Such knowledge will help you maintain overall wellness for life, whether you are an athlete, non-athlete, have weight issues, etc. 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 to understand: what nutrients are in food, what food nourishes our bodies and impacts our health. This course/seminar 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 0001. 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 0002. First Year Symposium. (0 Credits)

SYMP 0003. 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 0005. 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 0007. First Year Research Experience. (1 Credit)

SYMP 0008. 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 0009. 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 0010. West Wing ILC. (1 Credit)

SYMP 1000. 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 to 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 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 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 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.