

- Many of the common questions about first year seminars are answered on the FYE website: www.salemstate.edu/fys. **Please review all the information before selecting your seminar!**
NOTE: seminars are NOT selected through Navigator. Students will select using the process outlined via email.
- If you want to change your seminar after making your selection, you will need to speak with the First Year Experience office by emailing firstyearseminar@salemstate.edu or calling 978.542.2618. Please note that spaces are limited so depending on when you contact the office, changing your section may not be an option.
- The first year seminar is worth 3 credits meaning it 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.

You will choose ONE of the following seminars for the spring semester.

Voicing the Sacred in Narrative, Poetry, and Song

FYEN 100-01 (1391)

Across cultures and vast stretches of time, human beings have used language to express their experiences of sacred Mystery or the Transcendent. In this seminar, together we’ll read and discuss stories and poems; we’ll listen to songs (including those that students choose); we’ll consider different understandings of spirituality—all with the hope of deepening our awareness of the human quest for meaning and experience of the sacred. As part of their work for the course, students will have opportunities to reflect on their own lives and create projects that emerge from their experiences and perspectives. *Mondays, 1:10pm – 3:50pm (Meier Hall)*

How to tackle climate change: real world solutions

FYGE 100-01 (2233)

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, 3:05pm – 4:20pm (Meier Hall)*

To request accommodations, please contact the Center for Accessible Academic Resources at 978.542.6217 or caar@salemstate.edu

Creating a Meaningful and Happy Life**FYID 100-01 (1392)**

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 (Meier Hall)*

Sport: What's it all about and why is it part of our culture?**FYSM 100-01 (1564)**

This first year seminar introduces students to the experience of academic exploration by investigating the institution of sport, its impact on the individual and the interrelatedness sport has with other social institutions (i.e. education, religion, business, the government). Most of us have a direct connection to sport from our experiences as a participant, a spectator, or as a consumer. This course examines the impact sport has in our daily life and on our culture as a whole. *Tuesdays and Thursdays, 12:15pm – 1:30pm (O'Keefe Complex)*

Viewpoints on Social (In)Justice**FYID 100-02 (1393)**

"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, 9:25am – 10:40am (Meier Hall)*

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