

DLM 310 Section Descriptions SPRING 2026

DLM 310a Sources of the Self (D. Williams)

Is it possible to identify the complex, but largely unarticulated ensemble of factors that shape the idea of the self in the modern West? Who are you and how have your ideas about important life questions been formed? This interdisciplinary course uses the history of philosophy, politics, music, literature, and religion to retrieve the sources of the modern self focusing on the concepts of inwardness, political freedom, and our place in nature to create a map of modern identity.

DLM 310b The Rage of Party (A. Tubb)

17th-century Britain faced terrible problems. Divided by politics, religion, social values, economics, and ethnicity their society spiraled into terrible violence. Yet from the ashes emerged a society that upheld freedom of speech, religion, and the rule of law by a representative body. We will discover how they ended the rage of party and created a stable, peaceful country with unique political rights.

DLM 310c Exercise and the Brain (M. Burns-Cusato)

The course "Exercise and the Brain" takes a multi-disciplinary approach to explore the effects of physical exercise on brain function. By integrating knowledge from various fields, such as neuroscience, psychology, kinesiology, and sports medicine, students will gain a comprehensive understanding of how exercise can improve cognitive function, enhance mood, support recovery from brain injury, and slow neural degeneration. Through primary literature, case studies, and hands-on learning experiences, students will be equipped with the knowledge and tools to promote brain health through exercise.

DLM 310d Imagination, Community, and Change (E. Cadavid)

We will explore how we can make concrete changes in our local communities. Students will think about their role in imagining a future that they want to bring into existence and recognize that they have the power to do so. It will also highlight the importance of community, of acknowledging grief to keep us connected, of gratitude including a spirit of joyfulness, the importance of hope, and the awareness of future generations.

DLM 310e The Book of Beyoncé (J. Van Niekerk)

What would a sense of the world look like based exclusively on information gleaned from the "Book of Beyoncé"? As one of the most influential and wealthiest performing artists in the world, it is safe to say that Beyoncé's creative output has resonated with her listeners. While many artists have a fandom surrounding them that seeks to find deeper and hidden meanings within their works, Beyoncé intentionally encodes these complexities with vast teams of collaborators featuring people in the creative industry and scholars alike. Students will use "Lemonade", "Homecoming", "Black is King", and "Act 1: Renaissance" as primary texts while investigating the socio-cultural contexts that inform them.