Human Ecology Recommendations
Brought to you by the Dean’s Undergraduate Advisory Council (DUAC)

Design + Environmental Analysis

**DEA 1500: Environmental Psychology**
I would highly recommend taking DEA 1500: Environmental Psychology. I enjoyed that class as it gave me the opportunity to think in a different space and about the spaces we are in every day. I also was fascinated by the perspectives of my peers on the existing designs and architecture of their respective houses and Cornell buildings. For one of our assignments, I remember creating a project that aimed to make the waste disposal areas in the dining hall to be more conducive to people of various physical traits such as height differences or other physical abilities.

Alessandra Cruz

**DEA 1500: Environmental Psychology**
I would recommend DEA1500 Environmental Psychology. It’s a great introduction to what DEA is as a major and the importance of design in every day life, human behavior, and the physical environment. Anyone who is interested in DEA or learning more about the relationship of humans and their environment, this class is insightful, but still easy to follow and stay engaged in.

Claire Choi

**DEA 3308: Positive Design Studio**
Last spring, I took Professor Jay Yoon’s Positive Design studio. Truly, it was my favorite class I’ve taken thus far at Cornell. This studio focused on what about design makes people happy. Usually, design focuses so much on solving large, detailed problems, but this was the first time I took a step back and was able to focus on emotions and their involvement in whatever project I was working on. We worked with arduino, product development, and various materials that taught me a lot about myself and the group experience in design.

Peyton Fort

**DEA 3055: Healthy Futures**
I took DEA 3055 the spring of my sophomore year as I began my pursuit of a minor in Healthy Futures. It is an incredible course throughout which we heard from industry leaders working at the intersection of health, hospitality, and design. In addition to listening to guest lecturers, we also had the opportunity to connect with them on a more personal level during weekly luncheons. This course provided a unique level of real-world insight and entirely reshaped my future career path!

Rebecca Weiss

**DEA 1500: Environmental Psychology**
I’d recommend DEA 1500 or Environmental Psychology. Each lecture was interesting and taught me so much. This class covers all aspects of life and why they’re designed the way they are so not only is it relevant but fascinating. As a human development major this class was easy for a non DEA major to follow and very related. We learned how dorms can be designed to foster more contact and connection and as a student living in w dorm it was awesome to see how true the information was. Highly recommend for any major!

Rebecca Weiss

**DEA 1500: Environmental Psychology**
Environmental Psychology was one of my favorite classes I have taken at Cornell so far. The class explores the ways our surrounding environment has a profound impact on our behavior and development. Furthermore, the class also discusses how the environment affects our health and well-being. The material is relevant to a wide variety of majors in Human Ecology stemming from its interdisciplinary nature. Professor Evans is extremely knowledgeable within the field and creates engaging and intriguing lectures.

Talia Petigrow
FSAD 1250: Fashion, Art and Design Thinking
FSAD 1250 is an in-depth class that teaches students of the design elements and principles not only found in the fashion industry but within the historical movements of art and architecture. Students learn of the fashion trends of the 20th and 21st century, in conjunction with the art movements of those times periods studying how design influences both what we wear and what we create. FSAD 1250 gives students a new perspective of fashion on a worldly scale providing a great introduction into the holistic view of the College of Human Ecology. Students engage in weekly discussions about the content learned, partake in various projects such as practicing the design elements learned, and eventually showcase their expertise in a paper comparing the design elements used in two works of art. It is a very interesting and intriguing course that teaches students to think differently about design and how we interact with fashion which will stick with students throughout their college career.

FSAD 2190: Fashion, Aesthetics and Society
FSAD 2190 is one of my favorite FSAD classes by far. I would highly recommend this class to not only FSAD students but to Cornell-wide student bodies as it is an intriguing class that teaches you how people interact and engage with clothing on a daily basis. It merges the social sciences such as psychology and sociology with fashion offering students a holistic view of our interaction with clothing. It teaches students of the meaning behind clothes and their psychological impact with humans. Students study the works of Susan Kaiser and touch upon weekly subjects such as anti-fashion, fetishization, mental health in the fashion industry, social construction and identity formation through fashion, materiality, as well as others. Students engage in weekly discussion of the assigned readings and finish the year with two projects: one group and one individual. I particularly enjoyed the individual project as it was formatted as a proposal for research in which students write an abstract on a topic they find interesting. I wrote about the appropriation of hip hop within the fashion industry and how it influenced modern day streetwear. I learned a lot from that experience as it taught me the nuances of research and gave me free reign to study and learn of a topic of my choice.

FSAD 2310: Fashion Product Management
FSAD 2310, in my opinion, is one of the most important classes for Fashion Design Management students. It provides an overview of the design and product development process giving students and hands on experience of the fashion cycle. Students work throughout the semester on a final project in which groups of 5 or 6 develop a pop-up shop concept for a brand of their creation. Each student plays a role as the head merchandiser, designer, brand manager, or financial personnel to ultimately create a slide deck of their final project. Students learn of the ins and outs of the business of fashion, the terms and phrases that are commonly used within the industry, as well as the process of transforming a design to product.
**HD 3250: Neurochemistry of Human Behavior**
Simon Peck

My favorite Human Ecology class so far has been HD 3250: Neurochemistry of Human Behavior. This class is extremely interesting, touching on topics of brain chemistry, neurological disorders, and the pharmacodynamics of drugs used to treat disorders and drugs of reward. Prof. DeRosa is an amazing and kind professor who has a sense of humor and always keeps the class interesting. The class is fun as well, with two projects that allow you to get creative, for one of which some students write songs or skits to explain and expand on a concept from the course. The class dives deep into brain chemistry, and if you are interested in this subject matter, it's a must-take.

**HD 3320: Gender and Psychopathology with Professor Korfine**
Charlotte Walden

The fact that I took this class during Spring 2020 and it was still my favorite really says something. For me, this course had a great balance of three crucial elements of the Human Development learning experience: neuroscience, psychology, and discussion. We examined concepts from scientific and social lenses, and discussed the implications of gender as a construct and how it affects broader societal conceptions of mental health. Engaging critical thinking skills in a psychology-based course was uniquely powerful, especially in a sphere as dynamic as gender and psychopathology. I learned how to be healthily skeptical about psychological information, especially when gender is involved, and how to ask better questions. Discussing the many ambiguities of the field made me excited for a personal and professional future of exploring the intersections between gender and psychopathology.

**HD 3620 Human Bonding**
Kyle-Avery Muña

A class I would highly recommend taking is “Human Bonding” in the department of human development. The course examines the development of relationships from early infancy to adulthood to old age. If you are at all interested in how to better understand your connections with your family, your friends, and your significant other, this is the class for you. It also does not rely on a ton of prerequisite knowledge from HD so you could jump in at just about any point in your college career.

**HD 3290: Self-regulation Across the Lifespan**
Supriya Pandit

This class, taught by Dr. Lockenhoff, is applicable for everyone. It's all about forming and developing goals and habits: what makes people successful or not, from biological, environmental, and social perspectives. Especially during online instruction, I found it to be super relevant--would strongly recommend for EVERY student!

**HD 1170: Adolescence and Emerging Adulthood**
Serena Newsom

One of my favorite class I have taken in Human Ecology is HD 1170, Adolescence and Emerging Adulthood. This class was great for a few reasons. First, Professor Anthony Burrow always looked to the class to share our experiences as adolescents and even allowed these personal anecdotes to shape our papers for the class. Also, we had the opportunity to listen to guest lectures that were often experts in their fields, giving the class the most current information on the topic being studied. Lastly, a reason I really enjoyed HD 1170 was for the course subject. It was really interesting to learn why some children grow up to be the way they are and to finally put terms and definitions to things many of us have experienced at our age but never knowing why or the academic way to describe it.

**HD 3620 Human Bonding**
Talia Petigrow

HD 3620: Human Bonding is a class that everyone at Cornell should take, especially if you are in Human Ecology. The class explores the nature of human relationships that start when you are born. The professor is super engaging and makes the lectures intriguing. Even with the transition to virtual learning, I still felt engaged with the material. I would 100% recommend this class to everybody!
NS 1150: Nutrition Health and Society
I recommend taking NS 1150 with Dr. Levitsky. The professor himself is very entertaining to hear from in lecture, introducing all the concepts from class in a very engaging and comedic way that helps the material stick with you. On top of the great lecturer, the class content is very applicable to real-life since nutrition and dieting is so significant, especially in today's culture. An interesting anecdote is once Dr. Levitsky put on small track shorts and began running around the auditorium to demonstrate fat and carb burning at different periods of time.

Jack Walden

NS 1150: Nutrition Health and Society
I would highly recommend taking NS 1150. This class is both insightful and fun. Dr. Levitsky teaches the class with a certain spunk that makes the class very interesting. The course focuses on nutrition and metabolic processes, which I thought was very informative because I was able to integrate the course into my everyday life. My favorite memory from the class were his original songs he performed during lectures. That's just an example of his unique teaching style.

Noah Lee

NS 1150: Nutrition Health and Society
I would recommend NS 1150: Nutrition Health and Society with Dr. Levitsky because the course taught me information that can be easily applied to everyday life. It was interesting to learn where certain vitamins were found and what they did for the body so I could try eating healthier. The class also changed my perspective of nutrition by allowing me to realize that nutrition can be influenced by factors in society such as socio-economic status and ethnicity. I value the application of what I learned in the class and would recommend others to take it as well.

Amer Ahmed

NS 4500: Public Health Nutrition
I strongly recommend that all students interested in healthcare take NS 4500 (Public Health Nutrition) with Dr. Kathleen Rasmussen. This course provides a detailed overview of America's public health nutrition infrastructure while emphasizing the real challenges that we must overcome to achieve health equity as a nation. NS 4500 is a quintessential Human Ecology class in that it empowers students to analyze matters of human health through several multidisciplinary lenses. These overlapping perspectives all came together in the end-of-semester policy analysis assignment, in which students learn how to propose, compare, and implement effective public health policy doctrines on the federal level. It was really eye-opening to see all of the cascading layers of social and biological factors that contribute to disease pathogenesis, each of which represent viable targets for public health intervention.

Paul Soden

NS 1150: Nutrition, Health, and Society
As a Human Development major, I was skeptical at first to take a nutritional sciences class. However, NS 1150: Nutrition, Health, and Society was one of the best classes I have taken in Human Ecology. Professor Levitsky's knowledge and passion for nutrition is evident in his teaching. The lectures are super engaging and easy to follow. One time, Professor Levitsky even ran around the whole classroom to exemplify how the body uses different fuels to supply energy at different stages of exercise. This class taught me invaluable lessons that have not only helped me succeed at Cornell but that I know I will continue to benefit from in years to come.

Samantha Gould

NS 3410: Human Anatomy and Physiology
I would definitely recommend NS 3410 Human Anatomy and Physiology. It was easily the most innovative course I have taken at Cornell, the professors are constantly trying to engage the class in new and unique ways and it really shows. We had weekly case studies where we applied the knowledge we had learned and were learning with a real clinical case. It was super engaging as our whole class got involved and attempted to apply what we knew, breaking down the artificial barrier between professor and student.
Jessica Feldman

**PAM 3280: Fundamentals of Population Health**

I would recommend Fundamentals of Population Health (PAM3280). I took a shot in the dark with this class as I had not previously taken any health policy related classes, but I found the material to be extremely interesting and relevant and Professor Carmalt was incredible. I loved it so much that I am now minoring in health policy! Overall, the class is a great foundation for health policy concepts and includes many guest lectures from experts in the field, allowing students to be exposed to potential career opportunities in the healthcare arena.

---

**Policy Analysis + Management**

**PAM 2050/SOC 2070: Social Problems in the U.S.**

This is my favorite class because it is the epitome of looking at issues through a “human ecology” lens by answering the key question: how are people shaped by their environments? Today's American social issues are intentional and unintentional consequences of policy decisions. In the semester I took the class, we discussed the nuances of residential segregation, immigration, and the opioid epidemic. Professor Rich updates the content with each iteration of the class to reflect pressing questions of the moment. I would recommend this class to all Human Ecology students!

---

Alice Kreher

**PAM 3410: The Economics of Consumer Protection and the Law**

I would recommend PAM 3410: The Economics of Consumer Protection and the Law, which uncovers how our legal rules and regulations are impacting us in our everyday lives! I particularly loved how Professor Mathios integrated stories from his experiences working at the Federal Trade Commission and Dean of the College to help us understand the key topic areas covered—tort law, contract law, property law, and regulatory law. For example, we can thank Professor Mathios for bottles of Coke in our HumEc vending machines and the image of a heart on Cheerios cereal boxes nationwide. You will just have to take his class to find out how he used his knowledge of regulatory law to have these major impacts!

---

Bella Harnick

**PAM 2300: Introduction to Policy Analysis**

A Human Ecology class I truly enjoyed and recommend is Introduction to Policy Analysis - PAM 2300. This class truly has real word applications as it teaches about U.S. policies which affect our everyday lives; it wasn’t uncommon for me and the other students to talk about how this was one of the first classes we had ever taken that taught us things we really need to know and understand, such as Social Security and Medicare & Medicaid. It also provides great opportunities for direct discussion with other students and the TAs in the weekly section meetings, which touch on additional concepts and policies such as paid family leave and net neutrality. Additionally, this class truly taught me how to effectively put together a fully formed and well researched paper - both individually and in a group, which is a skill that has been invaluable to me since. Lastly, the Professor is incredibly engaging - not to mention kind - and the TA team is also extremely involved and never hesitates to help out the students.

---

Cailin Lyons

**NS 3150: Obesity and the Regulation of Body Weight**

It is no question that obesity is a huge health problem in the U.S. This class does a great job of providing a solid foundation on the fascinating biology behind obesity and going beyond that, delving into psychological concepts and behavioral experiments surrounding the issue. Obesity is a challenging problem to address precisely because of its physiological and psychological complexity, and this class acknowledges that complexity beautifully. Professor Berry is a wonderful lecturer for the biological half of 3150 and explains common themes and patterns really well; his passion for the material really shines through. Professor Levitsky is also outstanding and gives a thorough examination of obesity through a behavioral and psychological lens. This is not to mention that the course is well-paced, and the exams are fair. Overall, I learned a lot from NS 3150 and had a great experience. I think all Human Ecology students would benefit from taking a deep dive into the prominent issue of obesity with this class.

---

Victoria Tian

**PAM 3280: Fundamentals of Population Health**

I would recommend Fundamentals of Population Health (PAM3280). I took a shot in the dark with this class as I had not previously taken any health policy related classes, but I found the material to be extremely interesting and relevant and Professor Carmalt was incredible. I loved it so much that I am now minoring in health policy! Overall, the class is a great foundation for health policy concepts and includes many guest lectures from experts in the field, allowing students to be exposed to potential career opportunities in the healthcare arena.
PAM 2350: The U.S. Healthcare System
My favorite class that I’ve taken in Human Ecology is PAM 2350, which focuses on the US Healthcare System. This class was not only relevant to my career aspirations, but also taught practical knowledge about topics such as health insurance that are important to know as an adult in general. The material was super engaging and explained very well and I walked away from the class feeling like a more informed citizen than I was before taking it.

PAM 2250: Social Problems in the U.S.
The teaching staff was amazing for this class. They were always so helpful and ready to assist an student in need. They promoted a collaborative environment and really wanted their students to do well in the class. Almost every lecture incorporated discussions into its agenda, allowing different-minded people to state their thoughts and opinions on real-world issues in a supportive and encouraging environment. Instead of emphasizing grades or assignments, the professors and TAs stressed the material so that students would take away insightful ideas and information instead of just focusing on doing well in the class.

PAM 2250: Social Problems in the U.S.
PAM 2250: Gives an academic insight into the pressing issues of today in a way that fosters a lot of discussion and self-reflection. Best taken with a friend who’s also interested in the subject! Being able to read Dreamland, a book about the opioid crisis, discuss it in class, and then attend a lecture from the author knitted the story of the book really well together.

PAM 2250: Social Problems in the U.S.
PAM 2250 (Social Problems in the US) was one of my first and favorite classes at Cornell. The class dives into various relevant social problems that plague the US, and examines the history, the causes, the effects (past and current!) and the nuances of the topic. In my class, we talked about books about the opioid epidemic, undocumented immigration, and racial segregation. I learned SO MUCH in that class, and I am ultimately grateful for being exposed to it so early in my Cornell career. Professor Rich is amazing, and teaches the class with so much enthusiasm that I am excited to come to class every day. 10/10 recommend!!

PAM 2030: Population and Public Policy
I took this class in the spring of Freshman year with Professor Sassler. This class is a core requirement for PAM majors focusing on demographic trends of fertility, mortality, and migration. Following the course in the spring, I participated in an a 10-day trip to Copenhagen, Denmark from late May through the first week of June. This was an additional (optional) one-credit faculty-led program that gave me an opportunity to explore population issues from an international perspective, including family policies, immigration policies (with a day-trip to Malmo, Sweden), and sexual education policies. This experience allowed me to apply course principles outside of the classroom, learn from first-hand experiences, and was one of my highlights at Cornell.
Cornell Wide Recommendations

**PSYCH 1101: Introduction to Psychology**
I would recommend Introduction to Psychology (Psych 1101). I took this class first semester freshman year and absolutely loved it. Although at first I was intimidated by the large class size, Professor Pizarro is amazing and makes the class incredibly engaging. The class is well organized and easy to follow and provides a strong foundation for higher level psych and HD classes.

Jessica Feldman

**ANTHRO 1101: FWS Canoe-Cultures**
I would recommend ANTHRO 1101: FWS Canoe-Cultures with Dr. Arcadi because of the unique topic and hands-on experience. This class taught the culture of different American Indian tribes and their canoeing traditions, along with how to become a better writer. What stuck out to me the most was learning how canoes were made and having the chance to see Dr. Arcadi’s canoes that he refurbished himself during his office hours. If given the opportunity, Dr. Arcadi would dedicate a few days to teach the different techniques of building a canoe and let the class try what they learned with his own equipment. I valued my time with Dr. Arcadi and was disappointed when the semester was cut short due to COVID-19.

Noah Lee

**SOC 1101: Introduction to Sociology**
If you do the readings and pay attention in lectures, this class has the potential to really change the way you think about things. While taking SOC 1101, I realized that many attributes that society views as binary actually exist on a spectrum, such as gender, and that the networks that are formed by the people you interact with can drastically influence your actions. The summer after I took the class, I read a book that had been mentioned during a lecture: “Bowling Alone,” by Robert Putnam, which outlines the gradual fraying of American community that has occurred over the past century. This negative trend, Putnam explains, is actually the result of many societal transformations we traditionally view as positive, like women’s participation in the workforce and the technological revolution. It was an eye-opening book—one that made me start thinking about my own actions through the lens of social capital, instead of short-term gains and made me question whether the happiness I sought in the future was really what I wanted. SOC 1101 facilitates these kinds of ripple effects, especially as you continue to notice that what you have learned plays a large role in common daily interactions and larger news headlines.

Victoria Tian

**LING 1101: Introduction to Linguistics**
I took an FWS about linguistics my first semester. It was really interesting in that you learn about the history of languages and how they’re constructed. At one point, a project is to make up your own language!! It’s a fun experience and very interesting to learn about. I recommend if you have a global interest and are open to new ideas!

Riya Desai

**PSYCH 1101: Introduction to Psychology**
PSYCH 1101 was one of my favorite classes I took at Cornell! No matter what major you are, this class is definitely important to take. It lays the foundation for how people think and behave which is important in any field of study. The professor makes the material fun and easy to learn.

Talia Petigrow
ENGL 2810: Creative Writing
This class is a seminar-style course taught by a range of Cornell English faculty. I got to explore all sorts of reading and writing with students of all disciplines and ages. The instructor was very flexible and worked lots of time in for students to spend more time on what they like. I wrote poetry and prose in all kinds of genres and tapped into a creative side I don't often get to. The time commitment and workload was extremely manageable, too.

Supriya Pandit

GOVT 3112: Congress & the Legislative Process
A really interesting class on how American representatives behave and how it can be rationalized and theorized. In the current political setting it’s interesting to try to get in the heads if the legislators that are out there.

Matthew Sheen

PSYCH1101: Introduction to Psychology
The professor is very engaging and weaves the course content with anecdotes about each term to help understand and remember the material. The class itself is very interesting because understanding the basics psychology can help introduce on a surface level of why some people do what they do. Psychology is a fascinating field where you can see concepts from class as soon as you step outside the lecture hall. One interesting concept I remember is that if you try to help jog someone’s memory with fake details, they will start to have a “false memory” about the event. This is why leading questions are objectionable in court.

Amer Ahmed

Econ 1110: Introductory Economics
Unfortunately, I have not been able to take many classes outside of Human Ecology yet, but Econ 1110 was very interesting. The class often used real world examples to emphasize economic concepts. One class that I remember very well was the lecture that the professor taught us about Prisoner’s Dilemma. She called on two students to participate in the demonstration. She took turns speaking to each student without the presence of their “accomplice” to see how they would react to confessing to “a crime” if it meant lessening their jail time. The professor was ultimately able to demonstrate an economic concept through an in-person demonstration that made lecture more intriguing and understandable.

Margo Verschleiser

GOVT 2225: Controversies about Inequality
I recommend GOVT 2225: Controversies about Inequality, which presents a great opportunity for students to learn more about the inequities that have received increased attention in the wake of COVID-19. For example, this class took a close look at mass incarceration in the United States. In particular, it investigated the California Prison System, where the financial incentive structure is severely misaligned: Counties do not have to pay if they send convicts to state prisons, but they do if they send them to county jails. Thus, counties are incentivized to sentence convicts to longer terms and create harsher criminal records in order to qualify them to be sent to state or federal prisons. If states and counties instead shared the costs of incarceration, counties would no longer face this incentive to be more punitive. I put forward this example just to show the level of depth that this class dives into in order to focus on the root causes of racial, ethnic, and gender stratification.

Bella Harnick

GOVT/LAW 3072 The U.S. Constitution: Crisis, Change, and Legitimacy
This class gave me an entirely new perspective on American history and American constitutional law. Professor Rana is very engaging and challenges his students to deeply consider conditional “norms” and why we view some things as legitimate and others as illegitimate. This class is difficult but very interesting!

Alice Kreher
MUSIC 1312: History of Rock
If you like music, I would recommend taking MUSIC 1312: History of Rock. This class fulfills most humanities requirements and is a fun way to do so. Lectures often feature Prof. Periano playing a multitude of instruments or gracing the class with her singing. The class covers genres leading up to the start of Rock’n’Roll and continues to contemporary Rock. Discussion sections also allow for small group discussions about specific artists, songs, and movements which were pivotal in the progression of the genre. The class is pretty relaxed and is an enjoyable course to take.

Simon Peck

AMST 2655: Latinos in the United States
A Cornell-wide class I recommend is Latinos in the United States. This class taught me in great detail how U.S policies and actions affect and have affected Latinos in America. The Professor and many students shared personal stories of how U.S. policies have affected their own lives or their family’s, providing a firsthand account which was not only extremely moving but also showed how broader policies can impact aspects of life that you never thought of. The class also made an effort to keep things light, the Professor always told a funny anecdote at least once or twice a lecture which never failed to make me laugh. All in all, I think this class is not only very interesting and educational, but also extremely relevant given the current political climate and the conversations that surround it.

Cailin Lyons

ASRC 1846: Sociology on Environmental Justice: Color and Class of Water
Another class I enjoyed was my Freshman Writing Seminar which was called Sociology on Environmental Justice: Color and Class of Water. I was completely amazed by that class and especially by the instructor. We held discussions on the Flint Water Crisis with a focus on how race, among other factors, affects health outcomes particularly access to clean water and the ability to live in safe/non-toxic environments.

Alessandra Cruz

HIST 4723: Scandal, Corruption, and the Making of the British Empire in India
HIST 4723 was an amazing class I took in Spring 20’. The course is broken down into two parts, first an analysis of East India company history and the creation of the British empire in India. Then we apply what we learned or dig deeper into a question of our own during this broad period of time by developing a paper. This research paper is well developed, and Dr. Travers is extremely knowledgeable and seems to have all the answers. His class was largely discussion based and never dull, I looked forward to attending his seminar every week and miss it every Monday that passes.

Rushil Shah

PSYCH1101: Introduction to Psychology
PSYCH 1101 is a great introduction to Psychology. It is a huge class that is taken by people in so many different majors so it is a great class to take with friends or to meet new people. The material is very interesting and can be applied to so many different fields.

Julia Hans
INFO1300: Introductory Design and Programming for the Web
I would recommend INFO1300. Professor Kyle Harms is one of the most engaging, caring lecturers I've had. He handwrites lectures and teaches website coding in a way that is paced and understandable. A beginner course to HTML and CSS, I felt I had the support and knowledge, despite never having coded before.

Claire Choi

LING 1101: Intro to Linguistics
This class was unlike anything else I've taken at Cornell, and yet I haven’t stopped exercising the skills I learned since I finished the final exam three semesters ago. I loved how it required building entirely new abilities...not exactly mathematical or literary or scientific, but an academic framework that was pretty unfamiliar to me. The course provided a comprehensive overview of the field: understanding the phonetic building blocks of individual words, analyzing patterns within and across languages, learning how the brain processes language and what can go wrong along the way, and considering how language affects not only the way we understand the world, but how the world understands us. Though it may seem like a very specific subject, I think students from any major would benefit from this course.

Charlotte Walden

GOVT 3131: The Nature, Functions, and Limits of Law
One Cornell-Wide class that I would recommend is GOVT 3131: The Nature, Functions, and Limits of Law. Even if you are unsure whether or not the legal field is for you, I would highly recommend taking this class to anyone that has even the slightest interest in the law. This was the first law class that I have ever taken at Cornell and it was an amazing introduction into the field. The class is taught in the law school by a Cornell law professor, Professor Chutkow, but is only open to undergraduate students. Professor Chutkow breaks down the law into plain and simple terms while using case law to explain the different legal topics. Through this class, I learned about all areas of law ranging from civil to criminal to even administrative law and beyond while being afforded the opportunity to read and learn about a multitude of real life

Samantha Gould

PSYCH1101: Introduction to Psychology
I would highly recommend Psych 1101: Intro to Psychology. It is an extremely interesting class which takes a look many different phenomena and theories. Prof. Pizarro is and extremely engaging and knowledgeable lecturer, who tells many cool personal stories.

Ryan Greene

BIOG 1445: Intro Anatomy and Physiology
I would highly recommend that pre-health students take BIOG 1445 (Intro Anatomy and Physiology) with Dr. Darlene Campbell. The course is set up in an auto-tutorial format, meaning that students study the material for each of ten units on their own and then come into the study center to ask undergraduate and graduate TAs questions. After mastering the material for that unit, students then take a written quiz and an oral test with one of the TAs in the study center. This unique course format really allowed me to take ownership of my own learning and made me a more articulate, confident, and concise speaker. Moreover, BIOG 1445 offers countless hands-on experiences with physiology through demonstrations and laboratory periods. I am a very visual learner, and it was incredibly rewarding to apply my knowledge of physiology through BIOG 1445’s course-long rat dissection and comparative anatomy lab.

Paul Soden

Art 2503: Drawing: Introduction to Drawing
If you have any interest in art, I would recommend Art 2503. This course focuses on the fundamentals of art through both a collaborative and individual lens. I learned essential art skills, and created projects in a variety of mediums. Professor Brack is an friendly, heart-warming professor who has accelerated my enjoyment of art.

Jack Walden
**ILRST 2100: Introductory Statistics**
For my stats requirement I took ILRST 2100. As someone who is not a statistics major or math person this class was easy to follow and super enjoyable. The discussions were super helpful and I learned a lot about it statistics with little stress involved. It was also fascinating to see how the professor adapted the class to be connected to the COVID outbreak. I loved that the material was so applicable to everything going on and not too difficult.

Rebecca Weiss

**COMM3110: Educational Psychology**
One of the best classes I have ever taken at Cornell is Educational Psychology. While the class is technically cross-listed with HD and COMM, it is an exceptional class that makes you a better writer, educator, and learner. I constantly found myself connecting the class content with my own personal experiences in education, which inspired me to pursue a career in public education after undergrad. There is also a fieldwork component to the class, so I got to go to an elementary school once a week and write a short story with a fourth grade student. It is one of the rare courses at Cornell where you learn interesting content and see it in action within the context of a real classroom.

Kyle-Avory Muña

**GOV 1111: Introduction to US Government**
A class I have really enjoyed at Cornell is GOV 1111, Introduction to US Government, in the College of Arts and Sciences. Something I really enjoyed about Gov was Professor Kriner’s constant ask of class participation and genuine desire to hear the opinions of people in the class across the political spectrum. Professor Kriner also always made a point to offer extra credit for going to hear speakers throughout the semester and even inviting guest lecturers in like former US House of Representative, Steve Israel. GOV 1111 was a class I always looked forward to for its constantly evolving conversations about current events with my peers and our professor while also touching on the history of United States government.

Serena Newsom

**ANTHR 2468: Medicine, Culture, and Society**
I highly recommend ANTHR 2468 Medicine, Culture, and Society. Through interactive lectures and discussions during the course, I learned to consider how people’s culture, gender, background, socioeconomic status, and personal identity effect their unique experience in healthcare. I feel that this course provides essential insight for all who hope to work in health oriented fields in the future as such insight may help deepen personal connection and understanding, subsequently improving one’s ability to provide high quality and equitable care for all.

Peyton Fort