Such knowledge will help you maintain overall wellness FOR LIFE. Whether you are an athlete, non-athlete, have weight issues etc., to know your food is safe and what is a "healthful" diet for you and your nutrients your body requires, how your body utilizes those nutrients, how seminaries will help you understand: what nutrients are in food, what how food nourishes our bodies and impacts our health. This one-course/ seminar will help you understand: what nutrients are in food, how food nourishes our bodies and impacts our life.

SYMP 001. Pre-Health Symposium. (1 Credit)
An introduction to medical, dental and other health professions schools requirements together with an opportunity to interact with members of different health professions.

SYMP 002. First Year Symposium. (0 Credits)

SYMP 003. Pre-Law Symposium. (1 Credit)
This symposium will familiarize students with careers in the law, as well as the essential elements of a strong law school application. Emphasis will be placed on the academic, extracurricular, and professional conduct expectations necessary to enter the legal profession. The symposium will feature guest speakers from different sectors of the legal profession, as well as admissions officers from area law schools.

SYMP 004. Pre-Health Peer Mentors. (0 Credits)
Attend all sessions of Pre-Health Professions Symposium, lead a group of 8-10 first-year health professions students in academic and community life.

SYMP 005. First Year Research Experience. (1 Credit)

SYMP 007. Manresa CEL Ignatian Symposium. (1 Credit)
The one-credit (pass/fail) Manresa Symposium explores the relationship between Jesuit education and experiences of Community-Engaged Learning (CEL). The Symposium highlights the collaboration between Manresa faculty, Jesuit-in-residence house master, residence hall staff, Office of Mission Integration and Planning and its Center for Community-Engaged Learning, and Bronx community partners. Both on and off-campus, the Symposium emphasizes respectful dialogue, solidarity, reflection, and critically informed action in the Jesuit educational tradition. All readings, materials, and services are provided at no charge. The Symposium is open to FCRH and Gabelli Manresa students.

SYMP 008. Big Data. (1 Credit)
Wherever we go and whatever we do, data is being collected: purchases, registrations, clicks, "likes", tweets, "favorites" and more. This unprecedented volume, variety and velocity of electronically captured information, known as Big Data, is transforming the way we live, work, think and behave. This interdisciplinary symposium will expose students to opportunities and challenges currently facing the fields of law, business, science and government. Students will learn techniques and tools for understanding and processing this new form of digital knowledge. No prior background is required.

SYMP 009. West Wing ILC. (1 Credit)

SYMP 100. Nutrition Essentials. (1 Credit)
We ARE what we eat. Therefore we should know exactly what we are eating and how it affects our bodies. Nutrition is the science of food and how food nourishes our bodies and impacts our health. This course/seminar will help you understand: what nutrients are in food, what nutrients your body requires, how your body utilizes those nutrients, how to know your food is safe and what is a "healthful" diet for you and your lifestyle (whether you are an athlete, non-athlete, have weight issues etc) . Such knowledge will help you maintain overall wellness FOR LIFE.

SYMP 1100. Commuter Leadership Seminar. (1 Credit)
This one-credit course will be offered to first-year commuter students interested in exploring effective leadership styles and skills that will contribute to their development and growth in and out of the classroom. In addition to this, students in our community will form connections with students who share a common goal of developing their leadership skills further, while navigating the challenges of commuting to college. By the end of the semester, the class will develop a digital repository for community-based leaders.

SYMP 1200. Foundation in Research Engagement. (1 to 3 Credits)
This one credit course will offer interested students exposure to basic research skills, across disciplines, in order to bolster their training and as they pursue further coursework and experiences and/or augment their learning in this area. The goals of the seminar will be to provide participants with a foundation in research methods and project implementation; by the end of the semester, the class will prepare a series of multi-disciplinary projects to be presented at the Undergraduate Research Symposium.

SYMP 1300. First Generation Seminar: The Hidden Curriculum. (1 Credit)
This one-credit seminar course is for Fordham students who identify as first-generation. The course seeks to promote a sense of belonging, foster connections within the university community, and support students in developing and leveraging critical skills for navigating academia. Students will explore their first-generation identity and the assets they possess as tools for success.

SYMP 1400. Where Can The Liberal Arts Take Me?. (1 Credit)
If I major in the liberal arts—in a discipline like sociology, theology, art history, political science—how will I make a living? Critics of higher education often point to the liberal arts as impractical and highlight business and STEM as the only reliable choices for finding a successful career after graduation. This seminar offers an opportunity to reflect on the power of a liberal arts education, including the way it can lead to meaningful work and have a lasting impact on fulfillment, leadership, and success over the course of a lifetime. Seminar discussions will be both practical and personal and will include readings on the topic of a liberal arts education, along with guest speakers who will impart practical advice for young liberal arts majors today.

SYMP 1500. Career Exploration Seminar. (1 Credit)
The focus of this one-credit Career Exploration course at Fordham College at Rose Hill (FCRH) is to discover and examine career interest(s) and potential job(s) in accordance with the varied disciplines extant at FCRH. This elective course is offered to second-semester first-year students and first-semester sophomore students. It is the intention of this course to lay the groundwork for skills students will need when interviewing for or otherwise seeking undergraduate internships and/or postgraduate careers. Students will learn more about their own core values, personality traits, skills, strengths, and development areas. They will research possible career options and develop the skills necessary to advance their own career development. These include resume and cover letter writing, networking, interviewing skills, and social media online presence.
SYMP 1900. Common Home: Introduction to Sustainability and Environmental Justice. (1 Credit)
This experiential learning seminar provides students with a foundational understanding of sustainability and environmental justice. Through a combination of hands-on activities, field visits, guest speakers, and interactive discussions, students will explore the multifaceted dimensions of sustainability, including the economic, social, and environmental pillars. Special emphasis will be given to environmental justice, examining how marginalized communities are disproportionately affected by environmental hazards and exploring strategies for promoting equitable access to environmental benefits. Students will be encouraged to reflect on their own environmental footprint, investigate local sustainability and justice initiatives, and envision solutions to pressing global challenges.

SYMP 2500. The Matteo Ricci Seminar. (1 Credit)
The Matteo Ricci Seminar focuses on helping students develop a broad-based perspective on the contemporary world, their location in it, and the role of learning in creating a more just society. In the spring, students will identify and begin to work closely with faculty advisors in their areas of expertise. Seminar meeting will focus on the postgraduate opportunities for which students will be applying, and by the end of the academic year, each participant will have an outline of a research project that s/he plans to work on, with direction from her/his academic advisor, over the summer and during the 2011-2012 academic year.

SYMP 2600. Discerning Your Future: An Ignatian Guide. (1 Credit)
This FCRH seminar offers students the opportunity to learn and practice tools for discernment, both in big choices and in everyday living. The seminar, through readings and conversations with the instructor and partners, will focus on helping students with decision-making and reflection. The instructor will facilitate discussion, readings, and activities centered on lived experiences and guided exploration of key questions for young adults in the current climate. Each student will be expected to meet with the instructor individually as well. Students will also be expected to write four short reflection papers during the course of the semester.

SYMP 4999. Tutorial. (0 to 4 Credits)
This course is used to create tutorial sections of FCRH Symposium (SYMP subject code) courses, each bearing a unique section-level title.