

FYE 100 Course Description:

Each section of Lenoir-Rhyne's First-Year Experience (FYE) course is grounded in six shared core themes that support student acclimation and long-term success, regardless of the section topic or instructor. From mastering study strategies and time management to discovering meaningful purpose and participating in collaborative projects tied to real-world challenges, these pillars create a consistent foundation that empowers new students to become confident, engaged members of the LR community.

Course Themes:

1. **Academic Excellence:** Academic topics provide Lenoir Rhyne students with the skills and resources to successfully complete any of their academic courses regardless of discipline. Together these provide the foundations of being a college student.
2. **Professional Development:** Professional development teaches students how to conduct themselves across campus and in life and educates them about all the resources on hand to help them succeed
3. **Community Engagement:** Finding a community away from home is vital to student success as it ensures healthy well-being. Community building helps students not only find avenues to get connected to the Lenoir Rhyne and the local community but also provides exercises designed to help them better understand themselves, their peers, and their goals.
4. **Global Citizenship:** Introduce students to the SDGs and encourage them to apply sustainable solutions to real-world problems.
5. **Problem-Based Learning:** Develop critical thinking, collaboration, and problem-solving skills through hands-on projects.
6. **Vocation and Purpose:** Vocation and Purpose supports students and the greater LR community in creating lives of meaning and purpose. FYE helps students identify their talents, gifts, and passions so that they can use them to make the world a better place

Section Titles and Descriptions:

- **Root Bear or Die**

Hyper-successful people embrace uncertainty and the unknown beyond any horizon through a mindset of confidence, determination, and imagination. FYE 100 – Root, Bear or Die is designed to bring a depth of knowledge and understanding to the hallmark principles of hyper-successful people then teach the learner how to adopt and adapt these features to themselves. This course will challenge the learner's perceptions of

themselves to visualize the potential they have within, create strategies to maximize potential through both qualitative and quantitative risk management, asset management, and principles in applied psychology.

- **RIBN**

In this section of FYE, this course is designed to help students explore all that higher education has to offer, discover your own strengths, learn to be a good thinker, and develop the understanding and motivation you needed be a successful college student. Topics include making the transition to college, and developing academic and life skills. The goal of this course is to help you create greater success in college and in life. We will examine theories and practices associated with success to answer the question “What makes one successful?”, and in turn, apply these principals to create greater academic, professional, and personal success. The most important part of this course, however, is the opportunity we will have when it comes to learning about ourselves—learning who we are as college students and human beings, and learning what it takes for us to keep ourselves balanced and on track for success.

- **Exploring LR and the World of Medicine**

Beginning college with aspirations of entering a healthcare profession can be both exciting and overwhelming—but success is achievable with dedication and support. This First-Year Experience (FYE) semester-long course is designed to help students navigate the early stages of their academic journey by introducing them to college-level learning while exploring diverse pathways in medicine and healthcare. Students will reflect on their own strengths and goals, learn how to effectively use university resources, and engage with the Lenoir-Rhyne community to build a foundation for personal and professional success. Through research, critical thinking, experiential learning, and career exploration, students will examine global health challenges, ethical dilemmas, and the roles of healthcare professionals—all while discovering their own purpose and potential in a supportive, community-oriented environment.

- **Individuals in Community: Ancient and Modern Strategies for Success (Honors)**

As an FYE course for students entering the Fritz Honors College at LR, this FYE section will vigorously support students’ pursuit of the course's essential goals and outcomes—think: how to succeed in college and life—and help students develop and practice some of the knowledge, skills, and values pursued in the Fritz Honors College. Through thoughtful reading and energetic discussions of the United Nations' 17 Sustainable Development Goals, exercises from Sharon Ferrett’s Peak Performance, and fascinating selections from Homer’s Iliad (late 8th to early 7th century BCE), we will explore our roles in the world, and learn how understanding communities, and our place within them, can help us thrive.

- **Play to Thrive: Level Up Your College Experience**

This dynamic First-Year Experience course equips students with essential skills for success in college and beyond, including study strategies, time management, teamwork, and problem-solving. Through interactive learning and group-based gameplay of the board game Pandemic, students will develop collaborative problem-solving and critical thinking skills in a hands-on environment. The course also explores the UN's 17 Sustainable Development Goals, fostering global awareness and civic responsibility. Guided by seven core themes—Academic Excellence, Professional Development, Global Citizenship, Community Engagement, Problem-Based Learning, Vocation, and Purpose—students will complete a culminating group project that applies their learning to real-world challenges.

- **The Health Detective: Decoding Wellness Information**

This course is designed to provide first-year college students with the essential skills and knowledge necessary for academic, professional, and social success. With an integrated approach, The Health Detective will provide a framework for success as each week's class topic is explored. Students will learn about various aspects of health literacy, including knowledge, skills, and the ability to navigate and make informed decisions regarding health and wellness while at LR and beyond.

- **Mindfulness**

Mindfulness is a practice of learning to pay attention, with compassion and insight, to whatever is happening. As a college student at Lenoir-Rhyne, a lot will be happening. This intentional practice can be a resource to help you adjust, navigate challenges, and gain insight into where you are and what value it can hold for you. It only requires the willingness to try.

- **Belonging and Community**

This course will provide you with the opportunity to reflect on your own human need for belonging and community, especially as it relates to your current life goals and sense of purpose. You will also consider how your own vocational values connect with the needs of the university, local, and global communities in which you live. Questions we'll consider together include, among others: How do your personal values shape the kind of community you seek? What does "home" mean to you? What makes a community "inclusive"? What responsibilities do we have to others in our communities? What are some strategies for building meaningful relationships during your first year as a college student?

- **Proud to Be First-Generation**

We all come to college with strengths and weaknesses. A first-generation college student is defined at LR as a student whose parents/guardians/caretakers did not complete a 4-year degree. First-generation students are uniquely positioned to allow for

a tremendous amount of success. On the other hand, this unique positioning also poses some particular challenges. In order to empower students to maximize their potential as a whole person, we continue to seek ways to help individuals develop their unique strengths. The goal is to help first-generation students be as prepared as possible to take on their college careers as we focus on the five FYE Course themes: Academic Excellence, Professional Development, Community Engagement, Global Citizenship, and Problem-Based Learning as they uniquely pertain to them as first-gen students.

- **Exploring Race and Gender**

This FYE course will explore the social relationship between gender, race, and texts. Students will discover the social import of texts by means of select readings, videos, guest speakers and experiential learning. The approach to these issues will be practical and theoretical. Three credit hours with no prerequisites.

- **Leadership through Athletic Experiences**

The course theme for this FYE section, Leadership Through Athletic Experience, is designed to empower student leaders to critically reflect on the athletic experience as a foundation for leadership development across various areas of self. Recognizing the multifaceted and dynamic nature of leadership, this course will explore how to leverage athletic and leadership experiences to excel academically, foster professional growth, engage with community, promote a global citizenship mindset, and approach real-world challenges through problem-based learning.

- **Explorations in Magic and Science**

How does a termite find its way back to its colony hundreds of feet away, how can a magician walk on water, and what is the underlying theme? Science and magic lead us to ask questions and search for answers. College takes us on a quest to ask questions and search for the answers as well. Students will develop critical thinking skills by using the Scientific Method as well as investigating magic tricks and illusions. This course will also explore acculturation topics and help prepare students for college life at Lenoir-Rhyne. Let's pull some rabbits out of the hat!

- **Building Community through Gardening (Honors)**

This course will support the mission of the Fritz Honors College at Lenoir-Rhyne by enhancing Critical Thinking, preparing students to succeed in college and beyond and building a sense of community and belonging through gardening. Students will investigate plant growth, agricultural applications, and human nutrition. This course will also explore topics of acculturation and college life at Lenoir-Rhyne. Let's grow our minds and some vegetables!

- **Scientific Observation of Beauty**

Beauty is in the eye of the beholder and when the beholder is a scientist with instrumentation, the number of “Oh Wow!” moments increase exponentially. From atomic microscopes to broad spectrum telescopes, every level of organization in the universe is being viewed. The beauty that has been and is being found is beyond human expectation. This course will delve into the beauty of nature and the tools and techniques that are being used by scientists to observe it. All the sciences will be included: biology, chemistry, physics, geology, astronomy, mathematics. There is beauty all around us in literature, art, architecture, music, theater, dance, athletics etc. The student will be allowed to choose a form of beauty and study it from a scientific point of view. The instructor’s choice will be the beauty in the Bible and use scripture to demonstrate that beauty.

- **History of US Celebrity (Transfer)**

This course is your guide to college success at Lenoir-Rhyne, using the fascinating lens of U.S. celebrity culture to help you thrive academically, socially, and personally. Each week we’ll explore the life of a different American celebrity—from Pocahontas to Franklin Roosevelt—and connect their journeys to essential college success skills like time management, community building, resilience, and critical thinking. You’ll also tackle real-world challenges by working on a semester-long project tied to the United Nations Sustainable Development Goals (SDGs), developing both your problem-solving skills and your sense of global citizenship.

Whether it’s through hands-on activities, weekly reflections, or engaging group projects, you’ll gain practical tools to navigate college life and discover how your talents, values, and purpose can make a difference—on campus and beyond.

- **Wild About Animals (Honors)**

“Wild About Animals” within Lenoir-Rhyne University’s first-year experience curriculum will explore the biodiversity of the Animal Kingdom. The first-year experience courses are designed to provide students with the tools for academic and personal success in college. This course is specifically designed to support students entering the Fritz Honor College by practicing the skills and values emphasized by the college mission. In addition to core class topics, this course will explore different animals around the world, from the deepest oceans to the deserts, focusing on the value of biodiversity and conservation. Note that FYE 100.12 is a section for students accepted to the Fritz Honors College.

- **Ways of Being in the World: An Introduction to Indigenous Philosophies of Turtle Island (Honors)**

The section will provide a framework for thinking philosophically about indigeneity. There is a big difference between Western thought and Indigenous thought concerning such seemingly simple things like time, goals, or note-taking. All that this course can do is to show how many of us have been educated is not the only way or even the best way

to learn, think, and know things. Perhaps the biggest difference is that Indigenous Philosophies do not necessarily require books at all, but rather hands-on experience in the world. While we will use a book for this class, we will discuss themes like oral traditions vs. written traditions, how turtle island came to be, and ethics from multiple Indigenous perspectives. In this holistic approach, "Ways of Being in the World" emerges not just as a thematic exploration but as a blueprint for students to navigate the complexities of university life, fostering a sense of belonging, purpose, and empowerment.