

UAB Honors College First Year Seminars – Fall 2020

[HC 110-2A: Nutrition in Young People](#)

Tuesday/Thursday 8:00 - 9:15am
Ali Elliot, CRN: 62165

[HC 110-7M: Let's Talk: A Dialogue on Race and Racism in the US](#)

Monday 5:00 – 7:30 pm
Cortney Johnson & Rebecca Harkless, CRN: 62166

[HC 111-2B and HC 111-2C \(two sections available\): Engineering Innovation and Design](#)

Tuesday/Thursday 9:30 – 10:45 am *or* Tuesday/Thursday 11:00 – 12:15 pm
Dr. Iwan Alexander & Dr. Timothy Wick, CRN: 63992

[HC 112-2C: Making a Difference in the Lives of Adolescents](#)

Tuesday/Thursday 11:00 am – 12:15 pm
Dr. Robin Gaines Lanzi, CRN: 62731

[HC 113-VT: Building Communities of Inclusion through Intercultural Competence \(Service Learning\)](#)

Monday/Wednesday 2:00 – 3:15 pm
Dr. Josephine Prado, CRN: 60852

[HC 114-2BA and HC 114-2C \(two sections available\): Persuasion: How to Get More of What You Want and Make Others Feel Good About Giving It to You](#)

Tuesday/Thursday 9:30 – 10:45 am *or* Tuesday/Thursday 11:00 am – 12:15 pm
Dr. Mike Wittmann, CRN: 59653 *or* 63006

[HC 114-2D: Think Like an Entrepreneur](#)

Tuesday/Thursday 12:30 – 1:45 pm
Dr. Joel Dobbs, 59654

[HC 115-2C: Understanding the Link between Social Determinants of Health and Health Disparities](#)

Tuesday/Thursday 11:00 am – 12:15 pm
Dr. Dina Avery & Kristin Chapleau, CRN: 63988

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HC 116-2D: The New Deal in the South

Tuesday/Thursday 12:30 – 1:45 pm
Beth Hunter, CRN: 61448

HC 116-2G: United States foreign policy in the Post-Cold War Era

Tuesday/Thursday 5:00 – 6:15 pm
Dr. Adrian Rickert, CRN: 63989

HC 117-2G: Strange Brains: How Myths and Legends Shaped the History of Neuroscience

Tuesday/Thursday 5:00 – 6:15 pm
Dr. Robin Lester, 62151

HC 117-VT: Talking Immunology: Say What?!

Monday/Wednesday 12:20 – 1:35 pm
Dr. Heather Bruns & Dr. Lou Justement, CRN: 63000

HC 118-1D: Film and the World

Monday/Wednesday/Friday 11:15 am – 12:05 pm
Dr. Daniel Siegel, CRN: 62939

HC 118-1F: Not Black and White: How Race is Made in America (Service-Learning)

Monday/Wednesday/Friday 1:25 – 2:15 pm
Dr. Nichole Lariscy, CRN: 63996

HC 118-2A: Ethical Conflicts in Health Care

Tuesday/Thursday 8:00 – 9:15 am
Dr. Mariko Nakano, CRN: 58397

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HC 118-2CA, Classical Music in Popular Culture

Tuesday/Thursday 11:00 am – 12:15 pm
Julianne Steele, CRN: 64055

HC 118-2EA: 21st Century Classical Music in America

Tuesday/Thursday 2:00 – 3:15 pm
Dr. Laura Usiskin, CRN: 64056

HC 118-2F: Film Fest 101: Independent Film and Spreading Knowledge

Tuesday/Thursday 3:30 – 4:45 pm
Gareth Jones, MFA, CRN: 60851

HC 118-2FA: America's Religious Diversity

Tuesday/Thursday 3:30 – 4:45 pm
Reverend Bill Blackerby, *CRN: 64057*

HC 119-2B: Taste and See: The Spirituality of Food

Tuesday/Thursday 9:30 – 10:45 am
Dr. Gisela Kreglinger Smith, CRN: 64058

HC 119-2C: Ethical Issues in Women's Health

Tuesday/Thursday 11:00 am – 12:15 pm
Dr. Lynn Nichols, CRN: 58398

HC 120-VT: Safety and Sustainability-The Eco-Soap Making Project

Tuesday 2:30 – 4:30 pm
Dr. Rani Jacob & Judith McBride, CRN: 62973

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[HC 110-2A](#)

Nutrition in Young People

Tuesday/Thursday 8:00 – 9:15 am

Ali Elliott MS, RDN, LD, CLC

This course is focused on Maternal and Child Nutrition. The course will take students through topics in infant, early childhood nutrition, and adolescent nutrition. The course will reflect current research, opinions, and discussions in the field. A focus on age and stage-based nutrition, as well as relevant health issues, such as allergies and obesity will be at the forefront of study, discussion, competencies and group projects. Registered Dietitian representatives from the local Alabama WIC Program, Children's Hospital of Alabama, and Alabama schools Child Nutrition Program will be scheduled to present current on-goings in their prospective fields of maternal and pediatric nutrition.

CRN: 62165 HC 110-2A HnSm: Nutrition in Young People, HHB 549

[HC 110-7M](#)

Let's Talk: A Dialogue on Race and Racism in the US

Monday 5:00 – 7:30 pm

Cortney Johnson, Assistant Director, Student Multicultural and Diversity Programs/Student Experience, Division of Student Affairs

Rebecca Harkless, Coordinator of Social Justice Education, Student Multicultural and Diversity Programs, Division of Student Affairs

We all have multiple and complicated identities, including race, and these identities affect how the world sees us. This intergroup dialogue aims to create a space for students of color and white students to discuss this aspect of themselves. Students will learn from each other's perspectives, read and discuss relevant material, and explore their own and other groups' experiences in various social and institutional contexts. In conversations such as these, emotions rise, debate ensues, and there is a fast end to conversation. To ensure an open space, with intentional conversation, the tenants of dialogue are taught to all participants and will be maintained in the space. Topics discussed in this dialogue include: interracial relationships, cultural appropriation, immigration, and more.

CRN: 62166 HC 110-7M HnSm: Dialogue Race/Racism, HHB 549

[HC 111-2B and HC 111-2C \(two sections available\)](#)

Engineering Innovation and Design

*Tuesday/Thursday 9:30 – 10:45 am *or* Tuesday/Thursday 11:00 am – 12:15 pm*

Dr. Iwan Alexander, Professor and Chair, Electrical and Computer Engineering, School of Engineering

Dr. Timothy Wick, Interim Dean, School of Engineering

The ability to innovate is seen as an essential skill that will create new economies and drive existing ones and, indeed, is necessary to successfully meet the challenges facing our global society. Innovative design is key to the engineering profession and is manifested the evolution of our quality of life. This course provides hands-on learning of engineering design and innovation and provides a relevant context for students pursuing an engineering degree. Students learn a disciplined approach to engineering design and innovation. Course topics include design concept development, decision-making techniques, sustainable design practices, project management and product lifecycle assessment. The skills developed will enable student teams to iteratively develop a product with

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commercial potential and societal impact. Each team member will have a chance to present the team's evolving design in several short reviews that highlight the rationale behind design decision, materials choices, and other key decisions. By the end of the course, each student team will be able to succinctly articulate and defend the team's design concept and prototype invention in the form of an 'investment pitch'.

CRN: 63992 HC 111-2B OR 58389 HC 111-2C Honors Seminar in Engineering, HOEN 260

HC 112-2C

Making a Difference in the Lives of Adolescents

Tuesday/Thursday 11:00 am – 12:15 pm

Dr. Robin Gaines Lanzi, Professor and Director of Graduate Program, Department of Health Behavior, School of Public Health

This undergraduate seminar will provide an overview of critical health issues in adolescence and review the potential of emerging perspectives to advance adolescent health and promote positive youth development. We will explore issues such as: How does social media and screen time impact adolescent outcomes? What is cyberbullying and how is it experienced by adolescent females versus adolescent males? How do peers versus parents influence adolescents' decision making and risk-taking behaviors? Can alcohol and substance use affect the developing teen brain and their decision making? How can we help teens make positive sexual health decisions? How does faith and spirituality intersect with adolescent development? How can mHealth impact adolescent behavior and outcomes? What public health programs are available to support adolescents and young adults in their development? We will explore these and other questions through the lens of social and behavioral sciences. We will review emerging perspectives and discuss the impact that public health programs and policies can have in supporting adolescents and promoting positive youth development. A key focus will be integrating community based participatory research methods and implementation science. The course will be offered in a blended format. Students will have an experiential learning component so that they can gain a deeper understanding of how public health can promote positive youth development.

CRN: 62731 HC 112-2C HonSem: Adolescent Health/SL, HHB 549

HC 113-VT

Building Communities of Inclusion through Intercultural Competence (Service Learning)

Monday/Wednesday 2:00 – 3:15 pm

Dr. Josephine Prado, Assistant Professor of EL Education, School of Education

Based on the field of sociolinguistics, this course explores language ideology, identity, and culture. Honors College students will explore their own complex identities; distinguish layers of culture, and discuss ramifications of language ideology, such as accent discrimination, in the United States. In an era when American nationalism and xenophobia are increasing, practicing communication skills that increase empathy for different perspectives is essential. Honors College students will practice intercultural competence skills as they interact with international students in a semester-long service-learning project to explore ways that language, culture, and multi-faceted identities intersect within themselves and their project partners.

CRN: 60852 HC 113-VT HonSem: InterculturalComp/SL, HB 105

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[HC 114-2BA and HC 114-2C \(two sections available\)](#)

Persuasion: How to Get More of What You Want and Make Others Feel Good About Giving It to You

Tuesday/Thursday 9:30 – 10:45 am OR Tuesday/Thursday 11:00 am – 12:15 pm

Dr. Mike Wittmann, Professor and Chair, Department of Marketing, Industrial Distribution, and Economics, Collat School of Business

Why do some people get more of what they want? How do you tell a compelling story? How do I ask someone for something and actually get what I want? Why are some advertisements and sales pitches effective and others just irritating and useless? The art and science of persuasion requires an understanding of elements of creativity, communication, psychology, processes, and ethics. In this course, we explore these elements in a highly interactive environment with cases, current readings, teamwork, guest speakers, and a heavy dose of practice. By the end of the semester, students will have a better understanding of how persuasion works and how to put ethical persuasion into practice.

CRN: 59653 HC 114-2BA OR CRN: 63006 HC 114-2C, CSB 303

[HC 114-2D](#)

Think Like an Entrepreneur

Tuesday/Thursday 12:30 – 1:45 pm

Dr. Joel Dobbs, Executive in Residence, Collat School of Business

What sets successful entrepreneurs apart? How do they think? How do they solve problems? How do they develop and sell their ideas? This course teaches students how to solve problems through entrepreneurial thinking. Students will be divided into diverse teams and select a problem that is relevant to their world. Using a combination of interactive lectures and discussions, in-class working sessions, and interviews with “customers”, they formulate and test potential solutions to their problem. Students will also visit local sites such as Innovation Depot and meet and hear from several successful local entrepreneurs. Several team presentations and brief written assignments throughout the semester will culminate with a “Shark Tank” style presentation to a group of outside judges.

CRN: 59654 HC 114-2E HnSem: Think Like Entrepreneur, CSB 301

[HC 115-2C](#)

Understanding the Link between Social Determinants of Health and Health Disparities

Tuesday/Thursday 11:00 am – 12:15 pm

Dr. Dina Avery, Assistant Professor/Regulatory Affairs Specialist, School of Health Professions

Kristin Chapleau, Program Manager, Biomedical Sciences Program, School of Health Professions

This course will explore and define social determinants of health, health disparities and expose students to disparities in healthcare in our own State, both in rural and urban environments. Traditional FYE content will be incorporated throughout the semester assisting students with adjustment to college while reflecting on the implications of healthcare disparities. As part of the course, students will travel to rural and urban areas, to learn more about the link between the social determinants of health and health disparities. These field trips will allow students to see first-hand differences in access to healthcare, differences in grocery stores, access to public transportation and other factors associated with the social determinants of health. Understanding the underlying factors to health disparities will be beneficial to those considering careers in social behavior sciences,

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medicine, public health and other health related fields. Students who take this course must be available to attend two off campus Friday field trips.

CRN: 63988 HC 115-2C Honors Seminar Health Prof, Room TBD

HC 116-2D

The New Deal in the South

Tuesday/Thursday 12:30 – 1:45 pm

Beth Hunter, Instructor, Department of History, College of Arts and Sciences

Between World Wars I and II, America experienced a historic period of economic depression and social change. During Franklin D. Roosevelt's administration, the government began a series of experiments meant to uplift the American situation. This undergraduate seminar will provide an overview of the policies and programs of Roosevelt's New Deal with a concentration in the South. We will explore economic, political, sociological, and environmental aspects of the region as they pertain to the time period. To obtain a multifaceted understanding, students will research primary sources and other materials (selected readings, films, interviews, music, art, and visits to museums). Students will write and present their research findings as to whether these programs were of benefit nationally and regionally, and in what ways. Particular emphasis will be placed on the lasting legacies of the New Deal.

CRN: 61448 HC 116-2D HonSem:New Deal in the South, HHB 524

HC 116-2G

United States foreign policy in the Post-Cold War Era

Tuesday/Thursday 5:00 – 6:15 pm

Dr. Adrian Rickert, Instructor, Department of Political Science, College of Arts and Sciences

Scholars have debated the role of the United States in the post-Cold War era, being the only superpower in the world. What threats do we face, and from whom? Are we exercising our power wisely, or are we squandering precious resources in regime change wars such as Iraq, Afghanistan, and elsewhere, as some scholars have argued? Are we making mistakes made by other great powers that have led to decline, or is such talk alarmist and unhelpful? These are some of the issues of focus, along with topics such as NATO expansion and its consequences, the sustainability of U.S. deficits and debt, and the impact of increasing domestic political and cultural polarization in shaping U.S. foreign policy and impacting its role in the world. Students will examine these issues by reading important scholarly literature on the topic, along with contemporary developments to determine answers to these important questions.

CRN: 63989 HC 116-2G HonSem:USFrngPol Post Cold War, HHB 524

HC 117-2G

Strange Brains: How Myths and Legends Shaped the History of Neuroscience

Tuesday/Thursday 5:00 – 6:15 pm

Dr. Robin Lester, Professor, Neurobiology, School of Medicine

While stone age doctors may have drilled holes in the skulls of patients to release them from the convulsions of demonic possession, trepanation is still used today to quickly reduce intracranial pressure from hemorrhage. Even so, the Egyptians largely ignored the brain in favor of the heart; and while certain Greek philosophers and physicians associated the brain with sensation, mental and emotional function, others still endorsed the cardiocentric perspective! Over the next millennia or two,

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neuroanatomists took apart the brain, publishing their beautiful illustrations of the nervous system. But, how did it all work together to produce human behavior? Did animal spirits or pneumatic fluids course through the body, or did mechanical mechanisms push and pull to create sensory-motor reflexes? And where did the mind and soul reside? Meanwhile physicists were literally shocking nerves, and physiologists were recording electrical signals. Refinements in staining techniques allowed the anatomists to recognize individual neurons and glia, and the pharmacologists discovered neurotransmitters that jumped across synapses. In parallel, the clinical fields of neurology and psychiatry emerged based on the deficits resulting from selective brain damage; and parts of the brain (and their connections) then acquired specific functions. In the last few decades, it has become possible to look within the head and observe how activity travels from region to region as emotions, sensations, and cognitive processes take shape.

CRN: 62151 HC 117-2G HonSem: *Strange Brains* HHB 549

[HC 117-VT](#)

Talking Immunology: Say What?!

Monday/Wednesday 12:20 – 1:35 pm

Dr. Heather Bruns, Associate Professor and Dr. Lou Justement, Professor, *Department of Microbiology, School of Medicine*

The two primary goals of this course are to enhance understanding of the immune system and promote the development of effective communication skills. In this course, students will explore the immune system as friend and foe and its roles in health and disease through the eyes of Matt Richtel, author of *An Elegant Defense*. "The immune system is our body's essential defense network, a guardian vigilantly fighting illness, healing wounds, maintaining order and balance, and keeping us alive." Through activities that parallel the reading of this engaging nonfiction book, students will learn concepts in information literacy such as where to find scientific literature and information, how to determine appropriate sources, perform effective literature searches, and extract relevant information. Students will also engage in activities that emphasize the importance of being able to communicate complex ideas to a broad audience and allow them to develop best practices in effective science communication to the public.

CRN: 63000 HC 117-VT HonSem: *Immunology*, HHB 549

[HC 118-1D](#)

Film and the World

Monday/Wednesday/Friday 11:15 am – 12:05 pm

Dr. Daniel Siegel, Associate Professor, *Department of English, College of Arts and Sciences*

From the earliest movies, filmmakers have balanced two competing impulses: the impulse to show the world as it is, and the impulse to imagine the world as it might be. "Realist" films hold a mirror up to the lives that we know, reflecting them back to us in ways that can cheer or unsettle us. Other films show us worlds we have never seen, worlds born of our fears and desires. This class will look at movies from both traditions. The movies we study will be diverse, some old and some new, drawn from many genres and world cinemas. You are encouraged to take the course even if you've never studied film before! Outside of class, students will view films and write about them. In class, we'll examine scenes together, sometimes shot by shot. We'll discuss, debate, analyze, and enjoy the many ways in which movies engage with, or reinvent, the world.

CRN: 62939 HC 118-1D HonSem: *Film and the World*, HHB 549

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[HC 118-1F](#)

Not Black and White: How Race is Made in America (Service-Learning)

Monday/Wednesday/Friday 1:25 – 2:15 pm

Dr. Nichole Lariscy, Associate Professor, Department of English, College of Arts and Sciences

Race is not natural; it is man-made. In this course we'll study how America made her own racial ideologies. We'll study the history of racial laws, ideologies, biology, and social constructs in America. We will first focus on the making of American Whiteness, because this particular racial construction is often normalized in conversations on race, while other races in America then become compared to created notions of white "normality." The discussion will be an effort to de-normalize whiteness. Then, we'll move on to see how definitions of multiple races from law, culture, and history in America have created uniquely American ideas and practices around race. Finally, we'll look at the consequences of these constructions by engaging in interviews and storytelling with local Birmingham service-learning community partners. This course is a MWF service-learning class in which students will be required to serve 15 hours with the partners of their choice. The course will also feature a hybrid Friday in which we hold class online on Fridays.

CRN: 63996 HC 118-1F HonSem: Not Black&White/SL, HHB 524

[HC 118-2A](#)

Ethical Conflicts in Health Care

Tuesday/Thursday 8:00 – 9:15 am

Dr. Mariko Nakano, Assistant Professor, Department of Medical Education, School of Medicine

This course will be a student-led, discussion-based course that takes an interdisciplinary approach to an analysis of central moral dilemmas in health care research, policy and practice. Topics will include: ethical dilemmas in parental choice, death with dignity, clinical research ethics, biomedical research on nonhuman animals, moral status of human embryos, transplant ethics, triage ethics during a pandemic, and more. Students will (1) discuss those contemporary issues in healthcare research and practice with sufficient knowledge of their historical, scientific, and regulatory background, (2) understand the basic tenets of traditional ethical theories and apply their understanding to constructively critique real life healthcare conflicts, (3) consider how to strike a balance between public ethical debates and personal beliefs, and (4) articulate their criteria of permissible and impermissible practice in health care, so that they can critically examine existing policies and regulations while being based on evidence and solid ethical reasoning.

CRN: 58397 HC 118-2A HSem: Ethical Conflicts Hlthcre, HHB 524

[HC 118-2CA](#)

Classical Music in Popular Culture

Tuesday/Thursday 11:00 am – 12:15 pm

Julianne Steele, Instructor, Department of Music, College of Arts and Sciences

This course will explore the role of music in popular cultures around the world and throughout history. With an emphasis on western classical music, an overview of music fundamentals will lay the groundwork for the course (no prior musical knowledge required!). We will then delve into how the presence of music in social experiences serves to build and define communities. Some of the social experiences that will be examined include wartime, religion, celebrations/ceremonies, sporting events, movies, and video games. Through engaging discussion, reading, listening, and concert attendance we will discover how music unites us.

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CRN: 64055 HC 118-2CA HnSm:ClassicalMusicPopCulture, HHB 524

[HC 118-2EA](#)

21st Century Classical Music in America

Tuesday/Thursday 2:00 – 3:15 pm

Dr. Laura Usiskin, Instructor, Department of Music, College of Arts and Sciences

While some people think of classical music as archaic, the contemporary classical music scene is vibrant, with living composers from an array of ethnicities, backgrounds, and walks of life writing in a panoply of musical styles. This course will explore current classical music trends and notable compositions in the United States, such as opera performed on a rooftop and minimalism in movie soundtracks. It will also analyze the current use of pre-existing classical pieces in modern-day society. Classes and assignments will be listening-based and will include live performances in class as well as opportunities to attend concerts in the Birmingham area. By the end of the course, students will hear the world around them with fresh, more informed ears.

CRN: 64056 HC 118-2E HnSm:21stCentClassicalMusic, HHB 524

[HC 118-2F](#)

Film Fest 101: Independent Film and Spreading Knowledge

Tuesday/Thursday 3:30 – 4:45 pm

Gareth Jones, MFA, Assistant Director, Service Learning and Undergraduate Research

Film as an art form and as a means of challenging the status quo continues to be one of the most effective mediums of spreading knowledge and ideas. Through this seminar, students will create a film festival. The process will begin by watching films, conducting research, and strengthening critical thinking through guided writing and discussion. Students will gain hands-on experience by designing, programming, and implementing a film festival for both the campus community and the Birmingham community at large.

CRN: 60851 HC 118-2F HnSem: FilmFest 101, UH 3010

[HC 118-2FA](#)

America's Religious Diversity

Tuesday/Thursday 3:30 – 4:45 pm

Reverend Bill Blackerby, Episcopal Priest, Adjunct Instructor

This seminar explores the United States' rich religious diversity. While a majority of Americans who are religious identify as Christian, millions in the U.S. identify with other faith traditions. Birmingham is a good place to encounter this array of religious expression. Not only can one find a wide variety of Christian churches representing numerous denominational and non-denominational affiliations, one can also find religious centers for Jews, Messianic Jews, Muslims, Hindus, Buddhists, Baha'is, and Sikhs within the metropolitan area. This seminar will take advantage this local array of religious expression to learn about many of the faith traditions found in the United States.

CRN: 64057 HC 118-2FA HnSm:America'sReligiousDiversi, HHB 549

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HC 119-2B

Taste and See: The Spirituality of Food

Tuesday/Thursday 9:30 – 10:45 am

Dr. Gisela Kreglinger Smith, *Theologian, Author and Speaker*

This honors course explores food from a spiritual and philosophical perspective. As humans we have to eat and what we eat and how we eat reveals much about what we believe the meaning and movement of life to be. We are in a serious food and agricultural crises that has severe effects on the social fabric of our societies and on human health in general. This course explores the fundamental value of food, agriculture and our social, economic and spiritual engagement with those areas of human life. We will also explore how we can overcome late modern fragmentation as it relates to food and how we can move towards a more integrated, reconnected and holistic vision of human life. We will connect with the food community in Birmingham and visit initiatives that seek a more sustainable engagement with food and agriculture.

This course will be highly interdisciplinary in nature, crossing traditional disciplinary boundaries and will invite students to draw on a wide range of traditions and experiences to understand our relationship with food and agriculture. Readings, group discussions, field work, journal keeping, eating together and a final essay are some of the many facets of this course. Taste and see how food can and should be redeemed. <https://www.youtube.com/watch?v=8CepAiwqS3I&feature=youtu.be>

CRN: 64058, HC 119-2B HonSem: Spirituality of Food, HHB 549

HC 119-2C

Ethical Issues in Women's Health

Tuesday/Thursday 11:00 am – 12:15 pm

Dr. Lynn Nichols, *Associate Professor, School of Nursing*

How do healthcare professionals advise their patients regarding difficult ethical situations? What information is considered while these ethical situations are considered by the healthcare team? What rights to patients have and how do healthcare professionals respect these important rights? These questions will be explored in this course, while ethical issues in women's health are explored. This course will focus on ethical issues related to women's health, including, but not limited to: family planning, prenatal testing, surrogate motherhood, sexually transmitted diseases, right to genetic information, fetal viability issues, human trafficking, postpartum depression, domestic violence/abuse, rape/trauma, vaccinations, opioid epidemic, and pertinent political/legal issues. The course will feature discussion of ethical issues in the writing of Florence Nightingale, a pioneer nurse visionary from the 1860s, and students will visit the Reynolds-Finley Historic Library on campus to interact with the original letters of Florence Nightingale and other historical medical instruments that are related to the course. Guest speakers who are experts in women's health will host informative discussion forums during several class sessions. Additionally, students will have the opportunity to earn a Stop the Bleed course certificate. The format of the course will be an engaging seminar and discussion of the issues, with active learning strategies to help the student to gain an understanding of the complexity of ethical issues present in women's health.

CRN: 58398 HC 119-2C HonSmnr- Women's Healthcare, Nursing Building 280

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HC 120-VT

Safety and Sustainability-The Eco-Soap Making Project

Tuesday 2:30 – 4:30 pm

Dr. Rani Jacob, Assistant Director of Research Health & Safety, Department of Environmental Health & Safety

Judith McBride, Director of Laboratory Health and Safety, Department of Environmental Health & Safety

The soap-making project using recycled materials would use a hands-on approach to teach safety and sustainability. The project will use the concept of upcycling to transform waste materials and by-products into useful biodegradable commodities. It is very important to teach students to consider the concept of safety and sustainability while designing their science projects. This soapmaking project is intended to address all three components of sustainability (environmental, economic and social) while emphasizing safety. Every year UAB spends thousands of dollars to dispose of unused lab chemicals. This project will illustrate a way to repurpose some of the chemicals collected from the UAB chemical disposal facility. The students will collect waste cooking oil and mix it with repurposed chemicals from the waste facility to make biodegradable handmade soap via saponification process. After the completion of the saponification, the hot soap is then transferred into molds of different shapes and left to dry. The mold can be made from inexpensive recycled materials like milk carton, Pringles container, yogurt containers etc. Students can also design and print different shapes of molds using the 3-D printing technology at Makers Space. The soap will then be distributed to charitable organizations or shelters. The soap-making project will be carried out inside a chemical fume hood at the training laboratory of the Department of Environmental Health and Safety under the supervision of safety professionals. Students will conduct a risk assessment for each step and develop safety plans before engaging in the activities. They will be learning about and applying different exposure control strategies used in research laboratories. Each of these activities is a team effort to emphasize the concept of working as a team. Working effectively in a team and learning to rely on team members is essential for creating a culture of safety in the laboratories, and ultimately in the workplaces when students enter the workforce.

CRN: 62973 HC 120-VT HonSem:Eco-Soap Making Project, Environmental Health & Safety (933 19th St. S) Room B1