

INTERDISCIPLINARY (INT)

INT101. Communities at New Paltz: Leadership. 1 Credit.

SUNY New Paltz is the ideal setting to develop as a leader. Whether you've had the opportunity to lead or not, you have talents to contribute. The purpose of this class is to help you apply and maximize your strengths here at SUNY New Paltz. Learning how to be a better leader takes knowledge, skills, and practice, and it requires you to be intentional in how you use and apply your talents.

Restrictions:

- Must have the following level: Undergraduate
- Must be enrolled in the following class: Freshman

May not be repeated for credit

INT102. Communities at New Paltz: Healthy Choices. 1 Credit.

The Certified Peer Educator (CPE) course will provide students with a basic knowledge and practice of wellness. Special topics such as stress management, nutrition and weight management, sexuality, relationships, alcohol & other drugs and physical fitness will be addressed. Emphasis will be placed on decision-making and personal responsibility for one's own health as well as a certification component to educate and inform peers. Upon completion of the course, students will have the option to become Certified Peer Educators equipped to facilitate peer education sessions designed to inform and influence their peers on campus in a healthy way.

Restrictions:

- Must have the following level: Undergraduate
- Must be enrolled in the following class: Freshman

May not be repeated for credit

INT103. Communities at New Paltz: Service Learning. 1 Credit.

This course accompanies the Service Learning community within the Communities at New Paltz program. This "Service Learning" course is a means for enhancing one's understanding of civic responsibility, academic coursework, skills and personal values. Involving the concepts of personal Growth, Volunteerism, Practical Experience, and Community Involvement, students will have an opportunity to explore the varying concepts of service, civic education, and social justice, and its implications for personal, academic, and societal growth. It involves active reflection - drawing lessons from participating in an organized service activity. Students will be asked to consider their sense of self in relationship to the needs in the community. Students will select from a list of local service projects, and will complete each project in a dynamic setting that will encourage their interpersonal development and will closely examine the concept of service for the greater good.

Restrictions:

- Must have the following level: Undergraduate
- Must be enrolled in the following class: Freshman

May not be repeated for credit

INT104. Communities at New Paltz: Career Exploration. 1 Credit.

This course accompanies the Service Learning community within the Communities at New Paltz program. This "Service Learning" course is a means for enhancing one's understanding of civic responsibility, academic coursework, skills and personal values. Involving the concepts of personal Growth, Volunteerism, Practical Experience, and Community Involvement, students will have an opportunity to explore the varying concepts of service, civic education, and social justice, and its implications for personal, academic, and societal growth. It involves active reflection - drawing lessons from participating in an organized service activity. Students will be asked to consider their sense of self in relationship to the needs in the community. Students will select from a list of local service projects, and will complete each project in a dynamic setting that will encourage their interpersonal development and will closely examine the concept of service for the greater good.

May not be repeated for credit

INT105. Communities: Transfer Students. 1 Credit.

An experiential learning seminar for first-year transfer students, this one-credit course is designed to accompany the Transfer Student Living Learning Community (TLLC) and is required for all participants. Topics will relate to the transfer student experience within the first year, including but not limited to advising and academic support, class registration, student leadership, getting involved, networking, and developing relationships. Students will develop working relationships with their peers and with professional staff, while also developing their knowledge of the SUNY New Paltz campus. The first semester in this course will focus on leadership development, opportunities, and skills.

May not be repeated for credit

INT106. Communities: Rivera House LLC. 1 Credit.

An experiential learning seminar for students in the Rivera House LLC, this one-credit course is designed to accompany the Rivera House Living Learning Community and is required for all participants. Topics will relate to the LGBTQ+ student experience, including but not limited to LGBTQ+ student leadership, getting involved, networking, and developing relationships. Students will develop working relationships with their peers and with professional staff, while also developing their knowledge of the SUNY New Paltz campus and LGBTQ+ community.

May not be repeated for credit

INT121. Communities at New Paltz: Leadership 2. 1 Credit.

SUNY New Paltz is the ideal setting to develop as a leader. Whether you've had the opportunity to lead or not, you have talents to contribute. The purpose of this class is to help you apply and maximize your strengths here at SUNY New Paltz. Learning how to be a better leader takes knowledge, skills, and practice, and it requires you to be intentional in how you use and apply your talents.

Prerequisites:

- INT101 Minimum Grade of D-

May not be repeated for credit

INT122. Communities at New Paltz: Healthy Choices 2. 1 Credit.

The Certified Peer Educator (CPE) course will provide students with a basic knowledge and practice of wellness. Special topics such as stress management, nutrition and weight management, sexuality, relationships, alcohol & other drugs and physical fitness will be addressed. Emphasis will be placed on decision-making and personal responsibility for one's own health as well as a certification component to educate and inform peers. Upon completion of the course, students will have the option to become Certified Peer Educators equipped to facilitate peer education sessions designed to inform and influence their peers on campus in a healthy way.

Prerequisites:

- INT102 Minimum Grade of D-

May not be repeated for credit

INT123. Communities at New Paltz: Service Learning 2. 1 Credit.

This course accompanies the Service Learning community within the Communities at New Paltz program. This "Service Learning" course is a means for enhancing one's understanding of civic responsibility, academic coursework, skills and personal values. Involving the concepts of personal Growth, Volunteerism, Practical Experience, and Community Involvement, students will have an opportunity to explore the varying concepts of service, civic education, and social justice, and its implications for personal, academic, and societal growth. It involves active reflection - drawing lessons from participating in an organized service activity. Students will be asked to consider their sense of self in relationship to the needs in the community. Students will select from a list of local service projects, and will complete each project in a dynamic setting that will encourage their interpersonal development and will closely examine the concept of service for the greater good.

Prerequisites:

- INT103 Minimum Grade of D-

May not be repeated for credit

INT124. Communities: Career Exploration 2. 1 Credit.

This course accompanies the Service Learning community within the Communities at New Paltz program. This "Service Learning" course is a means for enhancing one's understanding of civic responsibility, academic coursework, skills and personal values. Involving the concepts of personal Growth, Volunteerism, Practical Experience, and Community Involvement, students will have an opportunity to explore the varying concepts of service, civic education, and social justice, and its implications for personal, academic, and societal growth. It involves active reflection - drawing lessons from participating in an organized service activity. Students will be asked to consider their sense of self in relationship to the needs in the community. Students will select from a list of local service projects, and will complete each project in a dynamic setting that will encourage their interpersonal development and will closely examine the concept of service for the greater good.

Prerequisites:

- INT104 Minimum Grade of D-

May not be repeated for credit

INT125. Communities at New Paltz: Transfer Students. 1 Credit.**INT126. Communities at New Paltz: Rivera House. 1 Credit.**

May not be repeated for credit

INT141. Sustainability LLC. 1 Credit.

For students interested in sustainability issues and/or considering a sustainability-focused career. Co-curricular and applied learning opportunities may include educational events, volunteer work, outdoor environmental appreciation, and recreational activities. Students will develop sustainability literacy that enables them to contribute to creating a more sustainable society. PROGRAM FEE.

Restrictions:

- Must have the following level: Undergraduate

May be repeated for credit

INT174. Soar Into Success. 3 Credits.

This course aids incoming EOP students in developing critical thinking skills for college success while encouraging exploration of their local and campus communities and reflection on their roles as students at SUNY New Paltz.

Attributes:

- Liberal Arts

Restrictions:

- Must have the following level: Undergraduate

May not be repeated for credit

INT175. First-Year Seminar. 3 Credits.

The course introduces ideas and strategies required for college level academic inquiry and college success for students within the Educational Opportunity Program (EOP). This course cannot be repeated.

Attributes:

- Liberal Arts

May not be repeated for credit

INT193. Selected Topics. 12 Credits.

Selected topics courses are regularly scheduled courses that focus on a particular topic of interest. Descriptions are printed in the Schedule of Classes each semester. Selected topics courses may be used as elective credit and may be repeated for credit, provided that the topic of the course changes.

May be repeated for credit

INT199. Modular Course. 0 Credits.

May not be repeated for credit

INT210. Career Readiness. 1 Credit.

In this interactive, experiential course, students develop career-readiness competencies, employ design principles to identify potential career paths, write an effective resume, and practice communicating their strengths, networking, and interviewing. Students will identify internship opportunities and learning goals. This course is open to undeclared sophomores and sophomores in majors without an existing internship course requirement.

Restrictions:

- Must have the following level: Undergraduate

May not be repeated for credit

INT293. INT Selected Topic. 3-12 Credits.

Selected topics courses are regularly scheduled courses that focus on a particular topic of interest. Descriptions are printed in the Schedule of Classes each semester. Selected topics courses may be used as elective credit and may be repeated for credit, provided that the topic of the course changes.

May be repeated for credit

INT295. Indep Study Interdisciplianry. 12 Credits.

May be repeated for credit

INT299. Modular Course. 0 Credits.

May not be repeated for credit

INT393. INT Selected Topic. 3-12 Credits.

Selected topics courses are regularly scheduled courses that focus on a particular topic of interest. Descriptions are printed in the Schedule of Classes each semester. Selected topics courses may be used as elective credit and may be repeated for credit, provided that the topic of the course changes.

Restrictions:

- Must have the following level: Undergraduate
- Must not be enrolled in the following class: Freshman

May be repeated for credit

INT399. Modular Course. 0 Credits.**Restrictions:**

- Must have the following level: Undergraduate
- Must not be enrolled in the following class: Freshman

May not be repeated for credit

INT493. INT Selected Topic. 3-12 Credits.

Selected topics courses are regularly scheduled courses that focus on a particular topic of interest. Descriptions are printed in the Schedule of Classes each semester. Selected topics courses may be used as elective credit and may be repeated for credit, provided that the topic of the course changes.

Restrictions:

- Must not be enrolled in the following class: Freshman

May be repeated for credit

INT495. Indep Study Interdisciplinary. 1-12 Credits.**Restrictions:**

- Must not be enrolled in the following class: Freshman

May be repeated for credit