UMD SEMINAR OPTIONS

WHICH OPTION IS FOR YOU?

UMD Seminar is designed to get our students off to the best start possible!

Our general-purpose sections cover most of the issues you will face during your first semester at UMD, and give you the chance to meet students from all across the university.

The UMD Seminar special-topics sections provide you with the chance to explore specific interests, build unique skill-sets, and meet other students with similar backgrounds & experiences.

2 CR. SPECIAL-TOPICS SECTIONS:

MINDFUL STRESS-REDUCTION
Stacy Crawford (Sec. 29 – Mon 12-1:50pm)

The course will explore the science and the practice of stress-reduction and self-care skills such as meditation, visualization, journaling, biofeedback, and more. We will work through the lens of “positive psychology” and will utilize Clifton Strengths for Students as a tool for understanding our own human condition and to examine unconscious, implicit bias.

HOW TO INNOVATE
Samuel Shanks (Sec. 55 – Tue/Thu, 11-11:50am)

Innovation sounds like a magical concept; a miracle created by a gifted few. This could not be further from the truth. In this section, we will explore ways to invent new and creative approaches to furthering your own education. We will bring innovation into your personal realm.

DARING GREATLY
Jeni Eltink (Sec. 47 – Wed/Fri, 12-12:50pm)

Theodore Roosevelt once said that there can be “no effort without error and shortcoming.” In this section we will explore the inspiring lives of people who have achieved much by “daring greatly,” and we will develop ways to further our own education by daring greatly ourselves.

ESCAPING THE ECHO CHAMBER
Kim Pittman (Sec. 61 – Tue/Thu 1-1:50pm)

In a perfect world, our online experiences would help us encounter new ideas, diverse people, and varied perspectives. In reality, our interactions online are more like an echo chamber where we are exposed primarily to points of view like our own. In this Seminar section, we will reflect on our online habits, learn to respectfully debate ideas, and explore ways to get beyond our comfort zones.

MONEY, MONEY, MONEY
Niki Pechinski (Sec. 72 – Mo/We, 1-1:50pm)

Come learn about managing your money as a college student; this course will give you an opportunity to learn more about your spending habits, educational borrowing, and credit practices. Students who have taken this class in the past say their stress has decreased and their confidence has increased when making financial decisions.
MORE 2 CR. SPECIAL-TOPICS SECTIONS:

EXPLORING SOCIAL JUSTICE
Mia O’Brien (Sec. 63 – Tu/Th, 1-1:50pm)
March for Our Lives, Women’s March, Black Lives Matter, Take a Knee, March for Science, DACA marches ... We live in a time of significant changes, and movements like these draw attention to issues related to social justice. In this UMD Seminar course, we will explore some of these issues through critical thinking and self-reflection.

UNIVERSITY HONORS SEMINAR
Joelle McGovern (Sec 64 – Mo/We 2-2:50)
University Honors First Year Seminar is an integrated service-learning course designed to provide honor students an opportunity to learn more about themselves and the effects of poverty in our community. Through weekly service, discussions, guest speakers, and readings, students will reflect how their service experience contributes to their personal growth and shapes their role as a community member. (University Honors Students only)

HAPPINESS 101
Christiana Kapsner (Sec 18 – Tu/Th 8-8:50)
Happiness 101 will examine what it means to be a citizen within a thriving community. We will explore ways to apply coping skills when life hands out more than we think we can handle; and, Happiness 101 will guide students through a series of community building assignments that will lead them to a deeper understanding of their place as independent, reliable citizens within that community.

1 CR. RESERVED SECTIONS:

STUDENTS OF COLOR
Susana Pelayo-Woodward (Sec 11 – Mon 4pm)
This section is reserved for students of color.

INTERNATIONAL STUDENTS
Susana Pelayo-Woodward (Sec 27 – Tue 4pm)
This section is reserved for international students.

THEATRE MAJORS
Kelly Grussendorf (Sec 3 – Mon 8am)
This section is reserved for declared Theatre majors.

MUSIC MAJORS
Elias Mokole (Sec 41 – Wed 11am)
This section is reserved for declared Music majors.

ART & DESIGN MAJORS
Matthew Olin (Sec 7 – Mon 3pm)
This section is reserved for declared Art & Design majors

LSBE MAJORS
Kurt Guidinger (Sec 17 – Thu 1pm/Sec 67 – Thu 2pm)
This section intended for students majoring in a business field. Unique focus and content will be oriented around the requirements to earn candidacy (i.e. upper division status) in LSBE and the Passport to Professional Success Program.

UMD SEMINAR/LEARNING STRATEGIES LEARNING COMMUNITY
Kelly Newhouse (Sec 57 – Fri 10am)
All students enrolling in this section must also be enrolled in section 1 of SSP 1054: Learning Strategies.