WSUH - WSU First-Year Seminar: Health Professions

Courses numbered 100 to 299 = lower-division; 300 to 499 = upper-division; 500 to 799 = undergraduate/graduate.

WSUH 101. Introduction to the University (3).
Designed especially for first-year students in their first semester at WSU, this course prepares students to succeed in college. Helps students form connections with each other, with faculty, with campus services and with the institution as a whole. It assists students in developing intellectually, emotionally and socially. It provides information and training about: college expectations, academic majors, careers and life planning; study skills and test taking, teaching and learning styles, respecting diversity of thought and culture, critical thinking, leadership, university policies and procedures, managing time and money, health and wellness, and the benefits of engagement in student organizations. Encourages and supports students as they adjust to college life and promotes reflective learning. In addition to other course projects, students create an individualized graduation plan through a collaborative process that involves academic advisers, the course instructor and peer mentors assigned to the course. Students who successfully complete this course have greater academic success and an improved rate of graduation compared to students who do not take this class.

WSUH 102A. First-Year Seminar: Food, Culture and Privilege (3).
General education social and behavioral sciences course. Examines food, culture and privilege in the United States. Includes exploration of where food and beverages come from, how they are produced and by whom, and what they mean to consumers. Gives special attention to (1) industrialized food production and distribution and its environmental and human impact, and (2) privilege related to consumption. Course format includes minimal lecture and maximum discussion from a variety of print and visual media. An eclectic collection of readings is selected from a broad range of scholarly and popular sources designed to enlighten and provoke discussion about what Americans eat and why. Warning: this course may be triggering for students in therapy for or healing from eating disorders and/or disordered eating. Course includes diversity content.

WSUH 102B. First-Year Seminar: Leadership and Self Discovery (3).
General education social and behavioral sciences course. Explores leadership through self-discovery, using Gallup’s CliftonStrengths Inventory and the perspective from Astin and Astin (2000) that... “an important leadership development challenge for higher education is to empower students, by helping them develop those special talents and attitudes that will enable them to become effective social change agents.” As students prepare their college journey, and ultimately the working world, this course helps them identify and embrace their leadership potential.