



The Conscientia

Spring Honors Special Topics Courses

March 2, 2015

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“No thief, however skillful, can rob one of knowledge, and that is why knowledge is the best and safest treasure to acquire.”

— L. Frank Baum, *The Lost Princess of Oz*

The Psychology of Happiness

In this “Special Topics” course we will review some of the recent research in Positive Psychology on happiness and life satisfaction. These studies attempt to identify factors which are correlated with and contribute to what researchers call “subjective well-being.” While much of Positive Psychology has roots in the Humanistic Psychology movement of the 1950’s and 60’s, there has been a resurgence of interests in what Dr. Martin Seligman describes as “human strengths and virtues.” This has been accompanied by an explosion of research in topics such as life satisfaction, creativity, leadership, and resilience. In this course we are going to focus on some of the most important studies to date that attempt to address the question “so, how do you have a good life?”



Dr. Bob Raines ,
Professor of Psychology
and his dog Seamus

Poetry & Lyrics

Poetry & Lyrics is a one-hour seminar meeting weekly from March 18 until April 29 at the JSCC Lexington Center.

The focus of this class will be upon the inherent similarities between poetry and song lyrics, and comparative analysis will be made between poetry from throughout the ages and popular song lyrics from multiple genres during the late 20th and early 21st centuries.

Prior to being chosen as an honors symposium topic, Poetry & Lyrics was offered as a “Special Topics in English” class. It has proven to be popular with students, especially as it is student-driven. Those enrolled in the course are encouraged to provide the lyrics to their personal favorite songs, and the instructor provides examples of poetry and the poetic devices, stylistic techniques, and standard conventions of this genre for comparative analysis.



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See any member for more information.



**“It is impossible for a man to learn what he thinks he already knows.”
Epictetus**

Honors Seminar Lecture Series

One great part of the college experience is having the opportunity to learn about things we never knew we never knew! The Honors Seminar Lecture Series is a great opportunity for our honors community to learn together. Mark your calendar and plan to attend some of the great offerings this semester! All lectures will take place in the Science Building, Room 116.

“Response of Bluegill to 35 Years of Thermal Extremes: A Case of Rapid Evolution?” featuring Dr. Bud Fischer, Dean, College of

Basic and Applied Sciences, MTSU Wednesday February 11 at 2:00 p.m.

“Happiness, A Psychological Perspective, What We Know So Far...” featuring Dr. Bob Raines, Professor of Psychology, JSCC. Wednesday February 25 at 2:00 p.m.

“Exploring the World of OTA (Occupational Therapy Assistant)” Julie Bezold, Assistant Professor, OTA Program Director, JSCC. Wednesday March 25th 2:00 p.m.

“Geology and Jackson, Tennessee: A Rocky Marriage.” Dr. Michael Gibson, Professor of Geology, UT Martin. Wednesday April 1 2:00 p.m.

“Food Labels: What do they really mean?” Sara Youngerman, Associate Professor of Agriculture, JSCC. Tuesday April 7 at 2:00 p.m.

“De-Stress and Reconnect—Tips to Chill for Finals” Vivian Grooms, Associate Professor of Psychology, JSCC. Thursday April 23 2:00 p.m.

Honors Spotlight: Raina Schultz, Class of 2009

On a muggy August day in 2006, I got my final call from the Financial Aid office at Union University. The scholarship I was offered wouldn't even cover half of my tuition cost. My student loans would be too great. Tears rolled down my face as I told him I couldn't accept this offer. The counselor suggested over the phone that I attend JSCC and transfer to Union with a 4.0 GPA in order to receive a higher scholarship. I cried at the realization that my only option was a Community College. I cried, and I cried. All the voices of friends and family played in my head over and over again. “Community college is thirteenth grade.” I cried some more.

I began my first semester January 2007, and I started with core classes: Political Science 1, Sociology, Speech, and English Comp 1. I joined the Honors Program that semester simply because I am an overachiever. I had no idea how important the Honors Program would be to my academic success

I picked a subject within



American Literature and met with my professor every week. I decided to write a paper about Transcendentalism and the Brook Farm experiment. That credit hour is the most important credit hour of my academic career. My professor challenged me and helped me polish my writing. After completing this honors project, I decided to change my major to English and pursue a path of academic exploration. Instead of simply earning the three credit hours required for the Honors Program, I earned four. I decided to earn honors credits in American Literature 2 with Professor Mayo and British Literature 2 with Dr. Camp. Professor Mayo and Dr. Camp had a

greater impact on my academic career than any of the professors I have ever worked with.

After I graduated JSCC, I earned a B.A. in English at Union University, and last year I earned a M.A. in Jewish Studies, studying languages and literature with world renowned professors at Vanderbilt University. I owe a great portion of my success in these programs to my JSCC professors and the Honors Program. The greatest opportunity afforded by the honors program is its ability to prepare students for the rigors of graduate school and thesis preparation. I consistently employ the critical thinking skills and research skills I developed in the Honors Program. Additionally, although I am not currently in school, I plan on applying to English PhD programs in the near future. Now, when I look back on that oppressively hot August day, I am grateful I was given the opportunity to attend JSCC and study under these brilliant professors who not only greatly influenced my education but also helped shape me into who I am today.