

Fall 2026 FYS Sections MWF 8:45am-9:50am

FYS 100-01 Demons & Diagnoses 8:45am-9:50am MWF

Long ago demonic possession was the cause, and exorcisms were the cure for mental illness. Neuroscience and psychiatry allowed for scientific explanations and treatments, and yet the belief in possession and exorcism persists today. This course offers an exploration and debate between an ancient rite and a modern practice. The faculty member teaching this seminar will serve as the students' initial advisor, helping them explore the opportunities of a University of Mount Union education.

FYS 100-02 Women's Health 8:45am-9:50am MWF

Women are not small men! Have you ever wondered why women typically live longer than men? Why do women have more diagnoses like depression and Alzheimer's disease? Women's health issues across the lifespan like societal pressures, body image, pregnancy, sexual violence, heart disease, and health care access matter! Find out how to hack your health to be your best self.

FYS 100-03 Beyond the Game 8:45am-9:50am MWF

Diversity, academic struggles, and the powerful NCAA bombard college student-athletes with issues beyond the game. You will consider if these tests build character or unfair roadblocks. We challenge the current role of student-athletes and the unique demands they face during a transition to college and eventually life after graduation.

FYS 100-04 A (mostly) Digital Detox 8:45am-9:50am MWF

While we can't fully escape laptops and cell phones, we can and should take time away from them to live in real time. Through hands-on activities, collaboration, and conversation, we'll work to create a sense of community and build problem-solving skills without overreliance on our devices. Believe it or not, there are opportunities in going analog.

FYS 100-05 #InstaHistory 8:45am-9:50am MWF

The increasing popularity in social media and social media platforms has created an environment where influencers shape fashion, identity, news, cuisine, art, and more. While these trends influence popular culture, social media platforms have also offered new ways of understanding and applying history. This course will discuss how historians and content creators use social media to educate and engage with popular audiences and how these new virtual classrooms influence our understanding of history.

Fall 2026 FYS Sections MWF 12:30pm-1:35pm

FYS 100-12 Mythbusting Our World 12:30pm-1:35pm MWF

Walking under a ladder? LeBron rigged to Cleveland? The moon landing faked? Walking on the seal in Chapman? These are just a few examples of myths, superstitions, and conspiracies. These tall tales and interesting coincidences will be explored as we investigate what makes these topics so interesting, and divisive, within pop culture. We will learn how to research and have civil conversations on a wide range of topics as we explore the unbelievable.

FYS 100-13 A (mostly) Digital Detox 12:30pm-1:35pm MWF

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FYS 100-14 Main Character Energy: The Psychology of Decision-Making 12:30pm-1:35pm MWF

Why do you stay up scrolling when you know you should sleep, buy things you don't need, or second-guess a decision for days? This First-Year Seminar explores the psychology behind everyday choices, revealing how emotions, logic, biases, and social influences compete for control of our decisions. Through interactive discussions, real-world examples, and self-reflection, students will discover why people think and act the way they do, and learn strategies for making smarter, more confident choices in college and beyond.

FYS 100-15 A (mostly) Digital Detox 12:30pm-1:35pm MWF

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Fall 2026 FYS Sections MWF 1:45pm-2:50pm

FYS 100-16 Tools for success at Mount Union and Beyond 1:45pm-2:50pm MWF

We will focus on college life, academic success, and digital and professional tools supporting learning, communication, and career readiness. Through hands-on experiences, you will build proficiency in platforms including Canva and Microsoft 365, develop research and speaking skills, and earn Alison certificates aligned with interests. You will leave class with skills for success, a professional portfolio, and connections across campus. The course emphasizes collaboration, community, and personal growth through service projects and in class activities.

FYS 100-17 A (mostly) Digital Detox 1:45pm-2:50pm MWF

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FYS 100-18 Game Changers: Leadership through Sports 1:45pm-2:50pm MWF

Who are you becoming as a leader? What impact do you want to have on those around you? In this course, we will work to answer these questions as we explore leadership through the world of sports, focusing on communication, teamwork, culture, motivation, and resilience. Together, we will analyze real world examples, documentaries, and leadership case studies while developing practical skills that apply both on the field and in everyday life.

FYS 100-19 Should We Trust AI?: The Benefits and Consequences of Widespread Artificial Intelligence Use 1:45pm-2:50pm MWF

AI algorithms shape our world, yet most people don't understand their capabilities or how they work. We hear two narratives: AI will save us and AI will destroy us. Both miss the point. Together we will explore the middle ground. We'll examine what AI can and can't do, who benefits (and who does not) when it works and who loses when it fails, and how we should think about trusting systems we don't fully understand.

Fall 2026 FYS Sections T/TH 9:20am-11:00am

FYS 100-20 Music and Life 9:20am-11:00am T/TH

Ralph Ellison said, "...it was either live with music or die with noise." How does music help define us through the struggles and triumphs of life? Let's explore the origins of American music in blues, jazz, folk, rock, country, pop, punk, hip hop, and how it shapes us and our culture.

FYS 100-21 A (mostly) Digital Detox 9:20am-11:00am T/TH

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FYS 100-22 Science Gone Viral: From TV Drama to Cruise Ship Panic 9:20am-11:00am T/TH

Audiences remain fascinated with the Emmy Award-winning TV show Breaking Bad and its account of a high school chemistry teacher turned drug kingpin. Travelers now hesitate boarding cruise ships after reports that Hantavirus or Norovirus may be lurking on board. But why? This course will seek to answer that question by considering how the science was presented to the public in these two instances as well as in many others including movies, books, and theater.

FYS 100-23 Jocks: Champions in Life 9:20am-11:00am T/TH

You know who you are on the field or court; now, how can you work that talent into your other roles? Through exploring your identities, you will learn to apply your athletic drive to your personal and academic commitments in an interactive team environment. Grow your strengths and passions, find new ones, and develop a holistic sense of self to find your Champion within.

FYS-100-24 CSI Mount Union 9:20am-11:00am T/TH

Do you enjoy shows like CSI, NCIS, Law and Order and Hawaii 5-0? Would you like to learn more about how forensic scientists do their jobs? This course will use case studies to examine the world of the forensic scientist. This will take us from the crime scene, through the laboratory, to the courthouse. We will see how evidence is collected, analyzed and presented in court. You will see the science of forensic science and may never look at a crime drama on television the same way again.

FYS 100-25 The Pivot: Building the connection between the habits used by athletes to the habits needed for success in the classroom 9:20am-11:00am T/TH

Sports offers the opportunity for learning life lessons in an enjoyable environment. Through sports, we learn how to adjust, and win or lose, we see the results of our work. The same ideas apply to the classroom. Pivoting to the classroom, we will explore ways to make adjustments to overcome the challenges of being a college student, while developing the mindset and habits to be successful.

Fall 2026 FYS Sections T/Th 12:30pm-2:10pm

FYS 100-26 Are You In? 12:30pm-2:10pm T/TH

College is more than showing up – it's about choosing to engage in what matters. So, are you in? This course challenges you to move beyond passive participation and into actively shaping your college experience. You'll explore who you are and what you value; the purpose of college and how to make the most of it; and how your time at UMU connects to your sense of purpose and vocation, now and for the future.

FYS 100-27 What's your Why? 12:30pm-2:10pm T/TH

What inspires you to pursue what you love, whether it's a sport, music, or a hobby? How can you learn to help others to do the same? In this class we'll explore the nature of passion, motivation, and purpose through self-reflection. We'll also examine how personal values and life experiences shape what drives us and identify your sources of motivation to develop strategies to help others cultivate their passions

FYS 100-28 Rizzology: The Science of Sexiness 12:30pm-2:10pm T/TH

Why are humans attracted to one another? This first year seminar will explore human attraction, dating, marriage, and reproduction through the lenses of biology, psychology, sociology, anthropology, history, and culture. Students will examine topics such as attraction, courtship behavior, beauty standards, mate choice, family structures, communication, and the influence of media and technology on modern relationships. Through discussion, research, and media analysis, the course investigates how human relationships are shaped by both biology and society across cultures and throughout history.

FYS 100-29 A (mostly) Digital Detox 12:30pm-2:10pm T/TH

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FYS 100-30 The Movies Go To College 12:30pm-2:10pm T/TH

There are countless movies set in high school hallways and on college campuses. In this course, we will watch and analyze classic films and modern hits in these settings and ask: Do these movies accurately reflect your experience? What perceptions about high school and college are overexaggerated? We will explore these journeys through discussions on themes and moviemaking techniques to enhance your film literacy and communication skills.