

Colloquium

Kate McPherson

HONR 1000R-001: TBA, Wednesday 9-9:50 am

Description: Colloquium engages students in consideration of a theme each semester. Potential themes for Fall 2026 include Service, Play, or Fear.

The term's theme will be determined at our May student leadership retreat. The class sessions will explore different disciplines, domains, and techniques where this theme matters, sometimes using assigned readings, podcasts, TED talks, or guest lecturers. Students will also explore the cultural and outdoor excellence that Utah has to offer by attending events both on and off campus for assignment credit with tickets purchased by Honors, including theatrical and musical performances, sporting events, museums, festivals, plus outdoor education trips.

Dave Oakeson

Fall 2026 HONR 1000R-002, Thursdays 9-9:50 AM

Our theme in section 002 of HONR 1000R is Peace. We will be exploring the many aspects of peace: inner peace, peace in relationships, societal peace, and the paradox of peace amidst war. Special emphasis will be placed on conflict resolution by reading and discussing the #1 Conflict Resolution Bestseller for over a Decade by the Arbinger Institute, "The Anatomy Of Peace". We will be discussing ways to see others as you perhaps have never seen them before. We will also practice developing habits that can improve all our relationships. The authors of the book show us insights into potential conflict resolution in all aspects of life, including family, neighbors, working environments, communities, and countries. We also anticipate numerous in-class mindfulness activities such as guided meditation, self-talk, breathing techniques, and more as a way to cope with stress and to find spaces of peace in our day-to-day lives.