

SEEDS GENERAL EDUCATION (SEED)

SEED 102 SEEDS Special Topics: Effective Writing II (3 credits)

Prerequisite(s): Any Effective Writing I course. This SEEDS course explores important topics and questions within the Effective Writing II student learning outcome. May be repeated for a maximum of 12 credits.

SEED 103 SEEDS Special Topics: Quantitative Reasoning (3 credits)

This SEEDS course explores important topics and themes within the Quantitative Reasoning student learning outcome. May be repeated for a maximum of 12 credits.

SEED 104 SEEDS Special Topics: Political and Civic Life (3 credits)

This SEEDS course explores important topics and themes within the Political and Civic Life student learning outcome. May be repeated for a maximum of 12 credits.

SEED 105 SEEDS Special Topics: Interactive Communication (3 credits)

This SEEDS course explores important topics and themes within the Interactive Communication student learning outcome. May be repeated for a maximum of 12 credits.

SEED 108 SEEDS Special Topics: World Language and Intercultural Competency (3 credits)

This SEEDS course explores important topics and questions within the World Language and Intercultural Competency student learning outcome. May be repeated for a maximum of 12 credits.

SEED 109 SEEDS Special Topics: Analyzing Cultures and Societies (3 credits)

This SEEDS course explores important topics and themes within the Analyzing Cultures and Societies student learning outcome. May be repeated for a maximum of 12 credits.

SEED 110 SEEDS Special Topics: Creative Expression (3 credits)

This SEEDS course explores important topics and questions within the Creative Expression student learning outcome. May be repeated for a maximum of 12 credits.

SEED 111 SEEDS Special Topics: Ethical Inquiry (3 credits)

This SEEDS course explores important topics and questions within the Ethical Inquiry student learning outcome. May be repeated for a maximum of 12 credits.

SEED 112 SEEDS Special Topics: Literary and Artistic Analysis (3 credits)

This SEEDS course explores important topics and themes within the Literary and Artistic Analysis student learning outcome. May be repeated for a maximum of 12 credits.

SEED 113 SEEDS Special Topics: Scientific Reasoning (3 credits)

This SEEDS course explores important topics and themes within the Scientific Reasoning student learning outcome. May be repeated for a maximum of 12 credits.

SEED 114 SEEDS Special Topics: Historical Thinking (3 credits)

This SEEDS course explores important topics and questions within the Historical Thinking student learning outcome. May be repeated for a maximum of 12 credits.

SEED 115 Foundations of Human Flourishing (3 credits)

Foundations of Human Flourishing examines how individuals develop the cognitive, emotional, and relational capacities that support meaningful, purposeful, and resilient lives. Drawing on psychology, contemplative neuroscience, and affective and relational wellbeing, the course understands flourishing as a set of learnable and enduring human capacities that are both personal and collective. Because individual well-being is inseparable from community well-being, students explore how flourishing involves responsibility to others and the broader social world. Aligned with the SEEDS curriculum, the course advances Self-Care, Self-Discovery, and Political and Civic Life through practices that strengthen awareness, emotional balance, resilience, ethical discernment, civic engagement, and empathy. Satisfies SEEDS Political and Civic Life student learning outcome in alignment with Self-Discovery and Self-Care value.