

# INMS: INTERDISCIPLINARY MULTIDISCIPLINARY STUDIES (UNDERGRADUATE)

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## **INMS 1005 Exploring Interdisciplinary & Multidisciplinary Studies (2 Credits)**

This study is designed to introduce you to the fields of Interdisciplinary and Multidisciplinary Studies. It can be part of Educational Planning or a stand-alone course. You will learn how to frame and address complex questions that cannot be answered by any one single discipline. It can either be through a multidisciplinary approach (comparison of two or more academic disciplines' approaches), or through an interdisciplinary approach (integration of two or more academic disciplines).

**Attributes:** Liberal

## **INMS 1996 Special Topics in Interd/Multi (2-8 Credits)**

## **INMS 1997 Special Topics in INMS (2-8 Credits)**

## **INMS 1998 Individualized Studies in Interdisciplinary Multidisciplinary Studies (INMS) (1-8 Credits)**

Students have the opportunity to develop individualized studies with their mentor in Interdisciplinary Multidisciplinary Studies (INMS). Please contact your mentor/advisor for more details.

## **INMS 2010 Introduction to Mental Health (4 Credits)**

This course will provide an overview of mental health theories and concepts as well as their practical applications in improving holistic wellbeing. This course will draw from various academic disciplines in order to provide a holistic understanding of mental health. Specifically, it will draw from psychology, mental health counseling, social work, and human development by covering topics such as Mindfulness-based Cognitive Behavioral Therapy (MBCT), Acceptance and Commitment Therapy (ACT), self-compassion, self-love, locus of control, the empowerment model, and the various stages of human development. Additionally, the field of neurobiology will be incorporated into the course by examining trauma's impact on the body, mindfulness, and executive functioning. Prerequisites: none. Corequisites: none.

**Attributes:** Liberal

## **INMS 2996 Special Topics in Interd/Multi (1-8 Credits)**

## **INMS 2998 Individualized Studies in Interdisciplinary Multidisciplinary Studies (INMS) (1-8 Credits)**

Students have the opportunity to develop individualized studies with their mentor in Interdisciplinary Multidisciplinary Studies (INMS). Please contact your mentor/advisor for more details.

## **INMS 3000 Meditation and Mindfulness (4 Credits)**

The purpose of this course is to facilitate comprehensive understanding of meditation and mindfulness practices. This course will explore scientific, theoretical, and practical aspects of meditation along with some traditional meditation practices. In addition, students will examine interdisciplinary and multicultural ways of understanding the mind and human consciousness. This course also examines the history and philosophy of meditation, and the research for how and why these practices can enhance well-being, self-care skills, and genuine compassion for others. Prerequisites: none. Corequisites: none.

**Attributes:** Liberal

## **INMS 3020 International Field Study (1-4 Credits)**

International programs, with faculty from throughout the College, will occasionally organize courses that include a field study with travel to an international location. The topics of the course and countries visited will vary. All courses will last for a full term, using the online platform along with synchronous virtual meetings both before and after the trip. The field study portion lasts for 1-2 weeks, partially through the term. The purpose of these courses is to provide students important insights about international issues related to the topic being studied, as well as insight into the country(ies) and culture(s) visited. Typical field studies include presentations at major multinational organizations, site visits to relevant facilities, and the opportunity to experience culture through visits to major historic sites and museums. These experiences include scheduled day-to-day interactions with guest speakers, industry professionals, university professors, and fellow students. Prerequisites (must complete before registering): Depending upon the topic, there may be some prerequisite coursework required. Notes: Students must have a valid passport and health insurance with international coverage (short term plans are available), as well as be physically able to endure the rigors of travel. There will be travel costs in addition to tuition.

**Attributes:** Liberal

## **INMS 3035 Stories & Creative Leadership (4 Credits)**

Learn about stories and their implications for leadership in diverse fields. Case studies include business, human services, political science, nursing, cultural leaders, and community activists. This rich mix of approaches allows students to understand how 'stories' will be received in a wide range of potential leadership situations. Students will learn about story structures, and how the skillful creation and articulation of stories is a fundamental part of the leader's vocation. Students will learn to assess how leaders utilize storytelling to frame issues, and how they update personal, political, community, and corporate stories to open opportunities in the face of change. Related courses may be disciplinary rather than interdisciplinary or multidisciplinary; for example: leadership courses specific to nursing, political science, or business. This course was previously CUL-223024 Stories and Creative Leadership.

**Attributes:** Humanities Gen Ed, Liberal

## **INMS 3040 The African American Experience (4 Credits)**

Along with a survey of African American history, we will introduce a variety of examples and voices to include diverse African American experiences and perspectives. We also introduce the interdisciplinary method that is at the heart of the field. You will learn about several disciplines - history, social science, Black feminism, and cultural studies - that have contributed to Africana Studies. Working between them, you will gain a multi-faceted sense of selected topics that can point you towards an overview of African American history and culture and help shape your own additional studies. Prerequisites: Recommended: A United States history course and United States government course. This course partially meets the General Education requirement in American History for all students, but fully meets the General Education requirement in American History for students scoring 85 or above on the New York State Regents exam in United States History and Government. This course was previously HIS-243124 The African American Experience.

**Attributes:** Liberal, Partial American Hist Gen Ed

**INMS 3045 The Reel World (4 Credits)**

In this course we will critically assess the historical, cultural, and artistic development of cinema around the globe, through a close analysis of a range of international films, movements, and traditions. Specific attention will be paid to the national cinemas of a range of countries across the world, which may include the continents of the Americas, Africa, Europe, Oceania, and Asia.

**Attributes:** Other World Civilization Gn Ed, Liberal

**INMS 3055 Women as Healers (4 Credits)**

This study examines women's roles and experiences as healers using a cross-cultural and interdisciplinary perspective. The study is grounded in ethnographic, biographical, historical, and journalistic accounts. Women have played a central role in healing and care-giving in all human societies and throughout history, often being subject to different expectations, challenges, and dangers compared to their male counterparts. From birth to the end-of-life, from home remedies to homeopathy, from shamans to surgeons, women's healing knowledge and skills have made a significant impact on their families, communities, and their own destinies, as well as being a means of empowerment and social action.

**Attributes:** Liberal

**INMS 3056 Work and Mindfulness (2 Credits)**

This study draws upon bio-psycho-social insights from anthropology, human development, integrative medicine, and psychology, to explore applications, benefits and theories that pertain to mindfulness methodologies in relation to work environments and the workplace.

**Attributes:** Liberal

**INMS 3996 Special Topics in INMS (1-8 Credits)**

The content of this course will vary by term and section. Students may repeat this course for credit as long as the topic differs. Please refer to the Term Guide for course topic offerings.

**Attributes:** Liberal

**INMS 3997 Special topics in INMS (4 Credits)**

The content of this course will vary by term and section. Students may repeat this course for credit as long as the topic differs. Please refer to the Term Guide for course topic offerings.

**INMS 3998 Individualized Studies in Interdisciplinary Multidisciplinary Studies (INMS) (1-8 Credits)**

Students have the opportunity to develop individualized studies with their mentor in Interdisciplinary Multidisciplinary Studies (INMS). Please contact your mentor/advisor for more details.

**INMS 4010 Internship in Interdisciplinary/Multidisciplinary Studies (4 Credits)**

This advanced-level course examines and integrates regular on-going formal learning activities with related work experience during the normal semester period. The main purpose of this applied learning activity is to engage students in a professional setting pertinent to her/his concentration and career goals. The internship provides the unique opportunity, therefore, to combine theory with practice.

**INMS 4015 Roots & Routes of African Diaspora Resistance: Arts; History; Humanities (4 Credits)**

Why are African Diaspora religions featured in horror films? 'Case studies' focused through one culture will dismantle the terror factor to reveal African tenets that inspire people to freedom. We'll look at how historical construction of racist and sexist stereotypes and stereotypical constructions of history are perpetuated by contemporary media, how Yoruba thought and practices disrupt these stereotypes, and their global implications for power and privilege. Students will share research about resistance via philosophy and religion (Humanities), cultural expressions (Arts); politics, rebellions, and revolutions (History). Related courses may be disciplinary rather than interdisciplinary or multidisciplinary; for example: Africana Studies or Women's, Gender, and Sexuality Studies approached through the arts or history, etc. Or they may approach a component or thread in the course, such as critical race theory in a Social Science course such as Thinking About Race, Class, and Gender; gender theory in Introduction to WGSS; or political science in Power and Privilege. The three tracks of this course overlap. Only one should be included in a degree program. This course was previously CUL-224124 Roots and Routes of African Diaspora Resistance: Arts.

**Attributes:** Liberal

**INMS 4020 Senior Project (2-6 Credits)**

Senior Project is a capstone, applied learning experience. Students work closely with the instructor on a topic of their choice to connect theory with practice and demonstrate their ability to integrate and apply the learning they have acquired over the course of their studies and experience. Depending upon the size and scope of the project, the work may be completed in one or two terms, and for differing amounts of credit. If completed in two terms, typically the first term is used for planning and research, and the second term for the final development or implementation of the project. Students should consult with their mentor and the instructor before enrolling to determine the number of credits and time needed. Prerequisites: As a capstone course, students should enroll in Senior Project during their final year of study. All lower level concentration courses should be complete, as well as at least two advanced level concentration courses or their equivalent. Corequisites: Additional concentration courses may be taken concurrently. Students will be expected to apply learning from all concentration courses, including those being taken during the same term. key, however ANY student interested in doing a final capstone project on a topic related to one of these countries or regions, or with an international theme, is welcome to request the opportunity to work with one of the international faculty in these programs. This course may be taken for 2 to 6 credits over one or two terms. \*This course will be used as part or all of the Educational Planning credit.\*

**INMS 4025 Topics in Interdisciplinary & Multidisciplinary Studies (4 Credits)**

In this course, students will have the opportunity to explore a specific topic within the scholarship of interdisciplinary and multidisciplinary studies. Topics may be drawn from fields such as Africana Studies, American Studies, Classics Studies, Environmental Studies, Ethnic Studies, Gender Studies, Global Studies, Indigenous Studies, Latin American Studies, Lesbian, Gay, Bisexual and Transgender Studies, Museum Studies, Religious Studies, Urban Studies, Women's Studies, presented by diverse instructors around the college. The course offers upper level understanding of concepts and methods that construct studies as interdisciplinary or multidisciplinary, and the opportunity to apply that understanding in independent research.

**Attributes:** Liberal

**INMS 4030 Women Health & Globalization (4 Credits)**

This study focuses on the experiences, statuses and roles of women in 'the new global village,' focusing in particular on the impact of globalization, modernization, industrialization, urbanization, and contemporary social changes upon women's lives and their health. From the new fertility technologies to the growing demand for international nannies, women are at the center of new trends and flows of people and resources. Women are migrants, surrogate wombs, teachers, nurses, artists, mothers, and sometimes soldiers, pilots or surgeons, as well as being those who usually care for children and family members during illness. Women form the majority of elders in aging societies. They are especially vulnerable during times of conflict or disaster, or as international refugees. Students will write reflective journal essays on films/readings and a final research paper or project on a topic selected by the student. This course is part of the BS in Public Health program.

**Attributes:** Liberal

**INMS 4996 Special Topics in INMS (2-8 Credits)****INMS 4998 Individualized Studies in Interdisciplinary Multidisciplinary Studies (INMS) (1-8 Credits)**

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