



NEWS | FACULTY | STUDENT STORIES

COMMENTS FROM SHERRI FRYE, ASC

I am so happy to be the new Interdisciplinary Liberal Arts Academic Success Coach. I have served in various roles in higher education throughout my entire career. My undergraduate degree is in Exercise Science from the University of Wyoming, where I also played basketball. I enjoyed my program there because, similar to Interdisciplinary Studies, I was able to combine varying interests from multiple subject areas to prepare me for my first job as an Assistant Women's Basketball Coach at Saint Francis University. From there I served in the Athletic Administration at Washington State University, Portland State University, and the University of Northern Colorado. After a 20 year career in athletics, I switched to student success areas in enrollment management and student access including diversity, equity, and inclusion, student affairs, and



academic advising. Along my career path, I also became a CSU alum, graduating with a Master's Degree in Organizational Learning Performance and Change.

I enjoy discovering and discussing student's passions and interests, then helping align those goals to course selection and career options and opportunities. I am looking forward to working with everyone. Please call 970-491-3117 to schedule an appointment or [use this link](#).

WHAT IS INTERDISCIPLINARITY?

Interdisciplinarity is an exciting academic field of study that reaches across academic disciplines utilizing a broad-based critical methodology and an analytical-creative approach to knowledge premised on the concept of Integrative Thinking, a critical learning practice that builds upon three modes (Creative, Analytical and Practical) of successful intelligence. Interdisciplinarity works with disciplinary perspectives and insights in an integrative manner for the purpose of creating a greater, more comprehensive understanding than the one we now have.

A MESSAGE FROM ILA DIRECTOR, KEVIN FOSKIN

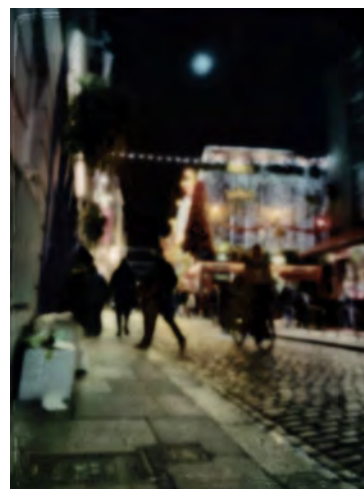
We are now almost a full year out of the depths of the pandemic and, at least it seems to me, as if the pandemic fog is finally lifting. Like most, I want to move on and leave it behind me, although, hopefully, I'll keep in mind some of the lessons I've learned in getting through it reasonably okay. I hope this is true for all of you as well.

Faculty in ILA focused this fall on finalizing a new textbook—*Rightsizing Interdisciplinarity*—which we completed in December. The project took 18 months to complete and was partially funded by the Colorado Open Educational Resources Council which offers grants that support the work required to transition courses from using commercial course materials to using Open Educational Resources, which are available without cost to students. We are now piloting this new textbook in our online section of LB 392 and one on-campus section of LB 492. Our aim is adopt it Fall 23 as our principal textbook for all sections of LB 392 and LB 492. Partially what motivated us to write the textbook was our attempt to lower the cost of your education. Yes, it's a modest attempt but one that we hope will be beneficial to ILA Majors.

Another bit of quick program news. For those of you enrolled in the Interdisciplinary Legal Studies minor, the College of Liberal Arts curriculum committee just passed our proposal to expand the number of elective courses you can take to fulfill your Legal Studies minor requirements. This change is moving forward and is on track for Fall 2023. Contact Prof. Robinson, the Legal Studies advisor, for more information.

Finally, I want to share with you a conversation I have every semester in my Capstone course as something of a reminder for all of us. It's important to realize that the

value of your chosen major should be seen as an indirect BA degree program. Too often in conversations, when I mention what I do, I'm constantly asked "What kinds of jobs are your students going to get after graduation?" Yes, unlike, say, an Engineering degree, where, typically, a job in the engineering field awaits you, indirect degree programs such as ours give you 21st Century skills, the intellectual experience, and the cultural exposure that prepare you for hundreds of different jobs, a good many which don't even currently exist but will as we move farther into the 21st Century. So, the next time somebody asks you what you're going to do with your ILA degree, tell them "There's 'loads' I will be doing with it and in jobs and careers you can't even begin to imagine yet!"



P.S. If you are curious, here's what a winter full moon evening looks like from the city center in Dublin, Ireland, taken in January of this year.

A MESSAGE FROM PROF ROBINSON

I am in my 5th year at CSU and my 12th year in higher education. I graduated from Vanderbilt University with a BA in Psychology and a minor in Economics. I received my law degree from Washington University School of Law in St. Louis, Missouri and am licensed to practice law in both Florida and Colorado. I was a practicing attorney for 25 years in Florida and Colorado in the area of medical malpractice defense, auto defense, personal injury and business litigation. I currently teach LB 205, Contemporary Legal Studies in the Fall and Spring face to face and LB 205 online year round. I also teach LB 360 Mock Trial Practicum every spring. In the summer I teach Constitutional Law POLS 410 and I teach LB 460A Comparative Legal Studies in Italy, abroad in Florence. I am also the legal studies minor advisor as well as the pre-law advisor. Outside of my work, I have a husband and four children and love to travel, snow ski, kayak and compete in triathlons. I also have a cat named Vincenzo and a turtle named Squirt.



I love CSU because the students are friendly and excited to learn, and the professors are hands on and really engaged in the students' success. The atmosphere here is welcoming and energetic. If you are interested in going to law school, please contact me and we can chat about your law school path. You can reach me at gina.robinson@colostate.edu.

AN INVITATION FROM PRE-LAW CLUB PRESIDENT, ERYNN COMINSKY

Whether you've always known you wanted to go to law school, have never considered it, or are somewhere in between, gaining knowledge about the field is crucial in deciding if law is right for you. A great way to gain this exposure is to join our Pre-Law Club here at CSU!

The function of our club is to serve as a resource for students who are considering a career in the field of law. We lead a variety of events including hosting guest speakers (most of whom are current lawyers and law students), community service, law school tours, and more! These are great opportunities to meet fellow students and gain valuable knowledge about the field. We meet twice a month on Thursdays from 5:30 pm-6:30 pm in Clark C358. There are a number of ways you can get involved with the club:



· You can email our secretary Nel at nel.clayton-stankowski@colostate.edu to join our email list

· Become a member and get updates about the club by visiting <https://ramlinkcampuslabs.com/engage/organization/pre-lawclub>.

· Come to our upcoming meetings on 4/6, 4/20, and 5/4 this semester.

If you have any questions, feel free to email me at erynncom@colostate.edu or our advisor Gina Robinson at gina.robinson@colostate.edu. See you soon!

OTHER USEFUL I-LA INFORMATION!

LB 487

Don't forget that ILA has an internship course that allows you to earn 3 credits in an upper division elective through on-the-job experience. Contact Dr. Cindy Murillo, Liberal Arts Internship Coordinator, at cmurillo@colostate.edu regarding qualifying jobs and the application process.

Choose CSU

One Saturday every month, CSU hosts a recruitment and information event for prospective students and their parents. January, February, and now March have seen some enthusiastic students claim Interdisciplinary Liberal Arts Studies as their new major and we are excited to have them! More than ever, students are realizing the value of an interdisciplinary studies degree and capitalizing on their multiple interests, while learning a lot in the process.



Alpha Iota Sigma

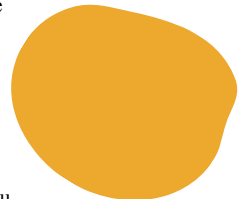
Join your fellow peers in an honor society for students in Interdisciplinary Studies! There will be an informational session on April 10 at 5pm. Location TBD. Invitations will be coming via CSU email and RamLink. Please contact Professor Cindy Murillo at cmurillo@colostate.edu for membership information and requirements.

GREETING FROM JESSIE STEWART AT CSU ONLINE

I have been thinking about the role of higher education as I moved from on campus advising to online and continue to hear more news stories about rising anxiety in our citizens and their worry about the future.

Investing in education means there is optimism for the future. On some level, you know change is possible because you have studied it and seen it in yourself. No matter if you are taking classes on campus, online, or a blend of both each term, all students at Colorado State University are part of a research community. In fact, the Association for Undergraduate Education at Research Universities (UERU) is currently hosted by CSU. I had the privilege to hear Dr. Steven Dandaneu, UERU's Executive Director, speak last month on campus. When he started his undergraduate program, he had never seen a college campus before and almost failed out his first term. Now, three degrees later, he is a Provost and a champion for education. I appreciate when leaders in higher education share stories of their struggles because I know most students will have major hardships while they are here. Challenges around grades, finances, identity markers, major choices, and belonging are common. I want faculty, staff and students to share those experiences (if they are comfortable—and even sometimes when they are not comfortable doing so!) to normalize these winding paths.

You will have challenges. You should expect to struggle with many things. It is, in part, because you have chosen a research university that will push you to overcome and learn from your hardships. As a critical thinker, analytical writer, and curious debater, you have options and tools. As a scholar, you are open to experimentation, so you can try different modes of problem solving. More often than not, there are silver linings for people who get and use the opportunity of an education. Education is currency. It opens doors, it opens your mind, it opens you up for advancement mentally, emotionally, relationally, and financially. Research institutions are designed to push students and their ideas into new spaces, ask questions that bring discomfort, and invite us all to consider how and why we think, how we do, and how it is likely not the same as another. I am grateful to witness our students open to change, new modes of expression, and deep inquiry to make their lives and the lives around them better.



A MESSAGE FROM PROF SWANN

Spring is a busy time for me! While I regularly teach LB 173-Encountering the Global for the Interdisciplinary Liberal Arts Program, my home department is in the School of Music, Theatre, and Dance. This semester, I have the honor of directing the Theatre department’s final main stage production of the academic year: *Machinal* by Sophie Treadwell. This piece is the perfect example of how interdisciplinary approaches can make powerful art that impacts history and culture.

Treadwell was a journalist and playwright in the early 20th Century, which was unusual for her time in these male-dominated careers. In the 1920s, Treadwell became fascinated with the trial of Ruth Snyder, a woman accused, tried, and convicted of murdering her husband with the help of her lover. In 1928, Snyder became the first woman ever executed via electric chair in the state of New York. It became a media sensation! In fact, a journalist strapped a hidden camera to his ankle to capture her moment of electrocution. It was horrific and intrusive, and people were enamored with the macabre of it all. Treadwell, however, found herself interested in understanding *why* a woman would resort to such actions in a progressive society. Women had just been granted the right to vote in the United States; why, then, were women feeling so desperate and helpless to change their lives? This interest developed into the expressionistic, feminist work *Machinal* exploring how the machine of modern society often suppresses women, driving our heroine to extreme behaviors. This unique play combines history, political thought, feminist theory, music, theatre, and dance to make a truly thought-provoking piece of art. Almost 100-years after Ruth Snyder’s arrest, this play still resonates. I invite everyone to join me at the University Center for the Arts in April and check it out! Tickets are available on the CSU theatre website under events.

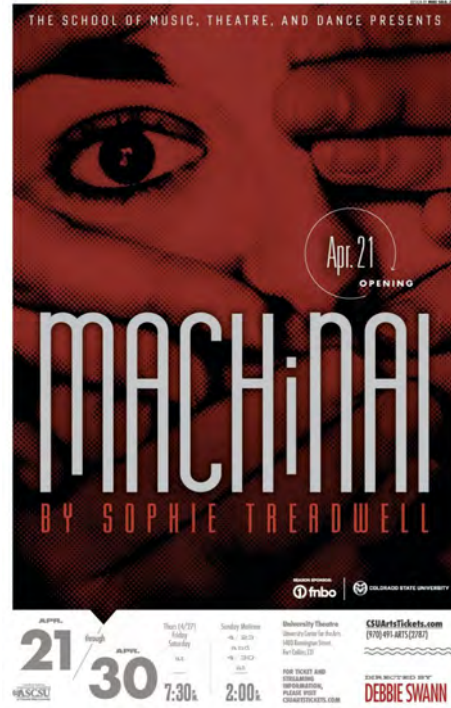
A MESSAGE FROM DR. MURILLO

I recently taught *The Epic of Gilgamesh* in my LB 173 Encountering the Global class. Considered as the earliest surviving work of literature, this epic poem from ancient Mesopotamia originated as a series of Sumerian legends and poems in cuneiform script dating back to the early 3rd or late 2nd millennium BCE. My first encounter with *Gilgamesh* was in the eighth grade where it took hold of my imagination and blossomed from there. I was amazed at the bond of friendship formed between the two central characters—it really is the first buddy story and I lump it together with the likes of Thelma and Louise, Laverne and Shirley, and Batman and Robin. The epic follows the adventures of Gilgamesh, the partially divine hero-king of Uruk, and his half-wild friend, Enkidu as they battle gods and monsters to make names for themselves. Two-thirds hero story and one-third spiritual quest, the latter part of the narrative takes a philosophical turn as it explores Gilgamesh’s search for the meaning of life after the death of Enkidu, with whom he lies for seven days, refusing to accept that his best friend has died.

This story has a little bit in it for everyone and as I grow older, I cannot help but reread certain passages that speak to loss, recovery, and determination. Indeed, there is something magical in knowing that over three millennia ago, creatures like us lived on this earth and felt the exact same way as we do about life, love, purpose, you name it. *Gilgamesh* will always resonate with me and serves as a reminder that self-autonomy and independence are important, but there is something really wonderful about engaging with another human being. *Gilgamesh* is more than just a series of tablets that sketch the life of the historic king Gilgamesh; it is a play book, a self-help guide, on how to enjoy the life we have now. As bartenders have been doing for thousands and thousands of years, Siduri, the tavern keeper from the epic, gives Gilgamesh (and by extension us) the best advice of a life-time:

But you, Gilgamesh, make merry each day. Let your wife enjoy your repeated embrace. For such is the destiny of mortal men.

People are born, they live, and they die. But, until that last fateful moment comes, live your life with joy—a totally Zen idea!



A MESSAGE FROM PROF WERNING

Just this spring, I realized that I have been teaching the LB 370 Liberal Arts & Meaningful Work class for 7 years. This class was my start to teaching for the ILA program. I’ve since added LB 490, the Senior Portfolio class. For a few years, I taught the LB 392 Junior Research Seminar course. I’m not teaching that class this year, but the classes I have taught for Liberal Arts have one important thing in common: they are designed around student interest.

In LB 370, students research a career or job of interest. In LB 490, students put together a portfolio that showcases their work and interests over their college career. LB 392 centers on a big research project, a topic the student chooses from one of their interests and researches intensively over the semester.

It is one of the things I appreciate most about the Interdisciplinary Liberal Arts program. When students have agency in their learning—when they take responsibility for what they want to learn—their classes become more meaningful to them. It’s one of the reasons I’ve kept teaching in this program; I’ve been privileged to watch students get excited, find direction, and become knowledgeable about a topic. It changes their lives. I don’t feel that I am telling them what to believe but helping them become independent thinkers and researchers.

The wonderful thing about my teaching is that it ties into what I hope for my own children as well. I want them to be curious and thoughtful. To be independent. To dive deeply into the things that interest them and learn more. To get excited about what the world has to offer them and the ways that they can contribute to it. It is a lovely thing when your own values and hopes align with the work you do. The longer I teach in this program, the more I appreciate its unique position in the academy and what it can offer students. I also appreciate the alignment it has brought to my own life and family. I learn from student’s research every semester, too, and that is truly a gift. It means that we have created a community that learns from each of its members.

EXCITING STUDY ABROAD OPPORTUNITY FOR INTERDISCIPLINARY LIBERAL ARTS MAJORS!

The CSU Center in Todos Santos, Mexico offers exciting (and affordable) programs during fall, spring and summer sessions with a variety of course options in the liberal arts united by an academic theme. The fall semester academic theme is Environment and Culture, and the spring semester theme is Sustainability.

Fall 2023: Environment and Culture features courses in linguistics, Spanish language, communication studies, art, history, women and gender studies, global studies, international studies, and honors. Spring 2024: Sustainability features courses in psychology, sociology, global environmental sustainability, global studies, international studies, and Spanish language.

While courses are taught at the CSU Center, this hands-on and experiential learning program takes students out of the classroom and into the local community and surrounding region. Connecting with community members, listening, and learning are prioritized as part of this program, encouraging students to create meaningful relationships both in the community and as a cohort.



Both students and accompanying instructors reside at the CSU Center for the duration of the program. The CSU Center is supported by a welcoming team of staff and features en-suite accommodations, classrooms, study spaces, a library, a cafeteria where students take most of their meals, and outdoor common spaces. The CSU Center is a short walk to the downtown area that boasts a number of cultural sites, restaurants, shops, and more. Students also have access to both the mountains and beach.

Students who have participated in this program in the past frequently express how ‘magical’ the small town and close-knit community of Todos Santos is. Out-of-class learning and excursions that have been offered in the past, and continue to be favorite components of the program, include participation in the sea turtle release, visit to La Paz and mural tour, community language exchange, visit to a local cactus sanctuary, as well as a multi-day hiking and camping trip to the Sierra de la Laguna mountain range.

Deadlines to apply for our summer and semester programs are:

- Fall 2023 semester: April 8th
- Spring 2024 semester: October 1st
- Summer 2024 program: December 1st

Visit our [program brochure page](#) or email Whitney Ewing at Whitney.Ewing@colostate.edu for more information and how to apply.

KEEPING UP WITH ILA ALUMNA



SABRYNNE BUCHHOLZ

After graduating from CSU’s Interdisciplinary Liberal Arts program at the height of the Covid-19 pandemic, it has taken me some time to find my footing and I am still looking for a great place to start my career. But, this hasn’t stopped me from pursuing other amazing opportunities post-graduation! I have continued my work in poetry and am currently published nationally and internationally across over a dozen different publications, and I had my first chapbook published at the start of 2022. Back in 2022, I also had the opportunity to take part in Disney’s college program for four months. I packed my things and moved to Florida for this new experience and I was able to see the parks and the company in a different way from how guests typically experience Disney.

Currently, I am back home in Colorado once again. I am a finalist in the Tennessee Williams short story competition and am excited to hear about the winners here soon. And while looking for a great job opportunity, I am also enjoying my time spent with family, friends, and my dogs.

CONGRATULATIONS GRADUATING SENIORS!

From the Interdisciplinary Liberal Arts Department, we would like to say congratulations to all our graduating seniors this term. As we come up on our final weeks of the semester, find the motivation within yourself to finish out this part of your academic journey strong. While you work towards the end of the term, we implore you to take time to reflect on how much you’ve grown throughout your studies. Not only have we lived through historic times, but many of you learned how to navigate college and the greater world during incredibly trying times we faced in the Covid-19 pandemic. Take time to celebrate your many accomplishments and enjoy your remaining time here! Moving on from this chapter of your lives can feel like a big jump, but we know you’ll find that your courses here in the ILA major and all across CSU have truly prepared you with critical skills that will make navigating the challenges you will face beyond college much easier.

HEARING FROM I-LA MAJORS & LEGAL STUDIES MINORS

JULIE BREY, SENIOR

Before becoming an Interdisciplinary Studies major, I jumped around majors starting with Natural Sciences to Computer Science. Going into college, I honestly didn't know what Interdisciplinary Studies was, or that it was an option. Having taken classes for the past three and a half years that were incredibly different from what I am currently enrolled in now, it was an adjustment for me, but one that I'm happy I've gotten to experience. Coming into the ILA major has made me take a step back and realize that what I was learning in the past, and how I was learning, was very specific. My current major has helped me acknowledge how vital it is in today's world to be able to approach and see practically every aspect of life, whether personal, academic, professional or interpersonal, through multiple perspectives. This major has helped cultivate my understanding of what it means to be a well rounded individual, composed with an open mind and the ability to think critically.

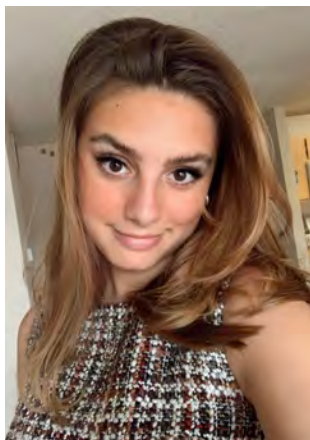


Throughout my duration of taking computer science courses, I was able to obtain a minor in Information Science and Technology. I have always had an interest in media and art from a young age. While that may seem far out, over the years this interest has shifted to being more focused on social media, computer development, design, and display, with even a little coding mixed in there as well. I find technology to be incredibly powerful and I want to be able to work with it in some aspect. I have already taken away so much from this major, especially from my seminar course. It opened my mind to how I look at things, particularly dealing with tech through different lenses and being able to look at problems with a broader spectrum of solutions. Luckily for me, I was given the opportunity to work for CSU's Student Media Corporation as a Digital Strategist. Here, I managed to find a position of interest that I am looking forward to expanding upon post-graduation. This opportunity involved tech and social media while dealing with complex problems everyday that I had a better grasp of due to my ILA studies.

SERA CAZARES, SENIOR

I'm a senior graduating this May with a double major in ILA and Sociology concentrating on Criminology and Criminal Justice as well as a Legal Studies minor. Over the last four years, I've also enjoyed being a part of the Honors Program. Academically, I'm fascinated by history, anthropology, law, and sociology.

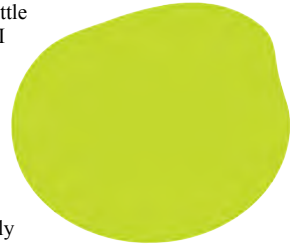
I've truly appreciated my experience as an ILA major. It's given me the freedom to explore so many of my interests, and I've taken classes on a wide range of topics. US History from 1945 to Present, Insects, Science & Society, and Sociology of Deviance were a few of my favorites! When I graduated high school, I imagined college as somewhere I could build an academic career that I was passionate about, and the ILA department has gone above and beyond facilitating my love for learning. With each new subject I take, I get to flex a new muscle. The more disciplines I explore, the more connections I make between them, and the more the world makes sense.



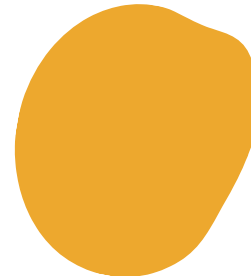
After graduation, I will be attending the University of Maine School of Law with a full ride. As of writing this, I've never been to Maine, and my dog has never seen the ocean! I suppose studying ILA has nurtured the explorer in me. I am beyond excited and will always be thankful for my unique undergraduate experience!

KIAYA GUNSAULS, JUNIOR

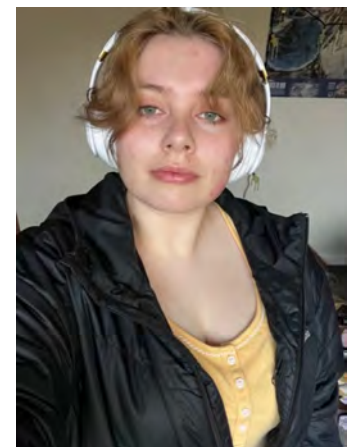
After bouncing around from a lot of different majors including biomedicine, pre-business, even computer science for a little bit, I found ILA studies. Here I can keep learning all sorts of different topics while also getting my degree! Along with my ILA major, I am also minoring in Legal Studies. I transferred to CSU a little less than a year ago after taking a gap year during Covid. I'm originally from Tacoma, Washington, but after living there for 20 years, I decided I should step out and see more of the world. I applied to a few different schools, but the universe led me here, and I'm loving it so far! The biking and hiking trails are all amazing, and the snow has been beautiful, although it took some getting used to the cold. In my free time, if I'm not sitting outside admiring the mountains, I'm usually listening to a true crime podcast, reading a book, or writing something for my personal blog.



One of my biggest passions is for environmental activism, so being able to learn and understand a new kind of ecosystem in Colorado has been super exciting for me. After graduating from CSU, I hope to go to law school and study environmental law in order to prevent further damage to our environment and to preserve what I can for future generations. I believe studying Interdisciplinary Liberal Arts will give me a lot of tools to understand the climate crisis



and other environmental issues from many different viewpoints, which will help create new and innovative ideas on how to protect our planet and people. Being able to take classes from many different disciplines keeps learning exciting and new, and guarantees I can look at things from a fresh perspective. This is so valuable when tackling an issue such as our environment, since it affects economics, anthropology, law, ethics, communication—basically everything.



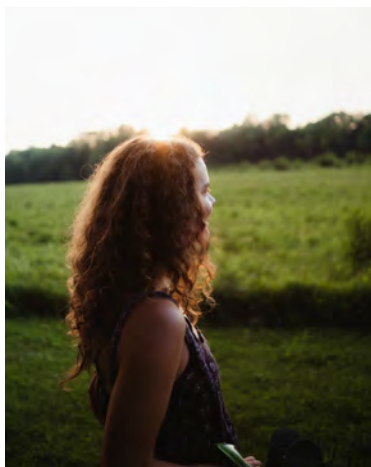
HEARING FROM I-LA MAJORS & LEGAL STUDIES MINORS

TATUM LIBBY, SENIOR

I like to say I didn't choose Interdisciplinary Liberal Arts, rather, the interdisciplinary world chose me. I started school with a passion for neuroscience, a major I loved. I enjoyed my STEM classes and found purpose in it. While concurrently taking electives in philosophy and sociology, my attention was captivated. I realized that what I learned in my humanities classes was deeply connected to my STEM classes and in my mind, the two beautifully complimented each other. I couldn't imagine choosing one without integrating the other. When I found the ILA major, I realized I had the chance to integrate knowledge from each path provided. It turned out to be a great fit for me and the way I engage with the world.

I find myself at home when I am outdoors. My academic interests span far and wide but some of the major ones include peace and reconciliation studies, sustainability, ethics, ecology, psychology, horticulture, and sociology. Post-graduation, I am looking forward to experiencing the world in its full flavor. I tend toward the philosophical discipline and enjoy entertaining questions about meaning, altruism, autonomy, and more. Throughout my academic journey I have been exploring the question of what it means to live a good life. Interdisciplinary Liberal Arts has allowed me to explore this in a plethora of forms.

Being submersed in the world of academia has broadened my horizons, destroyed my preconceived notions, and ultimately, opened my heart. On the other hand, being immersed in academics has made me feel further removed from society and the world as we know it. Living



in the world of knowledge and epistemology has made me ever more aware of my disconnection from the broader ecological environment. Through interdisciplinary studies, I have begun to understand myself, others, and the greater ecological environment in complex and interconnected ways. I am glad my educational journey brought me here. It has allowed me to integrate a multitude of perspectives, ideas, theories, ramblings, and the works into a beautiful, chaotic, and artistic depiction of humanity and life itself. Just when I think I understand something, I am amazed by how little I know. In that way, this major has left me with a craving for more. Every class I've taken has humbled my brain and softened my heart and for that, I am ever thankful.

KELSEY MAZZEI, JUNIOR



I chose CSU because I was originally going to play lacrosse at Colorado Mesa, but on my way down, I stopped here and absolutely fell in love! I am originally from Chicago, and a little piece of my heart will always stay there. I love animals and am super passionate about the environment. My favorite thing in this world is my dog Franklin. He is a two-year-old Cocker Spaniel full of love and happiness. I also enjoy spending time with my friends and my younger sister who just started as a freshman here.

Originally when I was deciding my major, I wanted to go into the Veterinary program. Ultimately, that didn't work out for multiple reasons so I decided to choose a major that gave me more flexibility to pick and choose my own classes, and I settled on Communication Studies. I have been able to take so many different classes in this major which will make me a versatile candidate when I turn in my future resume.

Since I didn't go through the Veterinary program, I felt unsure of what I wanted to do after college. Communications can apply to so many different jobs, but in one of my elective classes, I finally found my passion. Last semester, I took an advertising class and absolutely loved it. I liked how I got to use my creative side and talk to so many new people in the class. I am a people person and the majority of advertising relies on creating relationships. So, after college I plan to look for a job in advertising.

If I could give prospective students one piece of advice, I would say to take advantage of the fact that you can pick so many different classes with this major! I never thought I would fall in love with advertising, but I decided to take the class for fun and now know what I want to do after I graduate.

REILLY MEYER, SENIOR

I was born and raised in Colorado, so my favorite things to do are all things outdoors! I love exploring the mountains, skiing, hiking, camping, and finding cool lakes and small towns. I decided to stay in-state for college because I love the mountains! I chose Interdisciplinary Liberal Arts as a major because I've always been pulled towards a few fields of study and didn't want to limit myself to just one discipline. I am currently studying Communications and Psychology. I think this combination of disciplines goes hand in hand with one another. I believe that having knowledge about psychology helps me understand people better, and therefore, I am able to handle all types of situations and different personalities. My psychology background also allows me to handle adversity and conflict with other people because I understand how people think. Moreover, my Communications background has strengthened my ability to interact and communicate with people in my life.



After graduation, I am not looking to jump into a career or internship right away. Instead, I have become a member of Work Away. Work Away is an organization that allows you to connect with people all around the world and stay with them for free room and board in exchange for a few hours of work a day. The work varies from childcare and cooking, to helping out on the farm; it just depends on what you choose to do. I am planning to visit Ireland, Switzerland, Vermont, and Iceland for about a year or two, depending on how long my savings last! When I am finished traveling, I plan to return to the United States to hopefully pursue a job in public relations or something similar. I also hope to move to a different state since I have lived in Colorado for 22 years. Some prospective states are Washington, Oregon, or Montana. Regardless of where I end up, I think my ILA degree will set me apart from other job applicants and I'm looking forward to putting my degree to use in the real world!

HEARING FROM ILA MAJORS & LEGAL STUDIES MINORS

PETER MONTINI, JUNIOR

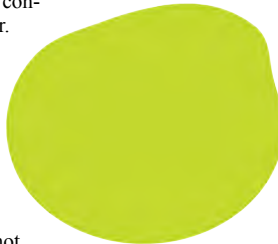
I am from Pleasanton, California, about 45 minutes from San Francisco. I have a younger sister, an older brother, and a dog. My sister is a senior in high school and my brother is 30 years old and works as a baseball coach at Pepperdine University in Malibu California. I transferred here from Nevada about a year ago and so far I love it here in Colorado. There's so much to do and it's beautiful with all four seasons and the snow which I'm not really used coming from California. Where I'm from we normally don't get snow at all, in fact the coldest it will be in the winter is about 40 degrees. While this season is new to me, I actually like the snow a lot. I think this is because it's so new to me, but I bet that will change soon.

I play football here at Colorado State, which is why I transferred. I have been playing football since I was in the 4th grade and I love it. There's nothing like playing in front of thousands of people with your friends. I love to workout, stay in shape, and live healthy. I also like to hang out with my teammates and my friends.

I chose Interdisciplinary Liberal Arts because it was the best fit for me. Originally, I wasn't sure what I wanted to do. First, I wanted to explore something with science but then I realized that wasn't for me. Then I found out about Interdisciplinary Liberal Arts and knew it was perfect. After graduation, I'm not really sure what I want to do. For a job I'm thinking about becoming a firefighter or a football coach. The main reason I am interested in these careers is because I don't see myself doing a desk job or something like that. I have football to blame for this because it's all I've done my whole life so it's all I know. I also want to be able to help people out and these two career options would allow me to do so. As of right now, that's all I have planned.

COLIN PAYNE, SENIOR

I am a senior in the ILA program who enjoys making connections, which inspired me to choose ILA as a major. Here, I saw the value in broadening my understanding of the world through interdisciplinary approaches. As somebody with eclectic interests (and sometimes scattered focus), ILA has allowed me to better utilize my intellectual potential in a more impactful way than the traditional modes of learning.



In the ILA program I am not only given permission to explore "taboo" or "fringe" academic topics, but I'm encouraged to do so. As somebody who has gravitated towards the "weird" in the world, I feel that the ILA program has given me the opportunity to intellectually explore the ideas I once felt did not belong in an academic setting. These ideas include, but are not limited to, psychedelics, tattoos, Eastern philosophy, Indigenous culture, and music ethnography.

Outside of school, I am usually pursuing a creative endeavor or spending time outdoors rock climbing, skateboarding, and cycling. I enjoy visual art, and especially enjoy playing and listening to music. Additionally, I work for a local non-profit, Blast N Scrap, which supports young and emerging musicians and artists by providing performance and workshop space that advances social inclusion and environmental sustainability in the arts. I also play in a project called Virgil Vigil.



Post-graduation, I hope to continue my creative pursuits and community engagement, however those materialize in the moment.

VISUAL WORKS FROM COLIN PAYNE

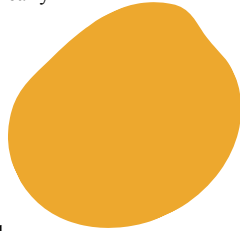


More works from Colin Payne can be seen on his Instagram page @colonpain. His musical pursuits can be found on all streaming platforms under the name Virgil Vigil.

HEARING FROM I-LA MAJORS & LEGAL STUDIES MINORS

MICHAEL (ALEX) VIDAL, SENIOR

I am originally from Thornton, Colorado and have been at CSU since 2019. I spent the majority of my early education in small tight-knit schools with a graduating class of only 50 students. Coming to CSU was a big leap for me, and even though it was intimidating at first, I have grown so much as a student and person because of the opportunities made available to me. I am proud to say that I will be a part of the 2023 graduating class, with an Interdisciplinary Liberal Arts degree and minors in History, Political Science, and English.



Since an early age, I have always been encouraged to do my best in school while also pursuing all my passions and interests. This is largely because of the influence of my family which contains a long list of educators. Among this list, was my Grandpa Lalo, who used his skills as a poet and writer to inspire activism and political change during the Chicano movement in the 60s and 70s. It is because of his influence that I have been able to identify my interests and pursue them with a passion. And I can happily say that his influence guided me to a major in Interdisciplinary Liberal Arts.



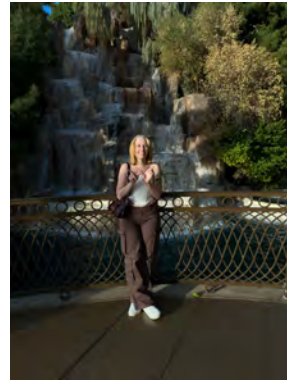
Majoring in ILA has had a major impact on my academic performance and career goals. I love ILA because it reinvigorated my desire to learn by allowing me the ability to take a diverse selection of courses without feeling pressured to pursue any single field. Because of that, I have fed my appetite for history, while also growing immensely as both a political scientist and writer. Being able to focus on my core academic interests has helped me with planning my next steps after

graduating this spring. I now plan to apply to Law School and pursue a dual degree in Law and History. I plan to focus on International Law and education of American History. I hope to use my education to become a published author, an international lawyer, and a college professor. I appreciate everyone who has helped me get to this point in my life.



GREETINGS FROM THE I-LA NEWSLETTER EDITOR, WREN BRIDGWATER

Like many of my peers, I had a long road to settle on my major. I'd go as far to say that I took the scenic route! I started my college education at Southwestern University, a small liberal arts school just north of Austin. I've always had an affinity for the liberal arts, and as a first year student I was eager to explore a variety of majors. Eventually, I settled on Studio Art & Art History and pursued this until my third year, when I decided to transfer to CSU.



Once I arrived at CSU, I was ready to start a new chapter. I wasn't exactly sure what I wanted to study until my Transfer Orientation where I met the lovely and enthusiastic Jessie Stewart. During this first meeting, Jessie told me all about the Interdisciplinary Studies major and I was overjoyed! I knew this was finally the right fit for me. I could continue to pursue art history with along with many other opportunities I didn't have access to



at my previous university.

Now that I've settled at CSU, I could not be more grateful for the experiences I've had here. During my first term, I joined KCSU as a DJ and now have my own show *Date Night* based on old school dating advice columns. You can tune in every Monday night from 11pm-1am at 90.5 KCSU Fort Collins. Beyond this, I have discovered a passion for film studies and experimental film making. In large part this came from Professor Usama Alshaib's class The Personal Lens- Making Media. I highly recommend this course as one of your electives.

As I begin to think about my approaching graduation this upcoming December, I've reflected on how grateful I am to be part of such a dynamic undergraduate program. Beyond a plethora of new opportunities, I have loved getting to know more about the ILA faculty and students by acting as editor for this term's newsletter. Once I graduate, I hope to pursue a career in event planning and know the experiences I've had in the ILA Department have given me the essential skills I need to be successful as I move forward.

EDITOR'S NOTE: We wish to thank Wren for the excellent and outstanding job she's had done putting together this newsletter. She has—to borrow a familiar American saying—knocked it out of the ballpark. Like way out of the park!



INTERDISCIPLINARY LIBERAL ARTS COLORADO STATE UNIVERSITY