

# COURSE LISTING FOR SOPHIA PROGRAM

## A New Way of Integrating Your Entire Education

All students complete the Sophia Program in Liberal Learning over their four years of study at Saint Mary's College. Sophia is a vision of a liberal arts education that is uniquely Saint Mary's. The program calls upon each student to understand the purpose of a liberal arts education and how it prepares her to make a difference in the world.

The Sophia Program has the following three foundational learning outcomes:

- Knowledge Acquisition and Integration of Learning
- Cognitive and Communicative Skills
- Engagement through Intercultural Competence, Social Responsibility, and Global Learning

These learning outcomes cultivate both the mind and the heart, ensuring that a Saint Mary's education includes the hallmark of a Holy Cross education. Thus, the Sophia Program provides knowledge and skills for the twenty-first century, underscoring the importance of women's voices as well as the social responsibility and intercultural competence befitting global citizens and shaped by the distinctive tradition of the Sisters of the Holy Cross.

### What makes the Sophia Program distinctive?

The Program seeks to make learning intentional and integrated. It does this by transferring focus away from particular courses in a variety of disciplines that you must study to instead focus on the learning outcomes, or knowledge, skills, and abilities you should expect to gain from your general education experiences.

## Knowledge Acquisition and Integration of Learning (LO1)

### Culture and Systems

- Literature (p. 1) (HL)
- History (p. 1) (HH)
- Modern Languages (p. 1) (ML)

### Traditions and Worldviews

- Philosophical Worldviews (p. 2) (PW)
- Religious Traditions I (p. 2) (RT I)
- Religious Traditions II (p. 2) (RT II)
- Historical Perspectives (p. 2) (HP)

### Science for the Citizen

- Natural Science (p. 2) (NS)
- Social Science I (p. 2) (SS I)
- Social Science II (p. 2) (SS II)

### Arts for Living

- Creative and Performing Arts (p. 2) (CP)
- Professional Arts (p. 3) (PA)
- Mathematical Arts (p. 3) (MA)

## Cognitive and Communicative Skills (LO2)

- Critical Thinking Seminar (p. 3) (CTS)
- Writing Proficiency (p. 4) (WP)
- Women's Voices (WV)

## Engagement through Intercultural Competence, Social Responsibility, and Global Learning (LO3)

- Intercultural Competence (IC)
- Social Responsibility (SR)
- Global Learning (GL)
- Academic Experiential Learning (AEL)

LO1 courses may be used to satisfy LO2 and LO3 requirements.

## Introductory-level Course Offerings

The following introductory-level courses are offered during fall semester 2022 and fulfill Sophia Program requirements:

### Knowledge Acquisition and Integration of Learning (LO1)

#### Literature

(one course)

Courses that meet the **Literature** learning outcomes:

Code	Title	Credits
ENLT 151W	Inherited Tales (WP, WV)	4
ENLT 151W	Women and Embodiment: Disability, Medicine and Feminism (WP, WV)	4
ENLT 151W	Making Worlds from Words: Worldbuilding in Literature (WP, WV) FIRST YEAR SEMINAR COURSE	4
HUST 103	Lives and Times (WV, SR)	3

#### History

(one course)

Courses that meet the **History** learning outcomes:

Code	Title	Credits
HIST 201	United States History to 1865 (WV, SR)(CTS for 72180 only)	3
HIST 201W	United States History to 1865 (WP, WV)	4

#### Modern Languages

(two courses of the same language at a level appropriate to the student's previous experience with that language)

Courses that meet the **Modern Languages** learning outcomes:

Code	Title	Credits
MLAR 101	Introductory Arabic I	4
MLAR 103	Arabic Conversation and Reading I	2
MLFR 101	Introductory French I	4
MLFR 111	Intermediate French I	4
MLIT 101	Introductory Italian I (WV, GL)	4
MLIT 111	Intermediate Italian	4
MLSP 101	Introductory Spanish I	4
MLSP 111	Intermediate Spanish I	4
MLSP 115	Intermediate Spanish for Heritage Speakers I	4

## Philosophical Worldviews

(one course)

Courses that meet the **Philosophical Worldviews** learning outcomes:

Code	Title	Credits
PHIL 110	Introductory Philosophy (CTS for CRN 72112 only)	3
PHIL 110W	Finding Meaning in the Madness (WP)(Half of Tandem with ART 211W) FIRST YEAR SEMINAR COURSE	3.5
PHIL 234	Hopeful Citizenship for the 21st Century (CTS) FIRST YEAR SEMINAR COURSE	3

## Religious Traditions I

(one course)

Courses that meet the **Religious Traditions I** learning outcomes:

Code	Title	Credits
RLST 101	Introducing Religious Studies: World Religions in Dialogue (IC)	3
RLST 101W	Introducing Religious Studies: World Religions in Dialogue (WP, IC)	4

## Religious Traditions II

(one course, not normally taken in first year)

## Historical Perspectives

(one course)

Courses that meet the **Historical Perspectives** learning outcomes:

Code	Title	Credits
ART 241	Art History Survey I (WV, GL)	3
ENVS 161	Introduction to Environmental Studies (GL, SR)	3
ENVS 161	Keepers and Stewards: Our Planet, our Community (GL, SR) FIRST YEAR SEMINAR COURSE	3
GWS 207	Introduction to Gender and Women's Studies (WV, GL)	3
HUST 205	Women's Histories, Women's Rights (CTS, WV, SR) FIRST YEAR SEMINAR COURSE	3
ICS 201	Introduction to Intercultural Studies (IC)	3
MUS 243	Latin American and Latino Popular Music (GL, IC)	3
THTR 190	Special Topics in Theatre: Musical Theater Appreciation	1-3

## Natural Science

(two courses)

Courses that meet the **Natural Science** learning outcomes:

Code	Title	Credits
BIO 141	Human Anatomy and Physiology I	4
BIO 155	Foundations of Molecular Biology	2
BIO 156	Foundations of Ecology and Evolution	2
CHEM 121	Principles of Chemistry I (WV, CTS)	4
PHYS 103	Science of the Olympics	3
PHYS 111	College Physics I: Mechanics	4

## Social Science I

(one course)

Courses that meet the **Social Science I** learning outcomes:

Code	Title	Credits
ANTH 253	Survey I: Culture and Language (SR, GL, IC)	3
ENVS 217	Environmental Policy (SR)	3
POSC 151W	Issues in Political Community (WP, CTS) FIRST YEAR SEMINAR COURSE	4
POSC 160W	Global Political Issues (WV, WP, GL, SR)	4
POSC 201	American Politics	3
PSYC 156	Introduction to Psychology: Culture and Systems	3
SOC 255	Why Race Matters (CTS, SR, IC) FIRST YEAR SEMINAR COURSE	3

## Social Science II

(one course)

Courses that meet the **Social Science II** learning outcomes:

Code	Title	Credits
ECON 252	Principles of Microeconomics	3
PSYC 157	Introduction to Psychology: Science for the Citizen	3
PSYC 157	Psychology for (College) Life (CTS) FIRST YEAR SEMINAR COURSE	3
SOC 203	Climate Change: A Global Social Problem (CTS, GL, SR) FIRST YEAR SEMINAR COURSE	3
SOC 222	Contested Masculinities	3

## Creative and Performing Arts

(Single courses satisfying this requirement must be 3 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 3 credits and come from the same discipline.)

Courses that meet the **Creative and Performing Arts** learning outcomes:

Code	Title	Credits
ART 101	Drawing I	3
ART 103	Design Lab (CTS)	3
ART 125	Silkscreen (WV)	3
ART 211W	Living Through Clay (WP) (Half of the Tandem with PHIL 110W) FIRST YEAR SEMINAR COURSE	3.5
ART 216	Introduction to Furniture Design	3
ART 224	Video Art (WV)	3
ART 236	Sustainable Textiles (SR)	3

ART 266 Introduction to New Media	3
COMM 103 Introduction to Communication (CTS for sections 72006 and 72148)(WV for sections 72155 and 72148)	3
COMM 103W Introduction to Communication (WP)(WV for CRN 72205 only)	4
DANC 145 Ballet Technique: Beginning	2
DANC 148 Jazz Technique: Beginning	2
DANC 245 Ballet Technique: Intermediate	2
DANC 345 Ballet Technique: Advanced	2
ENVS 232 DIY: The Sustainable City Project (SR) FIRST YEAR SEMINAR COURSE	3
ENWR 202 Introduction to Creative Writing	3
ENWR 202W Introduction to Creative Writing (WP)	4
MUS 111–131 Applied Music: Private Lessons – Instrumental or Voice	1 or 2
MUS 150: Voices in Time (WV, CTS)	3
MUS 201 Collegiate Choir	1
MUS 203 Belles Voix	1
THTR 135 Introduction to Theatre	3
THTR 205 Introduction to Acting (WV)	3

ENVS 161 Keepers and Stewards: Our Planet, our Community (HP, GL, SR) FIRST YEAR SEMINAR COURSE	3
ENVS 232 DIY: The Sustainable City Project (CP, SR) FIRST YEAR SEMINAR COURSE	3
HUST 205 Women’s Histories, Women’s Rights (HP, CTS, WV, SR) FIRST YEAR SEMINAR COURSE	3
PHIL 110W Finding Meaning in the Madness (PW, WP)(Half of Tandem with ART 211W) FIRST YEAR SEMINAR COURSE	3.5
PHIL 234 Hopeful Citizenship for the 21st Century (PW, CTS) FIRST YEAR SEMINAR COURSE	3
POSC 151W Issues in Political Community (SSI, WP, CTS) FIRST YEAR SEMINAR COURSE	4
PSYC 157 Psychology for (College) Life (SSII, CTS) FIRST YEAR SEMINAR COURSE	3
SOC 203 Climate Change: A Global Social Problem (SSII, CTS, GL, SR) FIRST YEAR SEMINAR COURSE	3
SOC 255 Why Race Matters (SSI, CTS, SR, IC) FIRST YEAR SEMINAR COURSE	3

### Professional Arts

(one course)

Courses that meet the **Professional Arts** learning outcomes:

Code	Title	Credits
HUST 220 Humanities at Work: Using Your Humanities Training in the 21st Century (WV)		3
SLP 220 Introduction to Communicative Disorders (WV, SR, AEL)		3
SW 202 Introduction to Social Work (WV, SR) (CTS for CRN 71352 only)		3

### Mathematical Arts

(one course)

Courses that meet the **Mathematical Arts** learning outcomes:

Code	Title	Credits
MATH 102 Liberal Arts Mathematics		3
MATH 104 Finite Mathematics		3
MATH 113 Survey of Calculus		4
MATH 131 Calculus I		4
MATH 133 Theory & Application of Calculus		4

## First Year Seminar Courses

Code	Title	Credits
ART 211W Living Through Clay (CP, WP) (Half of the Tandem with PHIL 110W) FIRST YEAR SEMINAR COURSE		3.5
ENLT 151W Making Worlds from Words: Worldbuilding in Literature (HL, WP, WV) FIRST YEAR SEMINAR COURSE		4

## LO2: Cognitive and Communicative Skills

### Critical Thinking Seminar

(one course) Most students fulfill this requirement during the fall semester of their first year. If a CTS does not fit into a student’s fall semester, there are additional CTS courses offered in the spring semester.

Critical Thinking Seminars are spread throughout the curriculum so that students can select from a wide range of different disciplines and knowledge.

Courses that meet the **Critical Thinking Seminar** requirement:

(The courses listed below also fulfill an LO1 requirement.)

Code	Title	Credits
ART 103 Design Lab (CP)		3
CHEM 121 Principles of Chemistry I (NS, WV)		4
COMM 103 Introduction to Communication (CP) (WV for CRN 72148 only)		3
HIST 201 United States History to 1865 (HH, WV, SR) (CTS for CRN 72180 only)		3
HUST 205 Women’s Histories, Women’s Rights (HP, WV, SR) FIRST YEAR SEMINAR COURSE		3
MUS 150 Voices in Time (CP, WV)		3
PHIL 110 Introductory Philosophy (PW) (CTS for CRN 72112 only)		3
PHIL 234 Hopeful Citizenship for the 21st Century (PW) FIRST YEAR SEMINAR COURSE		3
POSC 151W Issues in Political Community (SSI, WP) FIRST YEAR SEMINAR COURSE		4
PSYC 157 Psychology for (College) Life (SSII) FIRST YEAR SEMINAR COURSE		3
SOC 203 Climate Change: A Global Social Problem (SSII, GL, SR) FIRST YEAR SEMINAR COURSE		3
SOC 255 Why Race Matters (SSI, SR, IC) FIRST YEAR SEMINAR COURSE		3
SW 202 Introduction to Social Work (WV, SR,) (CTS for CRN 71352 only)		3

## Writing Proficiency

*(one course) Students generally fulfill this requirement during the fall or spring of their first year.*

Many students find it helpful to take a W course in a field that engages them; they discover they enjoy writing, and make more progress, when the course topic is one they especially want to explore. All W courses fulfill a Sophia Program requirement and provide the opportunity to earn the Basic W.

*Courses that meet the **Writing Proficiency** requirement:*

**(The courses listed below also fulfill an LO1 requirement.)**

Code	Title	Credits
ART 211W	Living Through Clay (CP) (Half of a tandem with PHIL 110W) FIRST YEAR SEMINAR COURSE	3.5
COMM 103W	Introduction to Communication (CP) (WV for CRN 72205 only)	4
ENLT 151W	Inherited Tales (HL, WV)	4
ENLT 151W	Women and Embodiment: Disability, Medicine and Feminism (HL, WV)	4
ENLT 151W	Making Worlds from Words: Worldbuilding in Literature (HL, WV) FIRST YEAR SEMINAR COURSE	4
ENWR 202W	Introduction to Creative Writing (CP)	4
HIST 201W	United States History to 1865 (HH, WV)	4
PHIL 110W	Finding Meaning in the Madness (PW) (Half of a tandem with ART 211W) FIRST YEAR SEMINAR COURSE	3.5
POSC 151W	Issues in Political Community (SSI, CTS) FIRST YEAR SEMINAR COURSE	4
POSC 160W	Global Political Issues (SSI, WV, GL, SR)	4
RLST 101W	World Religions in Dialogue (RTI, IC)	4