*The University Honors Program seeks new proposals for 2019-20*

Honors Book Labs

* Faculty propose a book on any topic to discuss with 4-5 interested honors students. The book might be a recent prizewinner or a topical bestseller, a local gem or an international classic, a work of fact or fiction, in or outside the faculty member’s area of expertise.
* Honors purchases all books for faculty and students and schedules with faculty a recurring one-hour meeting time, once a week in weeks 2-5 of each term (January, May, or September).
* Faculty lead discussions but do not evaluate any work.
* Discussions should introduce students to new ideas through cross-disciplinary conversation, encourage critical thinking, and engage students with the community, all key learning outcomes for the USU Honors Program.
* Students submit a post-lab written reflection to Honors for assessment of learning outcomes and earn one honors point for successful lab completion.

Honors Book Lab Faculty Application

*Please send the following information to honors@usu.edu by* ***October 15, 2019****.*

Name:

Department:

Preferred term: Spring (January) ☐ Summer (May) ☐ Fall (September) ☐ Any ☐

Book Title:

Description (200 words): With an audience of students in mind, please briefly describe your proposed Honors Book Lab selection. Why did you choose this book, and what do you think students will find particularly compelling about the discussion? (*NOTE: We will use these descriptions to attract students to selected Book Labs; please be aware that we need at least four interested students to run a lab*).

USU Honors P.E.

*It’s not harder or easier; it’s honors.*

**Fall**

**Honors Strength and Conditioning:** This interdisciplinary course draws on techniques and insights from yoga, gymnastics, and weightlifting to introduce students to five aspects of fitness: cardiorespiratory fitness, muscular strength and endurance, flexibility, balance, and body composition. Students will have the opportunity to chart their progress in these areas and reflect on physical and mental feedback mechanisms.

**Spring**

**Honors World Dance:** This class engages honors students in learning basic dance concepts, exploring period and social dance through time, and experiencing global and cultural traditions through the art of dance. Students will develop lifestyle habits of stretching and toning as they learn dances ranging from European ballroom to Latin social dance, from Polynesian Hula and Haka to U.S. Western line dance and musical theatre jazz, from Asian Soran Bushi and Korean pop to Middle Eastern serpentine and circle dances. Each student will also research, present, and teach the class one style of dance during the term.

**Summer**

**Honors Hiking:** Join plant science and animal experts for an educational tour of some of Cache Valley’s great hikes. On various hikes throughout the summer term, students will learn to identify wildflowers, trees, and other Utah flora, trace various animal tracks and scat, and engage in birdwatching. Bring your hiking boots and your field journal!