CeO Selected HIP Options
for First-Year Scholars

CeO SELECTED HIGH IMPACT PRACTICE OPTIONS

Residential Learning Communities (RLC) Seminar
Courses range in 1-6 credits
Check Course Guide for times and registration numbers.
Residential Learning Communities bring together faculty, staff and students around an explicit focus within the University Residence Halls. Unique seminars and class sections and aligned co-curricular activities all help produce smaller, more intentional communities that set students up for success. First-Year Scholar will need to register with the associated courses/seminars meet CeO’s High Impact Practice requirement. More information can be found: https://www.housing.wisc.edu/residencehalls-lc.htm.

Undergraduate Research Experience (URS)
INTER-LS 250
1-3 credits
Check Course Guide for times and registration numbers.
URS is dedicated to helping first- and second-year undergraduates get hands-on experience in research or other creative endeavors by working with UW faculty and research staff. Discovery - whether in the sciences, engineering, the arts, or the social sciences - is the cornerstone of our greatness as a university. It is best to plan on taking this course for two semesters in a row. Apply to URS and to get more information, please visit the website: http://urs.ls.wisc.edu. For questions, please email amy.sloane@wisc.edu.

First-Year Interest Groups (FIGs)
First-Year Interest Groups (FIGs) are clusters of (usually) three UW-Madison courses, linked together to explore a common theme, and offered to incoming first-year scholars who attend these classes together as a cohort. If you are choosing the FIG option, e-mail CeO Advisor Keiva Coppage Aranda at keiva.aranda@wisc.edu to reserve your spot. A list of FIGs approved by CeO are included separately. More information about FIGs can be found at: https://figs.wisc.edu.

CeO SELECTED HIP COURSE OPTIONS

INTEGSCI 100: Exploring Biology
2 credits
Lecture 001 & Dis 301-305 are FIG sections and can be found at figs.wisc.edu
Lecture 002: Instructor Christopher Trimby
M 2:25 – 3:15 pm Location TBD
Dis 306, 307, 308, 309, and 310
Select a discussion and Check Course Guide for times and registration numbers for the listed discussions.
A two-credit first-year seminar, for students interested in the biosciences. If you intend to major in a biological sciences field (or are interested in exploring that path), Exploring Biology is a great way to prepare for the Introductory Biology course sequence required by your major, and to help navigate the many options and resources available to you at UW-Madison. This course is not required for any major, but it will fulfill the CALS Freshman Seminar requirement, as well as count as Biological Science breadth credit.
INTER-HE 201: Belonging, Purpose, and the Ecology of Human Happiness: EcoYou
3 credits
Lecture 001, Instructor Linda Roberts
T 11:00 am – 12:15 pm Room: 2235 Nancy Nicholas Hall
Dis 302 Dis 304 Dis 305
Select a discussion and Check Course Guide for times and registration numbers for the listed discussions.
This course explores the art and science of purposeful living by integrating academic knowledge with issues real and relevant to students' lives including: identity and belonging; happiness, purpose and meaning; self-awareness and self-presentation; romantic, peer and family relationships; material culture, consumer behavior and financial well-being; and connections to community, culture, and society. From the microbes that inhabit our guts to political revolutions sparked by a tweet, human lives are embedded in an ecology of complex, interdependent systems. Using the lens of Human Ecology, you will address "big questions" like: How am I connected to others and to larger systems? What brings happiness and works for the "greater good" in human lives? An overarching goal of the course is to help you understand yourself as embedded in the web of ever-evolving interconnected networks, an "EcoYou." Human Ecology is a systems approach to studying and understanding relationships between humans and their everyday environments; it is a civic and socially conscious orientation that is committed to understanding and improving the quality of human lives. Human Ecology is inherently interdisciplinary drawing on research, theories and methods from diverse fields such as sociology, psychology, anthropology, economics, public health, biology, and art and design.

INTER-AG 155: Issue in Agriculture, Environment, and Life Sciences
1 credit
Limited to students who have declared majors in the College of Agricultural and Life Sciences (CALS)
Lecture 001, Instructor John Klatt
W 2:25 – 3:15 pm, 2301 Sterling Hall
Registration Number: 40308
Lecture 002, Instructor John Klatt
R 11:00 – 11:50 am, Room: 2301 Sterling Hall
Registration Number: 41467
Explore important issues in the application of science that cut across all majors in the College of Agricultural and Life Sciences, and that are critical for society in coming decades; help students develop academic skills and explore majors and careers.

COUN PSYCH 125: Wisconsin Experience Seminar
1 credit
Limited to first-year and transfer students.
Multiple seminars to from which to choose.
Examine transition to UW Madison through exploration of the research university and the Wisconsin Experience. A variety of texts, including a novel and textbook will provide a context for discussion, writing, and experiential assignments. Twelve students per section, supportive environment.