

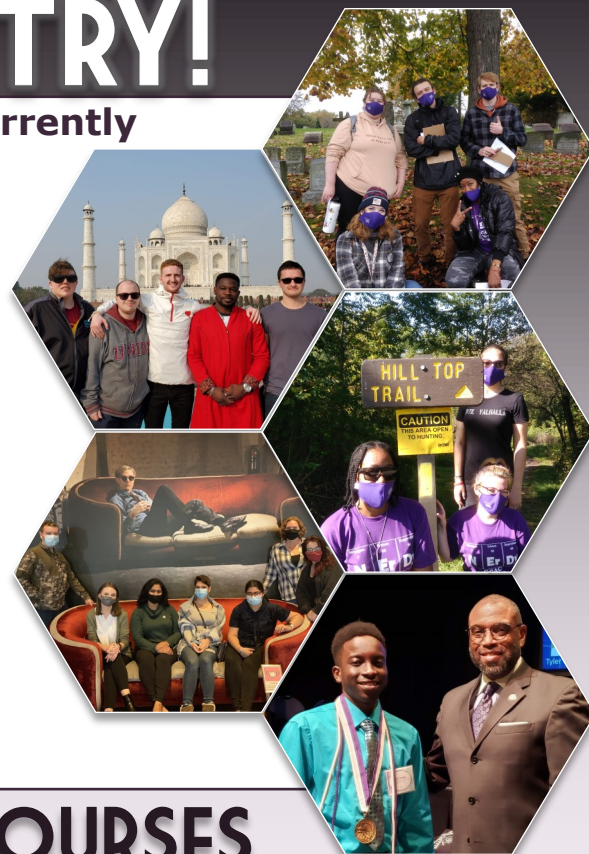
# GIVE HONORS A TRY!

Honors courses are open to CCAC students currently not in the Honors Program if they meet the following criteria:

- ☑ CCAC institutional GPA of 3.0 or better
- ☑ Eligible for or have taken ENG 101 & MAT 090
- ☑ 18 years of age or older
- ☑ Enrolled in a degree-seeking program

Honors courses are not **MORE** work, just **DIFFERENT** work!

- ♦ field trips
- ♦ guest speakers
- ♦ active learning
- ♦ academic enrichments
- ♦ study abroad
- ♦ student-centered discussions
- ♦ real-world application of theory
- ♦ lectures and performances
- ♦ independent learning
- ♦ smaller classes



## FALL '22 HONORS COURSES

### **HONORS INTRO TO NUTRITION**

BIO 117H AC31 with Professor Heather Klenovich

This course will introduce students to nutrition principles necessary to promote a healthy lifestyle. Students will learn how to evaluate nutrition related issues presented in the media to make informed choices about their diet. Discussions will focus on macro and micro nutrients, digestion and maintenance of a healthy body weight. Food preparation focusing on "Farm to Table" diets will be reviewed through visits to local farm to table eateries. Additionally, the interaction of food and the microbiome will be explored including the use of pro and prebiotics, the prevention of food spoilage, contamination and food poisoning. **This course will consist of 40% online Blackboard coursework and 8 Zoom seminars: Mondays 1:00 p.m. to 4:00 p.m.; 9/12, 9/19, 10/3, 10/17, 10/31, 11/7, 11/28, and 12/5. Course starts on 9/6/22.**

### **HONORS INTRO TO PHILOSOPHY**

PHL 101H BC31 with Professor Scott Mayberry

In this course, students will be introduced to academic philosophy through the study of a range of philosophical issues, the nature of knowledge, the existence of the mind from a religious and scientific point of view (i.e. do souls exist), and are ethical codes relative or universal. This course will make use of literature, pop culture, and film to provide examples and case studies for our discussions. **This course will consist of 40% online Blackboard coursework and 4 in-person seminars: Saturdays, 9:30 am to 4:10 pm; 9/17, 10/8, 10/29, and 11/5. Course starts on 9/6/22.**

### **HONORS ORAL COMMUNICATION**

SPH 101H BC32 with Professor Ashley Ferrainolo

This course explores formalized speaking and how to communicate in different settings while learning about personal relationships, social interactions and unique situations. The class focuses on interactive discussions and activities which exemplify learning. The class uses an Open Educational Resource as a textbook to aid in student learning. **This course will consist of 60% online Blackboard coursework and weekly Zoom seminars: Tuesdays, 3:30 p.m. to 5:15 p.m. Course starts on 9/6/22.**

### **HONORS AMERICAN LIT TO THE CIVIL WAR**

ENG 205H SC31 with Professor Steve Wells

American Literature to the Civil War examines the development of American literature, beginning with European exploration and colonization of the Americas, through the American Revolution, and concluding with the literature that helped to ignite the American Civil War. We'll address a variety of themes: propaganda and self-promotion, conflict and cooperation, gender roles, the rise of the short story and novel as American forms, and the initial steps toward the Modern as represented in Whitman and Dickinson's poetry. Field trips to Meadowcroft Rockshelter and Historic Village, The Heinz History Center, and The Fort Pitt Museum augment the traditional course structure. **This course will consist of 50% online Blackboard coursework and 4 in-person seminars at South Campus. Saturdays, 10:00 a.m. - 3:40 p.m.; 9/10, 10/1, 10/22, and 11/19. Course starts on 9/6/22.**

### **HONORS PSYCHOLOGY OF ADJUSTMENT**

PSY 203H NC01 with Professor Allison Barash

Join us as we explore the many facets of everyday living in the modern world: stress and time management, physical and mental health, personal relationships, interpersonal communication, self-esteem and much more! If you enjoy learning practical information you can immediately apply to your life, this is the course for you! Several distinguished guest speakers will share their expertise with us. Appropriate videos will be shown to illustrate adjustment concepts. **This course will consist of 50% online Blackboard coursework and 7 Zoom seminars: Wednesdays, 12:30 p.m. to 3:15 p.m.; 8/31, 9/14, 9/28, 10/12, 10/26, 11/9, and 11/30. Course starts on 8/22/22.**

Honors course enrollment is limited to 18 students. For more information contact: [honorsprogram@ccac.edu](mailto:honorsprogram@ccac.edu)