UC 160 connects you to Ohio Wesleyan, plunges you into the ways of thinking expected of students in the liberal arts, and introduces you to your diverse new intellectual community. It’s your all-access pass to the many opportunities, programs, and resources available both on and off campus, and sets you on the path to a rewarding undergraduate career. This fall, the University is offering 19 sections of UC 160.

UC 160 CLASSES:

• Are small, so you get acquainted quickly.
• Meet one or two days per week for 50 minutes.
• Provide .25 credits.

To stimulate creative thinking around a common experience, each instructor has selected a book his or her class will read, or a theme to discuss as part of UC 160.

For additional information about UC 160, including profiles of the instructors, please visit: owuconnection.owu.edu
Travel as a Political Act
Travel connects people with people. It helps us fit more comfortably and compatibly into a shrinking world and it inspires creative new solutions to persistent problems facing our nation. We can’t understand our world without experiencing it. In his newest book, Rick Steves reveals how a life devoted to travel has profoundly shaped his personal view of the world and his politics. It’s also a guide to how thoughtful travel can broaden every person’s perspectives, challenge outdated assumptions, and create a force for peace in the world.

Sections 10, 15, 19, A

Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School
Most of us have no idea what’s really going on inside our heads. Yet brain scientists have uncovered details every student, teacher, and business leader should know. How do we learn? What exactly do sleep and stress do to our brains? Why is multi-tasking a myth? Why is it so easy to forget—and so important to repeat new knowledge? In Brain Rules, Dr. John Medina shares his lifelong interest in how the brain sciences might influence the way we work and offers transformative ideas for our daily lives.

Sections 1, 14

Leading Lives That Matter: What We Should Do and Who We Should Be
Drawing together a wide range of texts—including fiction, autobiography, and philosophy—Leading Lives That Matter offers challenge and insight to those who are thinking about what to do with their lives. Instead of giving prescriptive advice, Mark Schwehn and Dorothy Bass approach the subject of vocation as an ongoing conversation. They include in this conversation some of the Western tradition’s best writings on human life—its meaning, purpose, and significance—ranging from ancient Greek poetry to contemporary fiction.

Sections 7, 12, 18 (HONORS SECTION)

Two Cheers for Anarchism: Six Easy Pieces on Autonomy, Dignity, and Meaningful Work and Play
An engaging, high-spirited, and often funny exploration of the possibilities of voluntary cooperation without hierarchy, Two Cheers for Anarchism provides a unique and powerful perspective on everything from everyday social and political interactions to mass protests and revolutions. Through a wide-ranging series of memorable anecdotes and examples, the book celebrates the local knowledge, common sense, and creativity of ordinary people. The result is a kind of handbook that challenges us to radically reconsider the value of hierarchy in public and private life, from schools and workplaces to retirement homes and government itself. CO-REQUISITE: PG 110.1 or PG 111.1

Sections 6, 16

During his training and service as an astronaut, Chris Hadfield has broken into a Space Station with a Swiss army knife, disposed of a live snake while piloting a plane, and been temporarily blinded while clinging to the exterior of an orbiting spacecraft. In An Astronaut’s Guide to Life on Earth, Hadfield takes readers deep into his years of training and space exploration to show how to make the impossible possible. Through eye-opening, entertaining stories, his vivid and refreshing insights will teach you how to think like an astronaut, and will change, completely, the way you view life on Earth—especially your own.

Sections 2, 17
Vocation
In picking a major or a career, is it more important to follow your head or your heart? Is it enough for work to be personally satisfying or should it also benefit others? What if the work you feel called to do is unsupported by the marketplace? What if you simply don’t know what you want to do? “Vocation” comes from the Latin word vocatio, a “call” or “summons,” and originally meant a calling to serve in religious orders, although nowadays the word is used to mean any kind of higher purpose one feels bound to pursue. In this section, we will explore the relationship between the liberal arts and vocation by reading distinguished authors and by talking with class visitors about how they came to do what they do and why.

Sections 8, 13

Sustainability
This section will discuss ways of living, being, and acting in the world that encourage long-term success and thriving—both for our world and ourselves. Through volunteer opportunities, meetings with local leaders in sustainable living, and with the help of the book The Nature of College, we will explore how daily decisions and actions shape our ecological footprint and ourselves. We will also discuss ways to make the college experience a sustainable one, full of conscious experiences and productive and ethical decisions.

Section 11

First-Generation Students
The American Dream suggests that, no matter what our roots, we can move up in society and make our dreams a reality. This section is for students who will be the first members of their family to graduate from college and know that the American Dream is no easy task. It is a journey that takes hard work, but we take pride in that. We will explore this journey through the book, Limbo: Blue-Collar Roots, White Collar Dreams, in which journalist Alfred Lubrano describes his experiences as the first of his family to attend college and move into the professional world. With humor and wit, Lubrano discusses how our values, backgrounds, and behaviors come into play as we reach for our dreams and build a meaningful life. As an instructor who was the first of his family to attend college, I will share my experiences along the way too. Strongly recommended: SOAN 117.

Section 9

Life Pilgrimage
“Two roads diverged in a yellow wood.” Thus begins one of the most famous American poems, “The Road Not Taken” by Robert Frost. Frost’s poem invites us to consider our choices in life and how they can lead to unexpected and wondrous futures of which we had never dreamed. What is the course of your life’s pilgrimage? What new vistas might open to you as a result of your time at OWU? Readings in the course will highlight stories of those whose pilgrimages have changed not only their lives, but also the lives of others.

Section 5 (HONORS SECTION)

The Student Athlete
One of the central tenets of the OWU Connection is that you don’t have to be just one thing; it is possible to cultivate the different sides of your personality, each side strengthening and being strengthened by the others. This section of UC 160 will explore some of the strengths, challenges, and opportunities that come with being a student athlete. What does it mean to be a member of both academic and athletic communities? How do you balance your commitments on and off the field or court? How can you leverage the skills you have cultivated through sports in your studies, and vice versa? Taking as a touchstone the life of one of OWU’s most famous student athletes, Branch Rickey, this section explores the unique opportunities for personal development, leadership, and community betterment made possible by collegiate athletics.

Section 3
SECTION TIMES & INSTRUCTORS

Section 1: Brain Rules. Katherine Glenn-Applegate & Doug Bennett. MON 12:10 – 1pm

Section 2: An Astronaut’s Guide. Chris Wolverton. MON 12:10 – 1pm

Section 3: The Student Athlete. Annie Stinemetz & Terree Stevenson. TUE 12:10 – 1pm

* Section 5: Life Pilgrimage. David Eastman. TUE 12:10 – 1pm

Section 6: Two Cheers for Anarchy. Ashley Biser. THUR 12:10 – 1pm

Section 7: Leading Lives That Matter. John Stone-Mediatore. THUR 12:10 – 1pm

Section 8: Vocation. Zack Long. THUR 12:10 – 1pm

Section 9: First-Generation Experience. Paul Dean & Sally Leber. MON 3:10 – 1pm

Section 10: Travel as a Political Act. David Markwardt. MON 3:10 – 4pm

Section 11: Substainability. Ellen Arnold. TUE 3:10 – 4pm


Section 13: Vocation. Jennifer Jolley & Jillian Maruskin. TUE 3:10 – 4pm

Section 14: Brain Rules. Jennifer Yates. TUE 3:10 – 4pm

Section 15: Travel as a Political Act. Eva Paris-Huesca. WED 12:10 – 1pm

Section 16: Two Cheers for Anarchy. Jenny Holland. WED 3:10 – 4pm

Section 17: An Astronaut’s Guide. Tamara Panhuis. THUR 3:10 – 4pm

Section 18: Leading Lives That Matter. Chad Johns. THUR 3:10 – 4pm

Section 19: Travel as a Political Act. Karen Poremski. THUR 3:10 – 4pm

Section A: Travel as a Political Act. Glenda Nieto-Cuebas. MW 3:10 – 4pm [first module]

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*Section 4 of UC160 was cancelled.

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