| A. | **Italian Americans and the Media**  
Seminar Leader: Thomas Benedetti, PhD, Associate Professor, Modern Languages |
|---|---|
This course has a dual component: to introduce students to the Widener experience by examining the principle components that mark the transition from high school to university, and to introduce students to the cultural experiences of Italians and Italian-Americans. We will analyze the stereotypes and biases—both positive and negative—that the media, has created in depicting Italians and Italian-Americans (the Hollywood Italians), both in the US and abroad. |

| A1. | **Image of Nursing**  
Seminar Leader: Normajean Colby – PhD, RN, CNE, CPN, Lecturer, Nursing  
(For nursing students accepted into NET Program) |
|---|---|
The purpose of this course is two-fold. The course will introduce students to the Widener experience, as well as some of the important skills needed to be a successful college student, and a successful nursing student in particular. This course will explore several important aspects of nursing school success. Students will be exposed to specific content relevant to the field of nursing. The image of nursing will be discussed as it is portrayed in the media. Students will explore strategies for enhancing and promoting a positive image within the profession and to the public. Teaching methods will include group discussion, interactive activities, and an exploration of both positive and negative portrayals of the image of nursing through various media outlets. |

| B. | **Diversity: New People, New Ideas**  
Seminar Leader: Stephanie Schechner Ph.D., Assistant Dean of the College of Arts & Sciences |
|---|---|
One of the most exciting aspects of college life is meeting new people and encountering new ideas. Even though the exposure to new perspectives is part of being a university student, it may not always be easy. This seminar will help students develop the skills and dispositions necessary to interact with a wide range of people who have diverse points of view. We will examine perspectives on issues related to race, class, worldview, ethnicity, gender, sexuality, disabilities, and age among others. |

| B1. | **Taking a Stand, Making a Difference: Advocacy in Nursing**  
Seminar Leader: Brenda Kucirka – RN, PMHCNS-BC, CNE, Lecturer, Nursing  
(Enrollment is limited to NET Commuter Students)  
(This seminar has a service-learning component) |
|---|---|
The purpose of this course is two-fold. The course will introduce students to the Widener experience, as well as some of the important skills needed to be a successful college student. This course will also explore the role of advocacy in nursing and nurse as change agent. Students will work on interpersonal communication skills using communication as a means of advocating for self and others. We will take an in-depth look at the needs of disenfranchised and vulnerable populations and the impact of health care disparities. Teaching methods will include service learning, written assignments, student presentations, group discussion and interactive in-class and on-line activities. |

| C. | **Social and Emotional Skills for Success in College and Life**  
Seminar Leader: Geraldine Bloemker, PsyD, Associate Provost for Undergraduate Academic Affairs  
Seminar Leader: Amy J. Yarlett, M.S., Director of Exploratory Studies |
|---|---|
This course has the same content as FRS 101-P. |
As you transition from high school to college, you are moving from being a big fish in a little pond to a little fish in a big lake. What competencies are associated with inter-and intrapersonal success in life? How do you successfully navigate and negotiate the larger world of Widener’s campus and beyond? The purpose of this seminar is to acquaint you with the social and emotional skills associated with emotional intelligence, as well as to discuss opportunities for direct application of these skills to your personal and academic life at Widener. |
<table>
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<tr>
<th>C1. Building on Your Strengths</th>
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<tbody>
<tr>
<td>Seminar Leader: Deborah Garrison, PhD, Dean of Nursing School</td>
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<td>(Enrollment is limited to Nursing students)</td>
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This section of Nursing Freshman Seminar will help you recognize and enhance your personal strengths and their contribution to accomplishment of goals and success in your professional and personal life. You will also focus on recognizing the strengths of others, and using this knowledge to facilitate team building and collaboration in the freshman year and beyond. You will learn from each other, guest speakers, and selected readings.

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<th>D. Computers in Your Future</th>
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<tr>
<td>Seminar Leader: Suk-Chung Yoon, PhD, Professor, Computer Science</td>
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Since elementary school, people have asked you what you wanted to be when you grew up. You may still not be certain of the answer to that question. No matter what you do, computers will be a part of your working experience. Computers appear everywhere in today’s offices and schools. Increasingly, computers are in everyone's future, including yours. This seminar will show you how computers are used in a variety of areas, including business, industry, education, science, medicine, law, etc., with real-world examples.

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<th>D1. Sharing in Nursing</th>
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<tr>
<td>Seminar Leader: Pamela Williams, PhD, RNC, Lecturer, Nursing</td>
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The purpose of this course is two-fold. The course will introduce students to the Widener experience, as well as some of the important skills needed to be a successful college student, and a successful nursing student in particular. This course will explore several important aspects of nursing school success. Students will be exposed to specific content relevant to the field of nursing. The sharing of information, knowledge, and issues in nursing will be discussed as it is revealed in nursing publications. Students will explore the ways nurses communicate to each other and the public. Teaching methods will include group discussion, interactive activities, and an exploration of nursing through publications.

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<tr>
<th>E. Social and Emotional Skills for Success in College and Life</th>
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<tr>
<td>Seminar Leader: Timothy J. Cairy, M.Ed, M.PA, Director of Student Success and Retention</td>
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<tr>
<td>Seminar Leader: Jennifer Cullen, LSW, Instructor, Assistant Director of Student Success and Retention</td>
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<tr>
<td>(Enrollment is limited to Project Prepare students)</td>
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As you transition from high school to college, you are moving from being a big fish in a little pond to a little fish in a big lake. What competencies are associated with inter-and intrapersonal success in life? How do you successfully navigate and negotiate the larger world of Widener’s campus and beyond? The purpose of this seminar is to acquaint you with the social and emotional skills associated with emotional intelligence, as well as to discuss opportunities for direct application of these skills to your personal and academic life at Widener.

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<th>F. Biotechnology: Friend or Foe?</th>
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<tr>
<td>Seminar Leader: Itzick Vatnick, PhD, Professor, Biology and Biochemistry</td>
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This course will examine topics in biotechnology such as cloning, genetically modified foods, DNA fingerprinting, and others. We will also examine the societal and moral issues that arise from the use of these biotechnologies and explore their tremendous potential and possible pitfalls. Empowered with this knowledge students learn how to make fact-based, educated decisions on these issues.
Through the Eyes of a Patient
Seminar Leader: Rose Schwartz, PhD, RN, Assistant Professor, Nursing
Seminar Leader: Mary Francis, MSN, RN, NP-BC
(For nursing students accepted into NET Program)

The purpose of this course is two-fold. The course will introduce students to the Widener experience, as well as some of the important skills needed to be a successful college student. This course will also explore several important aspects of nursing. Illness impacts persons at a variety of levels. Facing an illness may affect the patient, their spouse or significant other, family members and friends, often leave them feeling frustrated, isolated, and alone. Maneuvering through the health care system, making informed decisions on treatment options, and dealing with access to care can often be an overwhelming experience. Chronicity is another problem that can rob individuals of things that give them pleasure in life. This course will look at some of the issues facing patients, families, and the nurses who care for them. Strategies addressing self-care issues of the nurse will be included in this seminar. Teaching methods will include group discussion and interactive activities.

Financial Literacy: The Basics of Money Management and Personal Finance for Today’s College Student
Seminar Leader: Joseph M. Hargadon, PhD, Professor, Accounting

Do you like to spend money? Do you have a credit card or do you use your parent’s credit card? Do you understand how finance charges are calculated? Are you borrowing money to pay for your college education? Do you have a part-time job and pay taxes? Do you find yourself frequently short of cash? What is the difference between saving and investing? These are just a sample of some of the questions to be explored in this seminar. The answers to these and other related questions involving personal finance have many implications for college students and their families. In this seminar, students will prepare their own personal cash budgets, learn the basics of federal income tax preparation, analyze the cost associated with using credit cards, understand the time value of money, and examine the fundamentals of good cash management and financial planning. An interactive learning approach using games and guest speakers is employed.

Nurses’ Stories
Seminar Leader: Patricia Becker, MSN, RN, Visiting Professor, Nursing
(Enrollment is limited to Nursing students)

The purpose of this course is two-fold. The course will introduce students to the Widener experience, as well as some of the important skills needed to be a successful college student. This course will explore several important aspects of nursing school success. Students will explore the values, ethics, challenges and rewards of the nursing profession through reading and listening to nurses’ own accounts of their experiences as nurses. Students will reflect on the experiences of nurses in various roles and patient situations and begin to incorporate what is important to their nursing practice. Teaching methods will include group discussion and interactive activities.

Widener University and Civic Engagement: Making a Difference in our Community
Seminar Leader: Bruce Grant, PhD, Professor, Biology
(This seminar has a service-learning component.)

This course has the same content as FRS 101-V.

One of the goals of Widener University is “the preparation of students for responsible citizenship in a global society.” Toward this end, the university offers a variety of opportunities for students to cultivate their citizenship skills through volunteering and service learning courses. In this seminar, students will design and carryout a campaign to raise money for a community partner in Chester. The money raised will be used by the community partner to achieve one of its stated objectives. In the past, funds raised have been used to buy holiday gifts and bicycles for low income children in Chester, and to sponsor a field trip to Washington DC for children in the afterschool program at Chester Eastside Ministries. This class will broaden student’s understanding of citizenship and civic engagement, while also cultivating concrete organizing skills.
The purpose of this course is two-fold. The course will introduce students to the Widener experience, as well as some of the important skills needed to be a successful college student. This course will also explore the role of advocacy in nursing and nurse as change agent. Students will work on interpersonal communication skills using communication as a means of advocating for self and others. We will take an in-depth look at the needs of disenfranchised and vulnerable populations and the impact of health care disparities. Teaching methods will include service learning, written assignments, student presentations, group discussion and interactive in-class and on-line activities.

Did you ever wonder about the instruments and methods used on CSI to solve crimes? This seminar will provide you with information about forensic analysis and the role science and technology have played in this field.

This section of Freshman Seminar will introduce the student-athlete to skills that can be helpful in enhancing performance and satisfaction in several areas of life. The professor, a certified sports psychology consultant, will teach strategies to deal with performing under pressure; enhance motivation, confidence, focus and concentration; regulate emotions; engage in positive self-talk; utilize imagery; and overcome obstacles that impede success in sports, classes, and in life.

The purpose of this course is two-fold. The course will introduce students to the Widener experience, as well as some of the important skills needed to be a successful college student. This course will also explore several important aspects of nursing. Illness impacts at a variety of levels. Facing an illness may affect the patient, their spouse or significant other, family members and friends, often leave them feeling frustrated, isolated, and alone. Maneuvering through the health care system, making informed decisions on treatment options, and dealing with access to care can often be an overwhelming experience. Nurses take care of a variety of individuals who have many types of disabilities including cognitive, mobility, hearing, and vision impairment. This course will look at some of the issues facing patients, families, and the nurses who care for them. In addition, strategies addressing self-care issues of the nurse will be included in this seminar. Teaching methods will include group discussion and interactive activities.

This course is designed for any student interested in social science; particularly psychology and communication studies. In it we will explore the ways in which psychological disabilities, psychological therapies and client/therapist relationships are portrayed in film and we will critically evaluate these portrayals.
This Freshman Seminar is part of a new program (Science Initiative for the Retention of Freshmen – SIRF) designed specifically to support Science Division majors (BIO, CHEM, ENVR, CSCI, CIS) who place into Math 101 and Chem 097 for their fall freshman semester. This Freshman Seminar will be coordinated with these students’ Math 101 and Chem 097 sections to improve students’ quantitative reasoning and critical thinking skills in math and science, and help these students make the transition from high school to their majors in the Science Division. In this FRS, students will be engaged in specific supplementary and follow-up activities from their Math 101 and Chem 097 sections as well as activities common to all freshmen seminars: (1) helping students to develop basic academic skills (including oral and written communication), (2) engendering positive attitudes toward academic work, (3) helping students learn the personal planning and study skills necessary for success at Widener, and (4) familiarizing students with, and promoting effective use of, campus support services.

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This course has the same content as FRS 101-C. As you transition from high school to college, you are moving from being a big fish in a little pond to a little fish in a big lake. What competencies are associated with inter-and intrapersonal success in life? How do you successfully navigate and negotiate the larger world of Widener’s campus and beyond? The purpose of this seminar is to acquaint you with the social and emotional skills associated with emotional intelligence, as well as to discuss opportunities for direct application of these skills to your personal and academic life at Widener.

This seminar will explore the life experiences of adults with physical disabilities through readings, interviews, guest speakers, and a service learning project. Students will have the opportunity to interview people with disabilities to learn about their lives. Students will investigate the services available (on-campus and off-campus) to help people with disabilities live life to the fullest. Students must be available to spend one Saturday on a service-learning project with the residents of Inglis Gardens at Eastwick, an accessible-housing complex, or Inglis House, a nursing facility for people with physical disabilities.

This class will explore the experiences of immigrants and Native Americans living in America through short readings and film. Topics will include their experiences of discrimination—from ordinary situations most people take for granted like buying what they need in stores to more serious situations like finding employment. This class contains a service learning component tutoring non-native speakers in everyday English in conjunction with a community partner.
T. Freshman Seminar for Communication Studies Students
Seminar Leader: Amy Franzini, PhD, Associate Professor, Communication Studies
(Enrollment is limited to and required of Communication Studies students)

The function of this course is to introduce students to the essential skills required for success as a student at Widener University and as a Communication Studies major. It is also designed to introduce students to communication opportunities available on campus, in internships, graduate studies, and careers.

U. The Career Development Toolbox
Seminar Leader: Joy Dickerson, Professor, Hospitality Management
Seminar Leader: Samantha Camoni, Assistant Director of Career Services

Your career development is an ongoing, lifelong process that allows you to set goals for your own personal career path. The process can begin now, as this seminar will focus on developing the necessary tools for your personal career development. Within this journey we will explore topics including 1) personal self-awareness, 2) the business portfolio ---- resume, cover letter, professional references, 3) the professional network and professional associations, and 4) appropriate business communications. These foundational tools can then be further enhanced throughout the college experience and beyond.

V. Widener University and Civic Engagement: Making a Difference in our Community
Seminar Leader: Stuart Eimer, PhD, Associate Professor, Sociology
(This seminar has a service-learning component.)

This course has the same content as FRS 101-H.

One of the goals of Widener University is “the preparation of students for responsible citizenship in a global society.” Toward this end, the university offers a variety of opportunities for students to cultivate their citizenship skills through volunteering and service learning courses. In this seminar, students will design and carry out a campaign to raise money for a community partner in Chester. The money raised will be used by the community partner to achieve one of its stated objectives. In the past, funds raised have been used to buy holiday gifts and bicycles for low income children in Chester, and to sponsor a field trip to Washington DC for children in the after school program at Chester Eastside Ministries. This class will broaden student’s understanding of citizenship and civic engagement, while also cultivating concrete organizing skills.

W. Diversity in the Workforce: How Do I Fit In?
Seminar Leader: Jeff Lolli, Ed.D., CHE Assistant Professor, Hospitality Management

In this seminar students will be exposed to the many dimensions of diversity that they may encounter in our rapidly changing workforce. While employees must act as a team to accomplish the goals of a business, they must first begin to understand the differences of each team member. All members add value to an organization, regardless of their race, ethnicity, religion, age, gender, or sexual orientation. Students will explore the advantages and the barriers of embracing a culture of diversity. Additionally, students will participate in many class activities that center around understanding gender, sexual orientation/identity, race and ethnicity, religion, disability and age differences.

Revised 6-19-12