

# 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.**

May not be repeated for credit

## **INT106. Communities: Rivera House LLC. 1 Credit.**

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

**INT175. Issues in the Education of Underrepresented College Students. 3 Credits.**

Study of issues related to education of students from underrepresented groups. Research data on achievement behavior; academic and social adjustment, and self-examination. This course cannot be repeated.

**Attributes:**

- Liberal Arts

May not be repeated for credit

**INT193. Selected Topics. 1-12 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

**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 Interdisciplinary. 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