

AVAILABLE GENERAL EDUCATION COURSES FOR INCOMING FIRST YEAR STUDENTS

For First-Year Students Fall 2025

First Year Seminar Courses (<https://catalog.saintmarys.edu/academic-guide-first-year-students/sophia-program/#firstyearsemcourses>)
Writing Proficiency Courses (<https://catalog.saintmarys.edu/academic-guide-first-year-students/course-offerings/writing-proficiency/>) (WP)
Elective Course Offerings (p. 3)

Religious Studies, Theology, and Philosophy

Religious Traditions I

(one course)

Religious Traditions II

(one course)

Philosophy

(one course)

Literary and Historical Inquiry

Literary Inquiry

(one course)

Historical Inquiry

(one course)

Languages and Cultures

All bachelor degree programs require the successful completion of a full year of foreign language study: two sequential courses at the appropriate level, as determined by the student's interests and her abilities as indicated by the online placement exam. A student who is enrolling at the introductory level (101) in a language that she has not studied in high school is not required to take the placement exam.

I speak English. Why should I learn another language?

"...[E]ffective communication and successful negotiations with a foreign partner – whether with a partner in peacekeeping, a strategic economic partner, a political adversary, or a non-English speaking contact in a critical law enforcement action – requires strong comprehension of the underlying cultural values and belief structures that are part of the life experience of the foreign partner."

– Dr. Dan Davidson, President of the American Councils on International Education

"A different language is a different vision of life."

– Federico Fellini, Italian film director

"To have another language is to possess a second soul"

– Charlemagne, Holy Roman Emperor (747-814)

The knowledge of other languages and cultures is becoming more and more necessary in today's globalized world, representing skills increasingly sought by employers both within and outside the United States, particularly for higher-level positions. Additionally, the ability to

understand and communicate in another language and across cultures can lead to significant personal growth, both intellectually and spiritually, developing critical and interpretive thinking. (Some studies show a meaningful correlation between second language study and improved verbal and mathematical performance on tests such as the SAT or the MCAT.) Studying a second language can also open doors to self-knowledge and to participation in worlds you haven't yet imagined.

Introductory Level - These courses are for students who have never studied the language or those who are continuing a language studied in high school and earned a score below 40 (Spanish) or below 38 (all other languages) on the Northwestern University Online Placement Exam. Students who have earned high school credits in a language will not be allowed to enroll in the introductory level sequence (101) or the intermediate level sequence (111) of that language until they have taken the online placement exam.

Code	Title	Credits
MLAR 101	Introductory Arabic I	4
MLAR 102	Introductory Arabic II	4
MLAR 103	Arabic Conversation and Reading I	2
MLFR 101	Introductory French I	4
MLFR 102	Introductory French II	4
MLIT 101	Introductory Italian I	4
MLIT 102	Introductory Italian II	4
MLSP 101	Introductory Spanish I	4
MLSP 102	Introductory Spanish II	4

Intermediate Level - These courses are for students who are continuing a language studied in high school and who demonstrate sufficient language competence to pursue intermediate study of the language with an emphasis on written and oral expression. Placement at the intermediate level will be determined by the Department of Modern Languages and Cultures based on the Northwestern University Online Placement Exam. Students earning a score of 40 (Spanish) or higher or 38 (all other languages) or higher must enroll at the intermediate level. Students who have earned high school credits in a language will not be allowed to enroll in the introductory level sequence (101) or the intermediate level sequence (111) of that language until they have taken the online placement exam.

Code	Title	Credits
MLFR 111	Intermediate French I	4
MLFR 112	Intermediate French II	4
MLIT 111	Intermediate Italian	4
The Modern Language Sophia requirement can be fulfilled with a second approved Italian language course.		
MLSP 111	Intermediate Spanish I	4
MLSP 112	Intermediate Spanish II	4
MLSP 115	Intermediate Spanish for Heritage Speakers I	4
MLSP 216	Advanced Spanish for Heritage Speakers	4

Placement and Credit

The decision regarding which foreign language to study and whether to continue or begin a new language belongs to the student. First-year advisors will help a student weigh her interests and consider her ability, study abroad and career plans in order to advise her and help her reach a thoughtful decision.

The placement exam can be a helpful tool in the advising process. A student electing to continue the study of a foreign language for which she has received high school credit must complete the Northwestern University Online Placement Exam before she will be allowed to enroll in either the introductory or the intermediate level.

The level in which the student enrolls may have an impact on her choice of study abroad programs or her ability to major in a particular language. The first-year advisor can provide all pertinent information, but the student and her academic advisor are encouraged to consult with the chair of Modern Languages and Cultures if there are any questions.

Eight credits in modern languages are awarded upon completion of the requirement. Students who complete the requirement at the intermediate level (111–112 or 115–216) or higher in their first year will receive an additional four semester hours of elective credit.

Recommendations:

- In deciding how to fulfill the modern languages requirement in the Sophia Program, the department encourages students to base their decision on their personal interests, taking into consideration their study abroad and career plans, as well as their linguistic ability. Students should discuss this decision with their first year advisor.
- A student starting a new language should complete the Sophia modern language requirement before the beginning of her junior year.
- A student wishing to major in Spanish or minor in French or Italian with no prior study of that language must enroll in the introductory level in her first year.
- Students may be exempt from the foreign language requirement by examination.

Arabic

MLAR 101 Introductory Arabic I (4)

An introduction to the Arabic language. The focus is on developing language proficiency in all four skills: speaking, listening, reading, and writing. The course also introduces students to Arabic and Islamic cultures. College credit will not be granted for students who have earned high school credits in the language and who earned a score of 38 or above on the Northwestern University Online Placement Exam. Continues second semester as MLAR 102. Strongly recommended for students interested in study abroad in Morocco.

MLAR 103 Arabic Conversation and Reading I (2)

Designed to develop the ability to hold everyday conversation in Arabic and to introduce the student to Arabic cultures. Strongly recommended for study abroad in Morocco. ***This course does not fulfill a Sophia requirement.***

FRENCH

MLFR 101 Introductory French I (4)

An introduction to the French language. The focus is on developing language proficiency in all four skills: speaking, listening, reading, and writing. The course also introduces students to French and Francophone cultures. College credit will not be granted for students who have earned high school credits in the language and who earned a score of 38 or above on the Northwestern University Online Placement Exam. Continues second semester as MLFR 102. Strongly recommended for students interested in study abroad in Morocco and in Angers, France.

MLFR 111 Intermediate French I (4)

Designed to develop an intermediate level proficiency in French focusing on all four skills: speaking, listening, reading, and writing. Emphasis is

also placed on French and Francophone cultures. Placement into this level is determined by the student's score on the Northwestern University Online Placement Exam. Students earning a score of 38 or above must enroll in the intermediate sequence. Continues second semester as MLFR 112. MLFR 111 is required for students interested in study abroad in Angers, France.

Italian

MLIT 101 Introductory Italian I (4)

An introduction to the Italian language. The focus is on developing language proficiency in all four skills: speaking, listening, reading, and writing. The course also introduces students to Italian culture. College credit will not be granted for students who have earned high school credits in the language and who earned a score of 38 or above on the Northwestern University Online Placement Exam. Continues second semester as MLIT 102. Strongly recommended for students interested in study abroad in Rome. ***This course also satisfies an LO2 Women's Voices and LO3 Global Learning.***

MLIT 111 Intermediate Italian (4)

Designed to develop an intermediate level proficiency in Italian focusing on all four skills: speaking, listening, reading, and writing. Emphasis is also placed on Italian culture. Placement into this level is determined by the student's score on the Northwestern University Online Placement Exam. Students earning a score of 38 or above must enroll in the intermediate sequence. The Modern Language Sophia requirement can be fulfilled with a second approved Italian language course.

Spanish

MLSP 101 Introductory Spanish I (4)

An introduction to the Spanish language. The focus is on developing increased proficiency in all four skills: speaking, listening, reading, and writing. The course also introduces students to Hispanic cultures. College credit will not be granted for students who have earned high school credits in the language and who earned a score of 40 or above on the Northwestern University Online Placement Exam. Continues second semester as MLSP 102. MLSP 111 or MLSP 115 is required for study abroad in Seville, Spain and Córdoba, Argentina.

MLSP 111 Intermediate Spanish I (4)

Designed to develop an intermediate level proficiency in Spanish focusing on all four skills: speaking, listening, reading, and writing. Emphasis is also placed on Hispanic cultures. Placement into this level is determined by the student's score on the Northwestern University Online Placement Exam. Students earning a score of 40 or above must enroll in the intermediate sequence (111–112). Continues second semester as MLSP 112. MLSP 111 or MLSP 115 is required for study abroad in Seville, Spain and Córdoba, Argentina.

MLSP 115 Intermediate Spanish for Heritage Speakers I (4)

Designed to develop an intermediate level proficiency in Spanish focusing on all four skills: speaking, listening, reading, and writing, but with increased attention given to reading, writing, and grammar, as appropriate to heritage speakers. Emphasis is also placed on Hispanic cultures. Only students for whom Spanish plays a role in their lives (spoken at home; grandparents or other relatives who speak Spanish, whether or not they live in the student's home; frequent engagement with Spanish-speaking communities, etc.) and who receive 50 or above on the Northwestern University Online Placement Exam may enroll in this sequence. Students earning a score of 50 or above must enroll in one of the intermediate sequences (111–112 or 115–216). Continues second

semester as MLSP 216. MLSP 111 or MLSP 115 is required for study abroad in Seville, Spain and Córdoba, Argentina.

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Data, Analysis, and Problem Solving

Mathematics

(one course)

Natural Science

(one course)

Social Science

(one course)

Creative and Artistic Expression

(three credits; single courses satisfying this requirement must be three credits. Multiple courses that fulfill the appropriate learning outcomes may be used to satisfy this requirement as long as they add up to at least three credits and come from the same discipline.)

Interdisciplinary Thinking

(one course)

First Year Seminar

(one course; also fulfills one of the general education courses listed above)

Writing Proficiency

(one course)

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Elective Course Offerings Fall 2025

Communication Studies

COMM 260 Film and Video Production (3)

The course focuses on the video production process by introducing students to the use of video cameras and microphones, the basic principles of lighting for video, the use of non-linear editing software, the mechanics of delivering video content to social media and online platforms. The emphasis of the course is on visual storytelling techniques and elements of contemporary communication theory that are useful for crafting and conveying messages to well-defined audiences over the medium of video.

Dance

In addition to the dance courses listed under Creative and Performing Arts, the following course is available for elective credit. For both Sophia and elective dance courses, students receive two credit hours for technique courses taken for the first time and one credit hour for subsequent enrollment in the same level technique course. All two-credit technique courses include an academic component: required and recommended literary sources, as well as written midterm and final examinations that test knowledge of terminology and movement concepts.

DANC 243 Dance Ensemble Workshop (DEW) (1-3)

The ensemble functions as the student dance company in residence. The dancers meet on a regular basis for technique classes, master classes and rehearsals with faculty and guest choreographers. D.E.W. presents an annual concert. Variable credit offered for performance and production. Performance students must be concurrently enrolled in a technique class. May be repeated for a maximum of 9 credits. By audition/permission only.

Education

EDUC 100 Strategies for Academic Success (2)

What constitutes a “successful education”? Good grades? A diploma? Being prepared for a career after graduation? Certainly, these elements (among many others) constitute necessary aspects of educational success, but they are also largely extrinsic motivators that function as rewards to be attained at the end of a particular journey. Indeed, such rewards are powerful incentives that can propel us to succeed in college and beyond. In this course, however, we will also consider the value of intrinsic motivations related to education and examine how we might benefit in all aspects of our lives by privileging those habits of mind that lead us to become life-long learners.

In EDUC 100, we will value the learning process over the accumulated products of education as we assess how collaboration, creativity, metacognition and research-informed learning practices can assist us in and out of the classroom. Students will examine various approaches to learning and education, always with an eye toward defining (and employing) their own “best practices” in relation to their individual definitions of academic success.

Music

MUS 101 Class Piano - Beginners (1)

Beginning piano for those with no previous keyboard experience, using the electronic piano lab. Designed to develop music skills through correlation of music fundamentals with beginning piano literature, including folk songs, holiday songs, easy classics, and blues.

MUS 111–131 Applied Music: Private Lessons – Instrumental or Voice (1–2 credits) Lessons are offered for voice, piano, and all brass, string, woodwind and percussion instruments. Fees are \$415 per semester for a half-hour lesson a week (one semester hour of credit), and \$620 per semester for a 50-minute lesson a week (two semester hours of credit). *These lessons fulfill LO1 Creative and Performing Arts.*

MUS 201 Collegiate Choir (1)

A treble choir that performs primarily on campus. Goals include developing excellent individual and group tone quality, working toward clear and proper diction, and strengthening aural and music reading abilities. Performs quality treble repertoire, both sacred and secular, in 2–4 parts. Membership by audition only. Auditions will take place during August orientation through the first week of classes. *This class fulfills LO1 Creative and Performing Arts.*

MUS 203 Belles Voix (1)

This is the College’s select treble ensemble which performs music of all periods with an emphasis on new music. The choir regularly commissions and records new works, takes national concert tours every other year, and makes regular Carnegie Hall appearances. The ensemble performs biennially with the South Bend Symphony Orchestra and hosts the annual High School Treble Choir Festival. Membership is by audition only which will take place during August orientation through the first week of classes. *This class fulfills LO1 Creative and Performing Arts.*

MUS 206 String Ensemble (1)

String Ensemble is a non-auditioned string (winds and percussion will be allowed when appropriate) ensemble open to all members of the college community. The course includes the study and performance of significant string literature. May be repeated for credit.

For information on additional ensembles at area colleges and universities, please call the Department of Music at (574) 284-4632.

Physical Education

The Physical Education Department offers selected activity courses based on student needs and interests. These courses are offered throughout the day and week to satisfy a broad range of fitness interests.

Physical education classes and participation in intercollegiate athletics carry one-half semester hour of elective credit. One semester hour of credit may be applied to graduation. The following courses are available during fall semester 2024:

Code	Title	Credits
PE 050	PE Activity (Tone It - arms, abs, legs)	.5
PE 050	PE Activity (Yoga)	.5
PE 050	PE Activity (Spin)	.5

Theatre

THTR 375 Rehearsal, Performance, and Production (1 to 3)

Rehearsal and performance of a faculty-directed production. The Fall '24 production is "The Play That Goes Wrong." Participation as an assistant director, stage manager, crew member, or actor in a 5-7 week rehearsal/performance period. Prerequisite: Audition, permission of the instructor

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