

UPDATED 2026-2027 Schedule of First Year Learning Communities

In a First Year Learning Community (FYLC), a group of students take a cluster of courses centered on a theme and facilitated by a teaching team. The community setup helps students connect with peers and professors, making learning collaborative and supportive, and encouraging creative and critical thinking.

LC 100 (071008)

Main Character Energy: A Counter/Story

Meet the requirement for Integrated Studies + Earn course credit for:

ENGL& 101 Composition I (Basic Requirement) AND

AME 150/HIST 150 Race and Culture: An American History (ICS) OR

HIST& 137 United States History II

Instructors:

Jordan Charlton, Email jordan.charlton@seattlecolleges.edu

Michelle Morado, Email michelle.morado@seattlecolleges.edu

History isn't just dates and dead people. It's a collection of stories. And we're already living inside one. You'll dig into immigration, race, and culture in the U.S. through the lenses of storytelling such as: creative writing, the oral tradition, personal narrative, and college writing. Because how we tell a story is never neutral, it's a choice that shapes what gets remembered and what gets left out.

Students will not only strengthen their writing and critical thinking skills but also gain a deeper awareness of their own position in relation to history and how they, too, participate in creating and interpreting historical narratives. Who are we if not a collection of the stories of our lives?

LC 125 (071009)

The Art and Science of Losing: Finding Yourself through the Literature and Psychology of Loss

Meet the requirement for Integrated Studies + Earn course credit for:

ENGL& 101 Composition I (Basic Requirement)

PSYC& 100 Introduction to Psychology (ICS)

Instructors:

Johnny Horton, Email johnny.horton@seattlecolleges.edu

Krystle Balhan, Email krystle.balhan@seattlecolleges.edu

Have you ever been lost, in reality or metaphorically? Have you experienced a great loss? Have you ever wondered how people recover from their deepest losses?

In this class, through integrating psychology and literature, we'll seek to find a better understanding of the painful experience of loss. By understanding loss, we will discover our individual and collective purpose, resilience, and strength. We'll explore the psychological concepts and research findings around loss, grief, and confusion, and we will analyze the language and rhetoric that shape our understanding of these concepts. Join us in this 10-credit learning community and together we will navigate the literature and psychology of loss until we *find* our way.

LC 200 (071015) -AANAPISI

Rice, Race and Resistance: Understanding Asian and Pacific Islander Communities and Issues

Meet the requirement for Integrated Studies + Earn course credit for:

ENGL& 102 Composition II (Basic Requirement)

AME111 Introduction to Asian American and Pacific Islander Issues and Communities (ICS, GS) (ESJ)

Instructors:

Takami Nieda, Email takami.nieda@seattlecolleges.edu

Kayleen Oka, Email kayleen.oka@seattlecolleges.edu

“Rice is life”. For most Asian cultures, this statement is true in more ways than just about food. It is about the nourishment of our racial/ethnic identity and feeding our strengths as a community.

In this supportive learning community, we will focus on examining one's racial identity and strengths in the global context of A&PI communities historically and today. We will also analyze how language and rhetoric shape our understanding of AAPI issues and learn how to center marginalized voices in larger discussions of global issues. A&PI resilience and efforts for social justice will be explored. Students will experience community advocacy and foster connections with local A&PI community organizations through optional service learning.

LC 225 (071016)

Separating the Real from the Reels: How to Fight Misinformation, Build Trust and Create Community

Meet the requirement for Integrated Studies + Earn course credit for:

ENGL& 102 Composition II (Basic Requirement)

SSC 187 Information and Social Justice (ICS | ESJ)

Instructors:

Erin Steinke, Email erin.steinke@seattlecolleges.edu

Althea Lazzaro, Email althea.lazzaro@seattlecolleges.edu

Today's information environment is awash in rumors, lies, half-truths and disinformation. This interdisciplinary class explores how and why misinformation spreads and how we can fight back by building community trust. Through collaborative writing and research, we will unearth misinformation that affects us and take action together to support our communities. Topics will include information capitalism, social media, and the embodied experience of information overload

LC 250 (071018) -Equity and Social Justice Emphasis

From “Me” to “We”: Understanding Poverty, Power, and Possibility

Meet the requirement for Integrated Studies + Earn course credit for:

SOC& 101 Survey of Sociology (ICS, US)

ECON& 201 Micro Economics (ICS)

Instructors:

Greg Hinckley, Email gregory.hinckley@seattlecolleges.edu

Asefeh Houshyari, Email asefeh.houshyari@seattlecolleges.edu

Why do some people seem to have opportunities everywhere they turn, while others run into barriers at every step? Is poverty simply about personal choices, or are larger systems shaping people’s chances in life? How do things like wages, rent, or the cost of groceries affect not just individuals, but entire communities?

In this 10 credit First Year Learning Community, we’ll explore these questions by integrating sociology and economics together. This allows us to look at how resources are distributed, how markets and incentives shape decisions, and how systems like education, housing, and work influence people’s opportunities. A big part of this learning community is curiosity. We will question common assumptions about poverty, success, and responsibility, and examine the dominant cultural narratives that often shape how we think about these issues. Rather than accepting simple explanations, we will ask deeper questions about how systems, policies, and social structures influence the opportunities people have. By the end of the course, the goal is not just to understand these issues more clearly, but to see how the story of “me” is always connected to the story of “we.”

LC 250 (071019) -Global Studies Emphasis

Everyone Eats: Language and the Global Politics of Food

Meet the requirement for Integrated Studies + Earn course credit for:

ISP 201 The Making of the 21st Century

ANTH 270 Food, Culture & Politics

Instructors:

Takami Nieda, Email takami.nieda@seattlecolleges.edu

Christopher Chan, Email christopher.chan2@seattlecolleges.edu

Travel the world and explore migration, identities, and global influences on food cultures: cuisines, foodways, and tastes. We will examine critical food issues like nutritional justice, transnational influences upon local tastes, and sustainability. We will also investigate how language shapes our understanding of food politics, popular discourses that frame food issues, and the material impacts of language on food’s intersections with identity, health, and culture.