

# INTEGRATIONS CURRICULUM (INTG)

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## **INTG 100 Foundations (4 Credits)**

This 4-credit course will be taken in the student's first year. It is capped at 18 students. It functions as both an introduction to their general education experience at a Catholic, Benedictine college, and as a writing-intensive course. The topics of these courses are diverse and intended to be taught by faculty from across all divisions.

**Prerequisites:** None

**Equivalent courses:** HONR 110

**Attributes:** Learning Foundations (LF)

## **INTG 102 Introduction to the Benedictine Tradition (1 Credit)**

An introduction to the Benedictine history, thought, and practices at the lower-division level.

**Prerequisites:** None

## **INTG 103A Seeing Through the Benedictine Lens (1,2 Credits)**

Students will learn about the Benedictine perspective, including Benedictine values and the Rule of Saint Benedict, and how this perspective provides a way of seeing the world and a way of being in the world that is often contrary to how we typically live. Students will then practice seeing the world from a Benedictine perspective and reflect on how that may matter for their lives and for the betterment of the world.

**Prerequisites:** THEO 100 or THEO 111 or HONR 100 or INTG XXXG

## **INTG 103B Topics: Benedictine Living & Learning Community (1 Credit)**

Benedictine Living and Learning Community course will provide intellectual support for the intentional Benedictine Living Community at either CSB or SJU. Students will read and discuss The Rule of Benedict as well as other texts and videos that expound on how the Rule applies to day-to-day life in a community. Students will also periodically engage in Benedictine practices such as lectio divina and monastic prayers of the hours. The emphasis of this course is on developing habits of a Benedictine way of seeing the world and applying that perspective to the community in which they live. In order to enroll in this course, students must apply for and be accepted into the intentional Benedictine Living Community on their respective campus. Note: This class is only open to students who have been accepted into the Benedictine Living & Learning Community at either CSB or SJU.

**Prerequisites:** Students must be accepted into the intentional Benedictine Living Community at either CSB or SJU to take INTG 103B.

**Attributes:** Benedictine Raven (BN)

## **INTG 103BA Topics: Benedictine Living & Learning Community (0 Credits)**

The Benedictine Living and Learning Community course will provide intellectual support for the intentional Benedictine Living Community at either CSB or SJU. Students will read and discuss The Rule of Benedict as well as other texts and videos that expound on how the Rule applies to day-to-day life in a community. Students will also periodically engage in Benedictine practices such as lectio divina and monastic prayers of the hours. The emphasis of this course is on developing habits of a Benedictine way of seeing the world and applying that perspective to the community in which they live. In order to enroll in this course, students must apply for and be accepted into the intentional Benedictine Living Community on their respective campus. Students must be accepted into the intentional Benedictine Living Community at either CSB or SJU

**Prerequisites:** Students must be accepted into the intentional Benedictine Living Community at either CSB or SJU to take INTG 103BA.

## **INTG 105 College Success (1 Credit)**

The purpose of INTG 105 is to help new students make a successful transition to CSB/SJU. This course aims to foster a sense of belonging, promote engagement in the curricular and co-curricular life, articulate expectations of students, and help students continue to clarify their purpose, meaning, and direction. Offered for A-F grading only.

**Prerequisites:** None

**Equivalent courses:** COLG 105P

## **INTG 105S College Success for STEM (1 Credit)**

The purpose of INTG 105 is to help new students make a successful transition to CSB/SJU. This course aims to foster a sense of belonging, promote engagement in the curricular and co-curricular life, articulate expectations of students, and help students continue to clarify their purpose, meaning, and direction. Offered for A-F grading only.

**Prerequisites:** None

## **INTG 205 Transfer Seminar (2 Credits)**

This 2-credit course is specifically designed for transfer students. It functions as both an introduction to the general education experience at a Catholic, Benedictine college and meets the Information Literacy 1 and Metacognition 1 learning goals. The topics of this course are diverse and intended to be taught by faculty from a variety of programs. This course also satisfies the INTG 100 Learning Foundations, INTG 105 College Success Course, and Benedictine Raven requirements.

**Prerequisites:** None

**Attributes:** Benedictine Raven (BN), Learning Foundations (LF)

## **INTG 222 Dump the Funk: Creative Wellness (2 Credits)**

Students will engage in a diverse range of mindful activities to broaden understanding of creative self to promote wellness. Activities will include music, informal group singing, yoga, meditation, communication, movement, and writing.

**Prerequisites:** None

**Attributes:** Artistic Expression (AE), Thematic Encounter 1/2-Movement

## **INTG 278 Topics in Thematic Focus: Movement (0 Credits)**

**Prerequisites:** You must take INTG 100 or 205 prior to taking a Thematic Focus Course. You must take a Cultural and Social Difference: Identity (CI) course prior to or at the same time as Thematic Focus Courses.

## **INTG 278A Energy and the Environment (4 Credits)**

An introduction to commercial energy production and consumption. The physical laws governing energy transformations, the effects of energy consumption on a finite resource base and the impact of energy use in a closed environment will be examined. The technology and impact of major energy sources: fossil fuels, nuclear, solar, as well as energy-efficient consumption will be investigated. An opportunity for experimentation is provided. Intended for non-science majors.

**Prerequisites:** You must take INTG 100 or 205 prior to taking a Thematic Focus Course. You must take a Cultural and Social Difference: Identity (CI) course prior to or at the same time as Thematic Focus Courses.

**Corequisites:** INTG 278AL

**Equivalent courses:** PHYS 103

**Attributes:** Natural World (NW), Quantitative Reasoning (QR), Thematic Focus - Movement

## **INTG 278AL LAB (0 Credits)**

**Prerequisites:** None

**INTG 279A Think (4 Credits)**

In this course, we will engage with texts written about music that make claims about what music is, how music works, how we understand music, and what music can mean. These are texts that were presented for a general audience. We will ask critical questions about the text and look at songs and pieces of music that support and challenge the claims we find in the texts, leading to deeper questions about the texts and the music. Students will gain insights into the concerns of practicing musicians, how thoughts about music can alter how music is received and perceived, and how music can be seen as an intellectual activity as well as an aesthetic and sensual one. Students do not need previous experience with music and do not need to read music to take this course.

**Prerequisites:** You must take INTG 100 or 205 prior to taking a Thematic Focus Course. You must take a Cultural and Social Difference: Identity (CI) course prior to or at the same time as Thematic Focus Courses.

**Attributes:** Artistic Expression (AE), Thematic Focus - Truth

**INTG 300 Learning Integrations (4 Credits)**

Learning Integrations is a 4-credit course that will be taken in the student's junior or senior year and functions as both a writing-intensive course and a culminating general education experience. The topics of INTG 300 courses are diverse and taught by faculty from all academic divisions. This will be an opportunity for students to draw connections between their thematic coursework, general education courses, and co-curricular activities. Students must demonstrate reflection on their learning and how they address complex values.

**Prerequisites:** Students must complete Learning Foundations (INTG 100 or 205), Theological Explorations (TE), Cultural and Social Difference: Identity (CI) as well as their thematic coursework prior to taking INTG300. Theological Integrations (TI) and Writing (WR) can be taken prior to or at the same time as same time as INTG300.

**Restrictions:** Enrollment limited to students with the 2020-2021 Registration Cohort or 2021-2022 Registration Cohort attributes.

**Attributes:** Learning Integrations (LI)