

# WINTER 2023

## Discovery@UCSB

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### *Transfer Exploration, & Senior Exploration Discovery & Linked Seminars:*

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Please note that if a listed seminar does not last the full 10 weeks, the drop deadline may be sooner.

Update 10/20/2022

### **INT 186AS - “Fitness & Wellness Leadership”**

- **Seminar Type:** *Transfer Exploration*
- **Department:** Exercise & Sports Studies
- **Instructor:** Amy Jamieson
- **Instructor Email:** amyjam@ucsb.edu
- **Day - Time - Room:** Wednesday 10:00-11:50 in RecCen 2103 \*meets the first 5 weeks of the quarter
- **Enroll Code:** 62497

**Course Description:** This seminar will explore concepts of fitness. Students will receive basic instruction in exercise science and practical application of concepts. The knowledge will allow students to explore the field of fitness and wellness with emphasis on assessment application, exercise development and program design.

**Bio:** Amy Jamieson is the Department Chair and faculty member at UC Santa Barbara in the department of Exercise & Sports Studies. She has over 20 years experience in the wellness and fitness industry and spends most of her time working as a lecturer and educator. Amy holds a Masters Degree in Exercise and Health Science with an emphasis in performance enhancement and injury prevention. In addition, she is a certified Nutritionist through the AASDN and serves as the MyPlate Ambassador at UC Santa Barbara. Amy is the chair of the ESS Wellness Committee, responsible for creating and implementing student wellness based programs and resources including the upgraded Wellness and Fitness Institute designed to provide a platform for academic learning and student wellness education. Her broad education and experience in the field provides students with numerous fieldwork and hands-on internships in the field of health, wellness and fitness.

### **INT 186BL - “Microbial Oceans”**

- **Seminar Type:** *Transfer Exploration*
- **Department:** EEMB
- **Instructor:** Alyson Santoro

- **Instructor Email:** [asantoro@ucsb.edu](mailto:asantoro@ucsb.edu)
- **Day - Time - Room:** Friday 2:00-2:50 in HSSB 2201
- **Enroll Code:** 59485

**Course Description:** This seminar explores the critical role that the most abundant living things in the ocean-- microbes--play in climate and ecosystems. Each week, we will read or watch a short piece of popular or primary literature and then discuss this piece in an online discussion forum and later, in an in-class discussion. My goal in this course is to make you excited about marine microbes and explore different perspectives on the discipline in an informal, low stress environment.

**Bio:** Alyson Santoro is a microbial oceanographer who studies microbes involved in the nitrogen cycle. She grew up six hours away from the ocean and developed her passion for marine microbes relatively late in her career. She loves going to sea and has spent nearly a year of her life on oceanographic research vessels.

## **INT 187AO - “The art and science of autobiographical storytelling”**

- **Seminar Type:** *Transfer Discovery Linked*
- **Department:** Psychological and Brain Sciences & Writing Program
- **Instructor:** Nicole Alea Albada and Ellen O'Connell Whittet
- **Instructor Email:** [nicole.albada@psych.ucsb.edu](mailto:nicole.albada@psych.ucsb.edu), [whittet@writing.ucsb.edu](mailto:whittet@writing.ucsb.edu)
- **Day - Time - Room:** Tuesday 9:00-10:50 in PHELP 1444
- **Enroll Code:** 59386

**Course Description:** This seminar will bring together the psychological science behind remembering the personal past and the process of writing autobiographical stories. Writing autobiographical stories provides us with a chance to make meaning from the raw materials of our life in an effort to meet the goals of the self. We will study different writers' crafts, the decisions they have made, and gather a repertoire of tools to write our own autobiographical stories. We will then explore the way that psychological science analyzes stories to say something about human personality and behavior by reading empirical articles and content-coding written narratives.

**Bio:** **Dr. Albada** received her BS in Psychology, with honors, from the University of Florida. She continued at the University of Florida, earning her PhD in Developmental Psychology, with an emphasis on adult development and aging. She also received graduate certificates in Gerontology and Social Science methodology. She is the director of the Thinking About Life Experiences (TALE) Lab, which explores why and how people remember events from their life, and the links between remembering autobiographical events and psychosocial well-being in various age groups and across cultures. She primarily teaches research methods and statistics to undergraduate students in the PBS program.

**Professor Whittet** received her BA in Literature and French from UC Santa Barbara, and then earned her MFA in nonfiction writing from Sarah Lawrence College, with an emphasis on memoir and oral history. She has been teaching at UCSB since 2011, and has pub

### **Senior Transfer Exploration Seminars:**

# **INT 189BE - “The Psychology of Conspiracy Theories”**

- **Seminar Type:** *Senior Transfer Exploration*
- **Department:** PBS
- **Instructor:** Tamsin German
- **Instructor Email:** tamsingerman@ucsb.edu
- **Day - Time - Room:** Thursday 4:00-4:50 in GIRV 2124
- **Enroll Code:** 54338

**Course Description:** Conspiracy theories propose that certain significant world events are caused by the secret and deliberate actions of powerful malevolent groups. This seminar will discuss the structure of conspiracy theories, and the psychological mechanisms and processes that give rise to them. We will address questions concerning what kinds of people might be drawn to conspiracy thinking, how conspiracy theories spread across populations, and what their consequences are. We will also address what possible antidotes or remedies might exist or be developed in response to this kind of thinking.

**Bio:** Tamsin German is a Professor in the Department of Psychological and Brain Sciences. Her research concerns the cognitive foundations of the human capacity for understanding other people, the cognitive representation of supernatural entities, and the ways in which humans evaluate communicated information to guard against being misled by misinformation.