



Honors Art/Humanities 35

Mesoamerican Culture through Ceramics

Why are skull emblems so popular in Mexico? What is the artistic significance of pyramid imagery? Do you like hands-on projects? Then take this unique Honors Course that presents an interdisciplinary approach to the study of Mesoamerican civilizations. You'll explore the spiritual, intellectual and political foundations of Mesoamerican art, both an-



cient and contemporary. Taught in LMC's sculpture lab, you'll immediately apply what you're learning by getting your hands dirty with clay as part of class assignments. No previous art experience is necessary, just an interest in developing your own creative skills while learning about ancient Mexico. This fascinating course counts either in the Art or Humanities Departments and is offered in partnership with the Puente Program.

MW 12:45-3:05PM #0191/0193 IGETC 3B, CSU C1, Honors: Humanities/Art
In-Person class with twice weekly on-campus meetings

Professor Lucy Snow has worked and/or studied in Colorado, Costa Rica, Maine and Oklahoma before moving to California to get an M.F.A. in sculpture from UC Berkeley. She runs the LMC ceramics studio with a team of community artists and loves to play the bass guitar with her band.

Honors Biological Science 8

Human Biology

Biological systems are complex. For example, did you know your body is an integrated system of more than 100 trillion cells? Yet even after centuries of inquiry the unknowns of human biology are immense. This class will discuss key questions about human health and help you acquire both the language and logic of biology. We will



pursue questions like: What is the effect of aging on the body and can this be reversed? How does your body process food for energy? How is genetics related to health? This fascinating hybrid Biology Honors Course includes hands-on lab experiments and asynchronous online material. And yes, it does satisfy your transfer biological science requirement!

W 7:50-11AM #0003 IGETC 5B, CSU B2/B3; Honors: Math/Science
Hybrid: One in-person meeting on campus weekly + asynchronous online work

Professor Jill Bouchard fell in love with science at Foothill College and went on to earn her PhD in neuroscience from UCSF. Her research included investigating how to reverse brain aging and cannabinoid-based therapies for neurodegenerative diseases. Though she loved research, she loves teaching community college students even more! Outside of work you'll find her hanging out with her husband and two young kids.

Professor Jancy Rickman earned a B.S. in Dance & Theater Education. After graduation and before earning an M.A. in Biology from SFSU, she spent time choreographing a children's theater production, working for Dharma publishing and studying botany her inspiration for getting into teaching. Outside of LMC, Jancy can be found walking, hiking, and biking with the goal of enjoying all things flora and fauna.



Honors Courses Fall 2022

Honors English 100

College Composition

- *Is the amount of time you spend on social media good or bad for your writing skills?*
- *Can an algorithm create written language as well as humans?*
- *How have text messaging and tweets changed the way we communicate?*

What do tweets, texts, and college essays have in common? They're all types of composition: writing constructed to serve a particular intent. This class explores different modes of writing: persuasion, explanation or just the communication of ideas. Writing has changed over time, from print-based



to digital culture, but does this mean that we express ideas differently? Should we? This course starts with the notion that computer technology has fundamentally changed communication, and by extension, we will focus on the interconnectedness of humans with the technologies we create.

Th 11:10-12:35PM #1491 IGETC 1A, CSU A2; Honors: Humanities/Art
Hybrid: One in-person weekly meeting on campus + asynchronous online work

Professor Jim Jackson has a BA in English and MFA in Creative Writing from San Francisco State University and is currently completing a PhD in Literature at the University of California, Santa Cruz. His research interests are the co-evolution of technology and culture, genre ideology, and systems philosophy. But when he's not reading or teaching, he enjoys getting outside and going for hikes with his wife, Marisol, and their two dogs. Otherwise, he'll watch as much television as one could imagine.

Honors History 56

Women's History to 1877

While more women are in positions of power than ever in US history, debates about sexuality and gender, access to contraception, and the consistent trauma of sexual assault persists. Offered for the first time, this Honors Course will challenge what you think you know about US history and the many histories of American women. We will aim



to break down the systems of power that have dictated how women's history is written and question our personal myths about feminism, "sisterhood," and the intersections of race and gender that inform society today. Expect to read, write, think, dialogue, debate, and challenge yourself every class as we advocate for our shared future!

TuTh 9:35-11 AM #0271 IGETC 4D; CSU Area D & US-1, Honors: Soc/Beh Sci
In-Person class with twice weekly on-campus meetings

Professor Courtney Goen is a native Californian who lives in Oakland with her three kids, husband, father, and an overweight Labrador Retriever. After graduating from UC Davis in History, Courtney then went to SF State to earn a Master's in US History, focusing on race, gender, and extralegal violence. She enjoys running (away from the cacophony that is her home) and drinking as much coffee as possible.

Honors Philosophy 100

Introduction to Philosophy

- *What is reality really like? Are you sure?*
- *What does it mean to know (as opposed to just believe)?*
- *What is a life well-lived?*

The ancient philosopher Plato believed that your top priority is asking these big questions. In fact he asserted that most people – you included- are trapped inside of a metaphorical cave where you live in ignorance and neglect the most important things in life. Your goal shouldn't be financial or relational success,



but to break your shackles and step outside of the cave. Do you agree? If so, what needs to change in your approach to life? In this class, we will engage in lively and rich discussion about the various ways that philosophers have tried to step outside of their intellectual, social, and moral prisons.

F 11:20AM-2:30PM #0131 IGETC 3B, CSU C2, Honors: Human/Arts

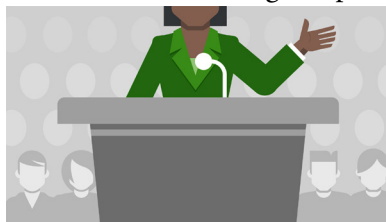
In-person class with one weekly on-campus meeting

Professor Lester Absesamis received his M.A. degree from San Francisco State University and his B.A. from UC Berkeley. He is interested in ethics, existentialism, and applied philosophy but above all, he is passionate about making philosophy relevant for all students. In his spare time, he likes to soothe his soul by playing music and enjoying videos games with compelling characters and storylines.

Honors Speech 110

Honors Speech Communication

Did you know public speaking excellence is one the top skills employers want? Whether you're trying to convince a venture capitalist to fund your startup, training a group of new employees, or advocating for your favorite cause, public speaking is a key ability for a successful life. In this collaborative and supportive class you'll focus on how to adapt to



a diverse audience, find ways to engage even the toughest crowds and of course, disguise public speaking nerves. If you are looking for a fun and challenging course that can give you hands-on experience in all of those skills, this honors course is the place for you. Come join us as we read, write, speak, think, and laugh our way toward some truly key skills for success.

MW 11:10-12:35PM #2037 IGETC 1C; CSU A1; Honors Soc/Beh Science

In-Person class with twice weekly on-campus meetings

Professor Star Steers earned her MA in Communication Studies at San Francisco State University where she also studied international relations and linguistics, a perfect combination for her LMC role. Star has four kids at home to further sharpen her argumentation skills. She is also a roller-coaster aficionada. Ask her about the camper she's renovating for travel adventures!

Over →



Honors Courses Fall 2022

Honors Philosophy 122

The Ethics of Interpersonal Relationships

Honors Seminar

Your parents will pay for college on the condition that they choose your major: is this morally permissible? Your boss puts her hand on your shoulder and asks you for a date: is this sexual harassment? You notify your professor when your friend comes to campus after testing positive for COVID: have you done something immoral? There's no avoid-



ing it, life is complicated but that's where philosophy comes in! Using the tools of philosophy as our guide, we'll examine the ethics of interpersonal relationships in friendship, dating and sex, and family and professional life. This team-taught Honors Seminar will help you think deeply about moral quandaries, sharpen your writing skills, and features lots of lively discussion.

TuTh 12:45-2:10PM #0103 IGETC 3B; CSU C2; Honors Seminar
In-Person class with twice weekly on-campus meetings

Professor Jennifer Saito is the founder and director of the LMC Honors Program and teaches in three departments: mathematics, philosophy and humanities. She loves leading study abroad programs to Paris and Barcelona and enjoys solo trips to her two favorite places: the Mojave Desert and the High Sierras. For fun Jennifer explores hole-in-the-wall ethnic food joints, sings in two rock bands and attends Alfred Hitchcock film festivals with her two daughters.

Professor Alex Sterling has a BA in philosophy from Macalester College, an MA in philosophy from Purdue University, and an MA in English from CSU East Bay. In the '90s Alex moved to California, become an indie rock songwriter, and joined the ranks of rock musicians with bad jobs. (His rock band, now active again, is called Desoto Reds.) He then got into teaching and has been at LMC since 2006. Alex his wife Julianne have two teenage sons, Jasper and Adlai. Alex loves the Honors Program, has been on the Honors Retreat many times, and also teaches Honors English 221 regularly.



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