support sensory needs, managing stress, and making environments more inclusive of different body needs and goals. *Wednesdays and Fridays, 9:25am – 10:40am*