

SWF - SOCIOLOGY, SOCIAL WORK, AND FAMILY SCIENCES

SWF 1000 Living Justly in Contemporary Society (FE) (3 Units)

This is a Foundational Explorations course aimed at helping students understand and engage human society and the social world, while providing vocational direction for those interested in cultivating a more just and caring society. The course will seek to introduce basic sociological theories used to frame social life; present methodological tools used to view, assess, and understand how social processes influence individuals, families, and society; and provide examples of the practical vocational application of the theories and methods used to live more justly in our contemporary society.

SWF 3006 Research Basics (3 Units)

Learn the basics behind the design and development of a research project. From conception to feasibility to proposal. Even if you do not intend to pursue graduate work in the social sciences, understanding social research methodology is vital for almost any career or service position that interacts with statistics, studies, reports, etc. Developing these skills will serve you in becoming a more discriminating consumer of media as well, as media outlets report on studies, polls, and more. At its essence, a methodology course is a sub-division of epistemology ("how do we know what we know"), methodology seeks to answer the related question, "how do we find out?" Students will design and write a research proposal.

SWF 3015 Health and Well-Being (FE) (2 Units)

Examines a personal approach to healthful living that encompasses physical, mental, emotional, relational, spiritual, and environmental aspects of wellness and self-care. Course topics to include nutrition and exercise, cultivating joy, stress reduction, and gratitude.