

Fall 2025 Legends Courses (UA 101) for First-Year/Freshman Students

 **Campus & Community Connections:** Explore how university traditions, local communities, and shared experiences shape identity and belonging—on campus and beyond.


Welcome to the Anthill: Interdisciplinary Perspectives on University Life (**CRN: 48866**) – Dr. Pete Beatty
Explore how ant colonies and campus life reveal what it means to thrive in a complex system.

Game On: Leadership Lessons from the Sport Industry (**CRN 48867**)– Dr. Carla Blakey
Discover leadership strategies from the sports world to build your own playbook for success.

Campus Chronicles: Your Visual Journey (**CRN: 48900**) – Dr. Sarah Marshall
Find your place, your pace, and your voice—one journal page at a time.

The Winning Tide: Pathways to Legendary Success (**CRN: 48913**) – Dr. John Ratliff
From Denny Chimes to your dorm room—bring the winning spirit with you.

Legends in Stone: The Stories Behind UA Spaces (**CRN: 48864**) – Dr. Heather Hayes
Walk past the ordinary, uncover the extraordinary.

 **Media, Culture & Public Storytelling:** Explore how stories, platforms, and pop culture shape public understanding, social dynamics, and personal identity.

On Privacy: Secrets, Surveillance, and Society (**CRN: 48869**) – Dr. Lawrence Cappello
Swipe, share, repeat—what are you really giving away?

Trial by Media: Truth Unveiled (**CRN: 48889**) – Dr. Douglas Klutz
Crime. Courtroom. Chaos. Find out what really happened behind the headlines.

FEAR: How Panic Shapes Our World (**CRN: 48871**) – Dr. Toni Copeland
From Slenderman to headlines—discover how fear quietly shapes what we believe.

Trends in True Crime: History and Media (**CRN: 48873**) – Dr. Babs Davis
Dive into the dark side of storytelling—and why we can't look away.

Trendsetters in Chief: Cultural Impact of First Ladies (**CRN: 48935**) – Dr. Ian Crawford
Discover how First Ladies used fashion and style of shape politics, culture and national identity.

Changing Roles: Men, Media & Modern Life (**CRN: 48872**) – Dr. George Daniels
From blockbusters to backlash—see how media tells (and retells) the story of men.

Power and Principle: Philosophy for the White House (**CRN: 49515**) – Dr. Luke Hunt
From the Oval Office to undercover ops—unpack the philosophy behind real-world power.

The Digital Mirror: How Social Media Shapes Us (**CRN: 48910**) – Dr. Elliot Panek
Social media isn't just a mirror—it's a magnifier.

The Social Shopper: Understanding Consumer Behavior Online (**CRN: 48902**) – Dr. Courtney McGahey
Discover how brands use social media to sell you what you didn't know you wanted.


TikTok Takeover: Inside China's Digital Revolution (**CRN: 48912**) – Dr. Mengshi Pei
Scroll, swipe, and censor—explore TikTok's rise and the digital world behind it.

Gossip & Guillotines: Scandals in French History (**CRN: 48923**) – Dr. April Stevens
From fake news to fallen queens—media meets mayhem.

Behind the Badge: Inside Federal Law Enforcement (**CRN: 50793**) – Dr. Matthew Valasik
Step into federal law careers and explore the missions behind the badge.

Mind Games: Media and Madness (**CRN: 48940**) – Sarah Cheshire
From hysteria to hot takes, let's talk about who's losing it and who's telling the story.

Cinematic Youth: Exploring Childhood & Adolescence on Screen (**CRN: 48925**) – Dr. Jaye Johnson Thiel
What do movies say about growing up—and what does that say about us?

 **Personal Growth, Wellness & Purpose:** Build habits, mindsets, and perspectives that help you thrive—in college and life.

Money Matters: Navigating College Finances (CRN: 51506) – Dr. Laura Brown
Get smart about money, beat financial stress, and build habits that pay off for life.

Unwind and Align: Yoga for Better Posture (CRN: 48877) – Dr. Colleen Geary
Breathe, stretch, realign – your body (and brain) will thank you.

Your Era of Joy: Inspired by Taylor Swift (CRN: 50745) – Dr. Sara Hartley
Channel your inner Swiftie and design a life filled with joy and meaning.

Style, Safety and Self-Expression: The Power of Clothing (CRN: 48903) – Dr. Ellen McKinney
From PPE to power dressing—see how style meets survival.

Happiness by Design: Aligning Purpose with Passion (CRN: 48911) – Dr. Amy Pardo
Discover what makes you thrive—and design your life around it.


Flex, Flow, and Focus: Healthier Routines Inspired by Dance (CRN: 48937) – Dr. Mary Roberts
Learn how dancers align body and mind—then make it your own.

Horse Power: Introduction to Equine-Assisted Services (CRN: 48927) – Dr. Amy Traylor
Discover how horses help humans heal, grow, and connect—no riding experience required.

Core & Culture: The Pilates Experience You Didn't Expect (CRN: 48887) – Dr. Cathy Pagani
Not just core strength—this class builds connection, confidence, and curiosity.

Mindful You: Focus, Calm and Connection (CRN: 48932 or 48916) – Dr. Chapman Greer
Slow down, tune in, and discover how to thrive – in class, in relationships and in life.

Rise Strong: Resilience, Grit and Purpose (CRN: 48884) – Dr. Margaret Ann Purcell
Build the skills to bounce back, stay strong, and grow through whatever college (and life) throws your way.

 **Food, Nature & Sustainability:** Explore how we feed, nourish, and care for ourselves and the planet—through science, design, and culture.

Homemade Pasta: Knead, Shape, Sauce (CRN: 48888) – Dr. David Johnson
Learn to knead, shape, and sauce your way to pasta perfection—no experience needed.

This is How I Roll: The Art and Culture of Sushi (CRN: 48938) – Dr. Alvin Nihuh
Savor the history, master the roll, and explore sushi's global rise.


Tasting the Magic: Disney Dining and Cultural Storytelling (CRN: 48879) – Dr. Lori Greene
Discover how Disney serves up stories—one magical meal at a time.

Food for Thought: Science, Food Cultures, and Local Communities (CRN: 48880) – Dr. Darrin Griffin
Come hungry for knowledge—leave full of flavor, culture, and connection.

Tiny Terrors: The Big Impact of Microorganisms (CRN: 48892) – Dr. Kim Lackey
Micro-organisms, big drama—history's greatest plot twists start under a microscope.

Eco-Visionaries: Insights Into a Sustainable Future (CRN: 48915) – Dr. Michelle Rose
From climate to culture—learn how to rethink, redesign, and take action.

Kitchen Alchemy: The Science Behind Cooking (CRN: 50891) – Dr. Kevin Shaugnessy
Uncover the science behind what sizzles, bubbles, rises—and tastes amazing.

 **Design, Innovation & Creative Problem-Solving:** Unleash your creativity and learn to solve real-world challenges using innovative, human-centered approaches.

Innovate & Solve: Unlocking Your Creative Potential (CRN: 48930) – Dr. Janet Walker
Turn challenges into big ideas—and make them real.

Creative Problem Solving with Design Thinking (CRN: 48931) – Dr. Caleb Walters
Tackle real-world challenges with creativity, collaboration, and a human-centered mindset.

Data Dive: Jumpstart Your Problem-Solving Skills (CRN: 48897) – Dr. Dwight Lewis
Crack real-world problems with data—and build skills that make you stand out.

21st-Century Skills: Leveraging Tech for Academic Success (CRN: 48881) – Dr. James Hardin
Use everyday tech to study smarter, stay organized, and crush college life.

BYOB: Be Your Own Boss (CRN: 48898) – Dr. Pete Ludovice
Dream it, test it, launch it—your campus startup journey starts here


Behind the Bits: Exploring Computing's Hidden World (CRN: 48878) – Dr. Jeff Gray
Swipe, stream, scroll—see what's really running the apps that run your life. [Not for Engineering majors.]

Digital Minds: Your AI Adventure Begins (CRN: 48904) – Dr. Laura McNeill
Decode how AI works—and how you can work with it.

Engineering Legends: The Stories Behind the Marvels (CRN: 48863) – Dr. Armen Amirkhanian
Explore how legendary engineering projects went from bold ideas to real-world achievements.

Cyber Shield: Protecting Your Digital World (CRN: 48907) – Dr. Kathleen Morris
Learn how to defend your data, decode cyber threats, and stay secure in an AI-powered world.

From Siri to Sports: Innovations for Disability Inclusion (CRN: 48924) – Dr. Margaret Stran
Explore how technology and disability laws shape more accessible environments for everyone.

 **Global Perspectives & Cultural Exchange:** Travel the world without leaving campus—through language, food, art, music, and human stories that connect us all.

Ghouls in Arabic Mythology (CRN: 50884) – Dr. Safa Elnaili
Enter a world of folklore where ancient ghouls surprise, transform, and spark new stories.

Sounds of Change: The History and Impact of Reggaetón (CRN: 48899) – Dr. Kelley Luna
Before it hit your playlist, reggaetón was rebellion—let's go back.

Arab Cultures: Language to Religion (CRN: 48890) – Dr. Ibrahim Khalaylih
Follow your curiosity across deserts, cities, and centuries of Arab culture.


Language Remix: Bilingualism in Pop Culture (CRN: 48891) – Dr. Bryan Koronkiewicz
From Bad Bunny to BTS—see how bilingual voices are remixing global culture.

The Many Faces of English (CRN: 48894) – Dr. Douglas Lightfoot
From “y’all” to “you guys”—English is wild, weird, and totally worth exploring.

From Sinatra to Gaga: Italian Americans Shaping Culture (CRN: 48901) – Dr. Alessandro Martina
From old-school crooners to avant-garde queens—see how Italian Americans stole the spotlight.

The Flavor of China: Cooking up Culture (CRN: 48933) – Dr. Xiang Zhang
Spice up your semester with the flavors of China.

Rhythmic Journeys: Drumming, Dancing and Cultural Exploration (CRN: 48862) – Laurie Arizumi
Join the drum circle! Pass it on.

 **Academic Inquiry & Critical Thinking:** Sharpen your thinking through exploration, analysis, and big questions that span disciplines and challenge assumptions.

Cult Craze: America's Obsession with Dangerous Religions (**CRN: 48861**) – Dr. Michael Altman
Dig into the drama behind America's cult craze—what draws us in, and what it says about us.

Patterns of Creation: The Symbolism and Structure of Genesis (**CRN: 48920**) – Dr. Robert Smits
Explore ancient stories through the lens of symbolism, math, and cosmology.

Streams of Change: Rivers, Climate and Our World (**CRN: 48926**)– Dr. Glenn Tootle
Trace the flow of water, climate, and consequence.


The Paradox of Freedom: Navigating Self, Society, and Power (**CRN: 48896**) – Dr. Nathan Loewen
Think you're making your own choices? Let's talk power and persuasion.

From Stars to Stories: Discovering Our Collective History (**CRN: 48905**) – Dr. James Mixson
It's giving cosmic connection—your life, the stars, and everything in between.

Happiness: What It Is and How to Attain It (**CRN: 48921**) – Dr. Eric Solis
Is happiness a feeling, a goal, or a way of life? Come find out.

Decoding Deception: Conspiracy Theories and Critical Thinking (**CRN: 48875**) – Dr. Connor Franklin
Explore why conspiracy theories stick—and how to separate fact from fiction.

Research Odyssey: Skills for Success (**CRN: 48865**) – Dr. Anna Mariya Basauri Ziuzina
Build the skills to think critically, research confidently, and succeed across any major.

 **Storytelling & Creative Expression:** Explore how we express meaning through music, film, writing, media, and design.


From Taylor Swift to Mozart: Bridging the Musical Divide (**CRN: 50859**) – Dr. Paul Houghtaling
What do Taylor Swift and Mozart have in common? Way more drama than you'd think.

Frame by Frame: Learning Storytelling Through Film (**CRN: 48883**) – Dr. Alan Lazer
From screen to script—turn your ideas into powerful stories that connect.

Musicians' Collective: Compose, Arrange & Perform Music Together (**CRN: 48936**) – Dr. Ken McGuire
Make music. Make friends. Make something unforgettable. [Bring your own instrument or voice to the mix!]

Greco-Roman Architecture: Hands-On Art (**CRN: 48917**) – Dr. Lauri Self
Where ancient design meets your sketchbook—and your surroundings.

Rhythm & Passion: Discovering Dance Cultures of Latin America (**CRN: 48919**) – Dr. Ana Skelton
Dance your way through Latin America—no experience needed, just rhythm and curiosity.

 **Leadership, Advocacy & Social Impact:** Learn how individuals and communities drive change—from small acts to sweeping movements.

Bridging Beliefs: Government, Religion, & Community Care (CRN: 48909)—Dr. Aislinn O'Donohoe Riley
Faith, policy, and public service—who really shows up when people need help?

From First-Gen to Nobel Prize (CRN: 48914) – Dr. Jean Luc Robin
See how others rose—and discover the power of your own story.

Examining Musical Legends Through the Lens of Leadership (CRN: 48908) – Mr. Jerrod Newell
What can Taylor, Jimi, and Aretha teach you about leading with purpose?

Passion, Purpose, and Impact: The Keys to a Fulfilling Life (CRN: 48929) – Dr. Matthew VanDyke
Find your why and turn it into your what's next.

Unmasking Corruption: How It Affects Us All (CRN: 48874) – Dr. Yuliya Zabyelina
Where there's smoke, there's scandal: uncover how corruption really works.

Lead, Inspire, Succeed: A Journey Toward Effective Leadership (CRN: 48860) – Dr. Chelsea Ale
Discover your leadership style and build the confidence, skills and mindset to lead in any field.

Be The Change: Interdisciplinary Approaches to Social Issues (CRN: 48941) – Dr. Anneliese Bolland
Think deeply, act boldly, change the world.

Breaking Barriers: Disparities in Opportunities, Norms & Expectations Around the World (CRN: 48942)
Why do some people get ahead—and others get left behind?

Game Changers: The Business & Law of College Athletics (CRN: 51647) – John Morrison
Follow the money, the rules, and the power plays shaping college sports.

The Change Agents: Nonprofits, Policy, and Progress (CRN: 48906) – Dr. Margaret Ann Purcell
Discover how nonprofits create real change—and how you can be part of the movement