INTERDISCIPLINARY STUDIES  
(INTR)

**INTR 101 (s) Focus on Success**  
1-3 credits, max 6  
Develop strategies to help you meet the demands of college-level course work. Includes goal setting, study skills, learning strategies, time management, effective communication skills. This course will introduce you to University requirements and resources, and help you integrate into the academic and social environment at the UI.

**INTR 200 (s) Seminar**  
Credit arranged

**INTR 201 Major/Career Exploration and Decision Making**  
1 credit  
Students are taken through the career decision-making process. Through career assessments, occupation & industry research, and informational interviews, students will learn about themselves and explore possible careers in order to narrow down their options and make informed major and career decisions.

**INTR 203 (s) Workshop**  
Credit arranged

**INTR 204 (s) Special Topics**  
Credit arranged

**INTR 210 Life Skills for Student Athletes**  
2 credits  
This course supports the development of a well-balanced lifestyle for student-athletes, encouraging emotional well-being, leadership, personal growth and decision-making skills. Upon completion of the course the student-athlete will: 1. Understand the guidelines and resources available for academic success; 2. Take personal responsibility for actions, behaviors and pursuing goals; 3. Effectively manage your time within the constraints of a busy academic schedule; 4. Consistently demonstrate successful classroom behavior, study habits, and test taking skills; 5. Make informed and educated decisions regarding health issues; 6. Learn to prepare nutritious and inexpensive meals; 7. Appreciate the meaning of diversity and culture; 8. Understand how to manage your personal finances; 9. Choose the correct major and identify possible career choices; and 10. Demonstrate the understanding of a service learning experience.

**INTR 240 Scholarly Communication**  
1 credit  
This course teaches students how to present their research and scholarly work in written and oral forms, including how to approach a senior or honors thesis, how to prepare abstracts for scholarly conference submissions, how to create conference poster and panel presentations, how to prepare manuscripts for peer review, and how to write a winning grant proposal. This course teaches valuable insights about how to communicate research.

**INTR 298 (s) Internship**  
Credit arranged

**INTR 299 (s) Directed Study**  
Credit arranged

**INTR 316 Explore Mentoring & Leadership**  
3 credits  
Cross-listed with ORGS 316 and PSYC 317  
Through the study of both mentoring as well as leadership, this course will prepare students to become effective mentors, citizens and members of the larger community. The course will cover a broad range of topics including: mentoring skills; leadership language, theory and style; communication and conflict; social justice and multiculturalism; values and ethics; and social change.

**INTR 398 (s) Internship**  
Credit arranged

**INTR 400 (s) Seminar**  
Credit arranged

**INTR 401 Career and Leadership Development**  
2 credits  
*Gen Ed: Senior Experience*  
Provides students with information, resources and tools to help them explore careers, set goals, and make informed educational and career choices. Students will enhance their leadership skills, explore abilities, interests, and values in preparation to excel in the post-graduation world. A main focus of the class will be identifying and assessing strengths, direct and transferable skills students possess, and how to market and effectively communicate the value such skills bring to an organization, graduate program or employer post-graduation. Senior experience seminar for students in general studies and interdisciplinary studies.  
**Prereq:** Junior standing or higher

**INTR 403 (s) Workshop**  
Credit arranged

**INTR 404 (s) Special Topics**  
Credit arranged

**INTR 405 (s) Professional Development**  
Credit arranged  
Joint-listed with INTR 505.

**INTR 440 Honors Presentations**  
1 credit  
*Gen Ed: Senior Experience*  
This University Honors Program course is designed for honors students who are actively working towards completing an honors thesis or honors portfolio by the time they graduate from the university and the honors program with an undergraduate degree. The course is intended to assist students with the final assignment of their honors thesis or honors portfolio, i.e. the public presentation of their thesis or portfolio work at the bi-annual Honors Forum in either December or May each year.

**INTR 450 University Interdisciplinary Colloquium**  
1 credit, max 6  
This course meets in conjunction with the Malcolm Renfrew Interdisciplinary Colloquium, a campus-wide speaker series that meets weekly on Tuesdays during the Fall and Spring semesters. The presentations concern various aspects of teaching and research on campus, and are delivered by faculty and staff from across the university. Attendance at the presentations is required, and students are expected to submit their class notes and reaction essays for each presentation at the end of the semester. Graded Pass/Fail.
INTR 454 Honors Thesis or Portfolio  
1 credit  
This University Honors Program course is designed for honors students who are actively working towards completing an honors thesis or an honors portfolio by the time they graduate from the university and complete the honors program. After researching and writing their honors thesis or completing their honors professional portfolio, students are expected to enroll in INTR 440 Honors Presentations, usually during their last semester at the University of Idaho when they present their findings at the public Honors Forum in either December or May each year.

INTR 455 Producing The Looking Glass  
1 credit  
This course offers students in the University Honors Program an opportunity to learn how to produce the program’s student publication, “The Looking Glass.” The one-credit course includes developing or reviewing criteria for submissions, sending out calls for submissions from honors students, hosting submission sessions, reviewing submissions, editing submissions, and editing and publishing the final product, the annual publication “The Looking Glass.”

INTR 489 Honors Program Ambassadors  
1 credit, max 8  
Student Ambassadors are selected through an application and interview process. Students will learn leadership, communication, networking and public speaking skills. Students will meet in the classroom with the instructor and will be responsible for representing the University Honors Program at various on- and off-campus events and activities.

INTR 491 College of Letters, Arts, and Social Sciences Ambassadors  
Credit arranged  
Student ambassadors are selected through an application and interview process. Students will learn skills in leadership, communication, networking, public speaking and time management. Students will be responsible for representing the College of Letters, Arts and Social Sciences in various recruiting activities and events.

INTR 492 College of Science Ambassadors  
1 credit, max 8  
Student ambassadors are selected through an application and interview process. Students will learn skills in leadership, communication, networking, and public speaking. Students will be responsible for representing the College of Science in various recruiting activities and events.  
Prereq: Permission

INTR 496 Pre-Health Peer Mentors  
1 credit, max 4  
Pre-health peer mentors are selected through an application and interview process. The mentor program will help promote a welcoming and supportive community for pre-health-professions-focused students new to the University of Idaho, while providing mentors the opportunity to further develop the inter- and intra-personal competencies expected of future healthcare professionals. These competencies include collaboration, communication, service orientation, and ethical responsibility to self and others.

INTR 498 (s) Internship  
1 credit, max 2  
Tutorial services performed by advanced students under faculty supervision.  
Prereq: Permission.

INTR 499 (s) Directed Study  
Credit arranged