



Stories and Societies

Residential Academic Program



Spring 2026 Stories & Societies RAP Course Descriptions



Any SRAP class can help you toward your degree goals!

We're here to help you!

Please ask us any and all questions.

Welcome back for Spring in the Stories and Societies RAP!

We're half way through the Fall semester and it's time to request your Spring semester Stories and Societies Residential Academic Program (SRAP) class! How time flies.

A quick reminder about the SRAP details: All students living in Sewall are part of SRAP. The mission of SRAP is to help you with the transition to college and to CU Boulder. And one of the ways we help you with this transition is by requiring all SRAP students to take an SRAP class each year, either during Fall or Spring semester.

SRAP classes are limited to 1 student and are taught by faculty who specialize in teaching first-year students. In addition to our classrooms being located in Sewall, the SRAP faculty have their offices and hold office hours here, making it much easier to connect with your instructor. Another way SRAP helps your transition is by our presence in Sewall as the administration of SRAP. We each have offices in Sewall and whenever we're in (which is most of the time, M-F), we'd love for you to drop by. Ask us anything that's on your mind about CU, academics, Boulder. If we don't know the answer, we'll find someone who does.



Dr. Nicole Jobin
SRAP Director
nicole.jobin@colorado.edu
Sewall Room 267



Joel Chabrier
Program Coordinator
srap@colorado.edu
Sewall Room 292



Dr. Joseph Sewall
First president of CU
Dr. Sewall will offer tips throughout this packet.
Sorry, no email address for Dr. Sewall!

This packet includes everything you need to know about SRAP classes and how to request yours, along with detailed descriptions of each SRAP course.

Students tell us they want more registration help, especially on how to choose classes. We've included registration tips and an explanation of CU terminology at the end of this packet.

Class Registration Timeline

Why are you being asked to choose your SRAP class now? What happens if you wait on choosing your SRAP class? It helps to know the timeline for the campus registration process and how SRAP fits into it.

October 13th Students who did not take a fall RAP course can complete the class selection survey for Spring 2026 RAP courses. We need several SRAP choices from you, any one of which you'd be happy to take, in case your first choice is filled. SRAP courses are first come, first served

 **October 20th** All SRAP students can complete the class selection survey starting on October 20th. We need several SRAP choices from you, any one of which you'd be happy to take, in case your first choice is filled. SRAP courses are first come, first served

October 27th We can officially register you for your RAP class beginning on this date

November 3rd – November 21 Based on times assigned by the Registrar, you can enroll for main campus classes. Check your enrollment appointment in Buff Portal. It's best if you have your SRAP class on your schedule before you enroll for your main campus classes

January 2 – January 16 Enrollment continues for all courses the longer you wait, the more likely SRAP classes will be

 **January 8** First day of classes you can still drop add, but you'll have to work hard to catch up in classes you add

 **January 17** No more adds allowed drops are still ok until the campus drop deadline

- Only Joel can enroll you in SRAP classes or change your SRAP class for you
 - Submit the Stories & Societies RAP Spring 2026 Course Selection Survey to be enrolled in a RAP class
 - Email sraps@colorado.edu to make a change to what you submitted.
- SRAP classes are NOT in Class Search online; they are listed here (-170R sections)
- Please tell Joel any concerns or important information about your choices in the survey.

Know your SRAP class requests for spring?
Complete the class selection survey starting 10/20!

Only Joel can enroll you in SRAP classes or change SRAP classes for you SRAP classes are NOT in Class Search online; they're only listed here (-170R sections)



Stories and Societies
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University of Colorado
Boulder

Spring Stories & Societies RAP Offerings

HIST 2220-170R History of War and Society: Crusades and Medieval Warfare
MoWeFr 1:25pm - 2:15pm

HIST 2316-170R Pop culture MoWeFr 2:30pm - 3:20pm

IPHY 2420-170R Introduction to Nutrition MoWeFr 3:35pm - 4:25pm

GEOL 1010-430R Exploring Earth (located in Baker Hall) MWF 12:20pm-1:10pm

ECON 2010-170R Intro to Macroeconomics (lecture*) TuTh 11am - 12:15pm

2010-171R Intro to Macroeconomics (recitation*) Th 10am - 10:50am

***Must take both lecture and recitation components**

PHIL 1350-170R Knowledge, Mind, and Reality TuTh 2:00pm - 3:15 pm

PHIL 1400-170R Philosophy and the Sciences MoWeFr 10:10am - 11:00am

HIST 1012-170R Empire, Revolution, and Global War: European History Since 1600
MoWeFr 2:30pm - 3:20pm

SSIR 1010-170R Social Entrepreneurship and Sustainability TuTh 2:00pm - 3:15pm

SOCY 1001-170R Introduction to Sociology TuTh 11:00am - 12:15pm

Detailed descriptions of each class & times offered follows this page.

Course descriptions are organized by course categories and are
color coded above by the days offered:



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HIST 2220-170R

History of War and Society: Crusades and Medieval Warfare Dr. Nicole Jobin

MoWeFr

1:25 - 2:15 pm

3 credit hours

Arts & Sciences GenEd:

Arts and Humanities



Isabel, spouse of the future king of France, Philippe, riding during the Eighth Crusade in 1270 while six months pregnant

For as long as human beings have lived in civilizations, they have dealt with conflicts between tribes, states, regions, and even empires, by means of war. But few eras built their civilizations so closely around the idea of warfare and being a warrior as did the Middle Ages. Medieval times, according to contemporary chronicles, appear to be dominated by knights on horseback living in castles with moats and drawbridges. Even personal quests took on the language of knighthood and warfare.

How did this one aspect of society come to be so predominant in medieval culture? What was the place of women and children and non-warriors in such times? And what happened when the wars that defined medieval rulers threatened to tear them and their kingdoms apart?

An exploration of these questions lies at the heart of this course. By exploring medieval society and culture we will discover the motivation for these wars, the technical and ideological ways they were waged, and the effects on the populations both at home and at the forefront of these conflicts.



HIST 1012-170R

Empire, Revolution and Global War: European History Since 1600 Dr. Nicole Jobin

MoWeFr

2:30 - 3:20 pm

3 credit hours

Arts & Sciences GenEd:

Arts and Humanities



What have been the basic challenges humans have faced through the ages? How have we sought to sustain ourselves economically, organize ourselves politically, religiously, or socially, and express ourselves creatively? What impact has early European history had upon our society as we know it? These are the central questions covered in HIST 1011: European History to 1600. Our historical past affects how we see the present. We will explore that past from the Ancient World (3000 BC) through the Reformation (16th c. AD) and look for clues about the foundations of our modern western attitudes towards power and authority, science and faith, institutions and individuals. Part of studying history is learning to ask good questions and figure out where, and how, to look for the answers. Throughout the class we will explore the literature, art, architecture and artifacts left behind and discover how historians use these clues to decipher the story of the past and interpret its meaning for us today.



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HIST 2316-170R
History of American Popular Culture
Dr. Martin Babicz

MoWeFr
2:30 - 3:20 pm
3 credit hours

Arts & Sciences GenEd: Arts & Humanities
A&S Core Requirements: Arts & Sci Core Curr:
United States Context



This purpose of the course is to arrive at a better understand of the history of the United States through American popular culture. This course examines U.S. History since colonial times and explores how cultural forces shaped America. The course will be divided into three parts. The first part will examine American Culture through the Civil War. The second part will examine American Culture from the Gilded Age to World War II. The last part will examine American Culture since World War II.

IPHY 2420-170R
Introduction to Nutrition
Dr. Donna Louie

MoWeFr
3:35-4:25 pm
3 credit hours

Arts & Sciences GenEd:
Natural Sciences



Summer, Giuseppe Arcimboldo,
1572, Denver

What should you eat? How much should you eat? When should you eat it? It depends! Everybody's needs and desires are different. This class won't tell you what to eat, but it will provide you with the knowledge to make your own healthy decisions.

As we learn in a scientifically rigorous manner about the biology, chemistry, and physiology of nutrition, we'll also study the macro- and micronutrients, recommendations to prevent chronic disease, eating disorders, latest fad diets, critical thinking skills to analyze your intakes and expenditure, sports performance concepts, supplements, food policy issues, deficiency, toxicities, and much more!

After this course students will be able to:

- Construct healthy meals to optimize health and lower risk for chronic diseases, such as heart attack, stroke, cancer, type 2 diabetes, and hypertension
- Construct healthy meals to optimize mental and physical performance
- Explain the science behind healthy meals and nutrition
- Predict malnutrition with adverse health effects
- Discern misconceptions from facts about nutrition, and
- Evaluate fad diets



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GEOL 1010-170R

Exploring Earth

Dr. Lisa Barlow

MWF

12:20-1:10 pm

3 credit hours Located in
Baker Hall

Arts & Sciences GenEd:

Natural Sciences



Geology is everywhere you look, especially if you know how to see! The Earth that we live with is a fascinating and dynamic planet with a rich history of tales to tell. Geology has inspired creatives of all kinds for millennia, and this section of GEOL 1010 will include works of art (sculpture, photography, painting, functional objects ...) to bring an artist's perspective to a conventional introductory Geology course. We'll learn how to recognize different basic mineral and rock types (e.g., alabaster vs. marble in sculpture) and rock types of large features (can you tell the difference between the sedimentary rocks of the Flatirons and the igneous rocks of Yosemite's Half Dome just by looking at images?), how to read topographic and geologic maps, and how to use plate tectonic theory to understand everything from why marine rocks are found at the top of Mount Everest to why some volcanoes are more dangerous (and more aesthetically pleasing) than others. We'll do a lot of armchair travel around the world seeing both beautiful outdoor geology and beautiful human expressions of this amazing planet we live with.



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Dr. Sharon Adams

3 credit hours

Arts and Humanities



By RTG - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=88978989>

Introduces philosophy by exploring fundamental questions concerning the nature of reality and our knowledge. Possible questions include: Does God exist? Are you the same person you were when you were born? Does the past exist? Are we free to choose our actions? Is the mind something distinct from the body? Can a computer think? How can we know anything at all?

PHIL 1400-170R
Philosophy and the Sciences
Dr. Mike Zerella

MoWeFr
10:10 - 11:00am
3 credit hours

Arts & Sciences GenEd:
Arts and Humanities **or** Natural Sciences



Berlin East Wall Gallery, 2019; photo by Dr. Fischer

This introductory course examines how constructions of gender, race, and class are structurally determined and lived through in today's global society. This course applies a broad social scientific perspective to identify how history, politics, culture, economics, and social life converge with and shape the way gender, race, and class are understood.

It is impossible to ignore how race and class articulate with ideas about gender and how these socially determined characteristics form a triad for identity construction and subjectivities. The goal of this class is to create awareness of the contemporary inequities that plague our global society and develop a critical understanding of how forms of privilege and exclusion based on gender, race, and class are written about, comprehended, and contended with.



SSIR 1010-170R

Social Entrepreneurship and Sustainability

Dr. Laura DeLuca

TuTh

2:00 - 3:15 pm

3 credit hours

Arts & Sciences GenEd:

Social Sciences



**Discover your calling. Make an impact. Create community.
Accelerate your career options. Start the journey.**

In this class, through lecture, lab, and film clip, you will learn how to research societies' problems and create innovative solutions through forming a venture. You will gain understanding of the sustainable development goals (SDGs) and how to contribute to solving our society's biggest problems. You will acquire skill in how to pitch, which means how to tell a meaningful story about your venture in a succinct way. You will learn to use business principles to organize, create and manage an enterprise to achieve social change.

Social Innovation is a vehicle for understanding and creating social change. Most of today's innovative social solutions cut across the boundaries separating nonprofit, government, and for-profit businesses. You will gain fluency in design thinking which involves interviewing and incorporating the insights from your customer or end user. Through your Social Innovation Protect (SIP) you will gain proficiency in story telling (persuasive communication), and innovation skills.



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ECON 2010-170R
Principles of Microeconomics
Dr. Dan Zuchegno

TuTh 11:00am - 12:15 pm (lecture*) &
Th 10:00 - 10:50am (recitation*)

*Students must take both the lecture
and the recitation.

4 credit hours

Arts & Sciences GenEd:
Social Sciences



This course looks into our choices and what drives our behavior in today's economy. Since we live in a market economy, we emphasize economic interactions among individuals, business firms, and government, developing a formal model of supply and demand to discuss how and why we make economic decisions, and how our choices affect the economy. The course describes different kinds of markets in our economy and identifies conditions which may cause markets to fail or achieve an efficient solution.



SOCY 1001-170R
Introduction to Sociology
Dr. Robert Scott

TuTh

11:00am - 12:15pm

3 credit hours

Arts & Sciences GenEd: Social Sciences



This course highlights how social forces shape human behavior and everyday experience. It examines the history of sociology, how to conduct social research, and key theoretical perspectives and debates in the discipline. Students will analyze and evaluate ideas from various areas of specialization, including economic sociology, animals and society, the sociology of death and dying, and the sociology of mental health. In their course assignments, students will apply sociological concepts to past and current events and extend the concepts. They will learn how sociology can influence policy and practice here and now.



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