



Honors Biological Science 8

Human Biology

Biological systems are complex. For example, did you know your body is an integrated system of more than 37 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 9:30AM-12:40PM #0003 Cal-GETC 5A & 5B; 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 which was 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 Early Childhood Education 10

Child Growth & Development

What shapes who we become? How do early relationships, environments, and experiences influence the way children think, feel, and learn? Come explore the remarkable journey of human development from infancy through adolescence while examining the forces that shape children's lives.



Whether you plan to pursue careers in psychology, education, social work, pediatrics, or public policy, this course provides a powerful foundation for understanding children. As a bonus, you'll immerse yourself at LMC's Child Study Center and learn to relate better to all the children in your current (and future) life.

M 11:10AM-12:35PM #0358 Cal-GETC Area 4; Honors:Soc/Behav Science
Hybrid: One in-person meeting on campus weekly + asynchronous online work

Professor Alexa Moore earned her Master's degree in Special Education with an emphasis in Early Childhood from San Francisco State University. She has worked in the field of ECE for over ten years, supporting students in a variety of roles from preschool through the college level. She is passionate about supporting young children and their families and is deeply committed to preparing future educators and professionals. An animal lover, Alexa's family has two dogs, two cats and a bearded dragon.



Honors Communication Studies C1000

Introduction to Public Speaking

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.



Two In-Person Classes Weekly

TuTh 12:45-2:10PM #0193 Cal-GETC 1C; Honors Social/Behavioral Science

Professor Star Louis Steers attended several community colleges and changed her major 3 times before finding exactly where she belonged: Communication Studies! She earned her BA and MA at San Francisco State University and taught high school before coming to LMC in 2013. Star has many trusty adventure buddies—her four sons and her partner—and when she isn't traveling with them, she can be found sewing fun costumes, dancing to melodic deep house music, or frantically reading journal articles as she works on her PhD.

Honors History C1001

U.S. History to 1877

250 years ago, a small band of British colonists met in Philadelphia and ignited a profound and violent revolution. The United States and its *Declaration of Independence* proclaimed and grappled with complex political beliefs related to freedom, equity, and self-government. Today we still fiercely debate whether the U.S. truly safeguards "life, liberty, and

the pursuit of happiness." Come interrogate North America's history from European colonization through the U.S. Civil War.



By approaching North America as a collection of political units and borderland regions which interacted with the larger Atlantic world, you'll be able to articulate what, if anything, made America's rebellion against the British empire *so revolutionary*.

Two In-Person Classes Weekly

TuTh 9:35-11AM #2017 Cal-GETC Area 4, Honors: Social/Behavioral Science

Professor Russel Weber holds a B.A. and M.A. in history from San Francisco State University, and a Ph.D. in U.S. & Atlantic World History from the University of California, Berkeley. Russ is a historian of emotions, political identity, and popular culture, and has a passion (pun-intended) for teaching. Outside of the classroom, Russ enjoys spending time with his wife Natalie and cat Auri, reading sci-fi and fantasy novels, and collecting comic books. Every Wednesday (New Comic Book Day) you'll find him at his favorite shop in Oakland.

Honors Humanities 60

The Great American Musical: Broadway & American Culture

From *Oklahoma* to *Sweeney Todd* to *Hamilton* to *Wicked*, the Broadway musical has dominated the box-office and shown us that “the sun will come out tomorrow” and “there’s no business like show business.”

Come discover the origins and theatrical rules of this beloved art form. You’ll learn how Rogers & Ham-



merstein kicked off “the Golden Age” and see how legends like Stephen Sondheim, Gwen Verdon and Lin-Manuel Miranda broke rules and made history. We’ll see live performances together, pitch our own musicals and celebrate a truly American art form that merges dance, song and drama into “one singular sensation!”

Two In-Person Classes Weekly

TuTh 11:10AM-12:35PM #0164, Cal-GETC Area 3A; Honors: Humanities/Arts

Professor César Reyes is an LMC alumnus who received his MFA in Theatre from the University of Idaho. César loves all aspects of theater including acting, directing and sound design and he can’t wait to share his love of theater magic with Honors Students. Ask him about the *Camino de Santiago*.

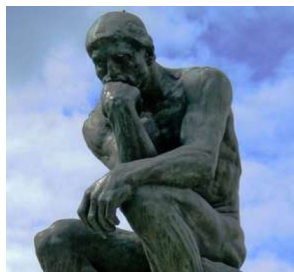
Professor Jennifer Saito is the founder and director of the Honors Program who spent her youth obsessively listening to Broadway musical albums and doing as much community theater as possible. Her musical debut at age 8 was in Dayton, Ohio, as the King of Siam’s twin daughter in *The King & I*. But as the only Asian in the cast, she was kind of a shoe-in. Jennifer dreams of being a triple-threat one day.

Honors Philosophy 100

Introduction to Philosophy

- What is consciousness and is it possible for Large Language Models to possess it?
- How do the people and sources we encounter shape what we believe to be true?

This honors course offers a fresh approach to classic philosophical questions by prioritizing living conversations and debates. For example, rather than focusing only on old arguments concerning God’s existence, we focus on contemporary developments that draw on current physics and cosmology. We



will consider topics such as the bounds of consciousness, echo chambers and epistemic bubbles, and our ethical duties in regards to climate change. It is indisputable that these issues *do* affect and *will continue to* affect our lives. Don’t miss out on the chance to engage in these topical and vital conversations for our time!

Two In-Person Classes Weekly

MW 12:45PM-2:10PM #0271 Cal-GETC Area 3B; Honors: Humanities/Arts

Professor Tiffany Morgan received a Masters Degree from San Francisco State and her BA from UC Berkeley. Her interests in philosophy include animal ethics, environmental ethics, and more generally moral theories. When she is not doing philosophy, she enjoys spending time with her animal companion (i.e., her dog) in her environment (i.e., the various natural spaces in San Francisco).

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Honors Courses Fall 2026

Honors Philosophy 122

Contemporary Moral Issues: Ethics and Democracy

Honors Seminar



- Are the tactics of ICE in keeping with the values of liberal democracy?
- Does Trump's attempt to concentrate power in the executive branch mean that American democracy is in danger?
- Are strict ID requirements for voting and voter registration morally acceptable?
- Is it ethical for the president refuse to spend money allocated by Congress?
- Is partisan gerrymandering ever morally permissible?
- Were the January 6 protesters participating in democratic discourse or attacking democracy itself?
- Is the personal virtue of leaders necessary for democracy to flourish?

This special version of the Honors Seminar will examine, using the tools of ethics, democracy and the threat of authoritarianism in the United States. We will examine contemporary electoral and governing practices through a lens of right and



wrong. Assuming that even in the best democracy people disagree, often bitterly, what practices and procedures and actions are morally permissible, and what should be considered out of bounds?

TuTh 3:20-4:45PM #0291 Cal-GETC Area 3B; Honors Seminar
Two In-Person Classes Weekly

Professor Alex Sterling has a BA in philosophy from Macalester College, an MA in philosophy from Purdue University, and an MA in English from Cal State East Bay. Alex has been at LMC since 2006 and is an Honors Program enthusiast who especially loves the Honors Retreat. He is married to Julianne, and they have two sons Jasper and Adlai. Alex LOVES rock music and leads a band called Desoto Reds.

Honors Course Instruction Mode Details

In-Person: This course meets in-person in a classroom on the Pittsburg campus on the advertised days/times.

Hybrid: This course has one in-person class meeting weekly and online Canvas work.

Honors Courses Fall 2026