



NEWS | FACULTY | STUDENT STORIES

A MESSAGE FROM DIRECTOR- KEVIN FOSKIN

Welcome to spring, everyone. As always, I hope everyone is having a successful semester and can enjoy the change of season. As many of you know from experience, Spring in Colorado can sometimes be capricious. But as I write this—early March—the sun is out, and the day is warm and sunshiny. I was at a conference last week and had an interesting conversation with a student. She was curious about interdisciplinarity and how our program approached its instruction. At university, it is almost universally taught as an academically based research activity that works in tandem with disciplinary perspectives. And we certainly see it as such. However, one key distinguishing feature of our approach is that we see it as applicable both in the classroom and beyond. Many leading scholars in Interdisciplinary Studies see interdisciplinarity primarily as a research-based activity. Many have formulated and defined their version of interdisciplinarity within the context of academic research. We agree that research plays a key role in interdisciplinarity, but we see interdisciplinary research as our starting gate more than our endpoint. There are two additional components, besides research, that we feel are key for making Interdisciplinarity a practice you will continue using throughout your career.



innovative thinking and reflection as distinct stages operating internally in the research being performed and externally once your study is complete.

We argue that interdisciplinarity is as much a mindset as a practice. We see our process as consisting of three stages. First, we must establish a reliable foundation to deal with a problem or learn more about something. To go anywhere, we must first be informed of where we are. This is the role of research. Second, how do we break beyond what we know once we have become informed? Please think of the analogy of a child standing in her front yard. She knows what is in her front yard, but not what is beyond the fence. And it takes courage to find our way out of the yard. This is where creativity (e.g., creative thinking) comes in handy. We imagine what might be out there, what perhaps isn't out there, and in doing so, it provides us with a possibility of

thought we wouldn't have had had we not left our front yard. Finally, the third stage is reflection. We need to reconcile what we have imagined with what is possible here. Reflection, then, is the skill we use. We see what could be and then reflect on what can be. So, in many ways, the interdisciplinarity we teach is a fuller liberal arts experience, where research, creativity, and reflection (three key liberal arts skills) are given equal status.

Essential to our enhanced version of Interdisciplinarity are two additional liberal arts skills: creativity (innovative thinking) and reflection. Yes, research requires creative thinking and reflection, and competent researchers need both. However, the main difference between our approach and those of other interdisciplinarians is this: we see

SPRING 2025 GRADUATION

As many of you know, Colorado State University is moving to a new Commencement process. Whereas in the past, each college held its own commencement ceremony twice a year, CSU will now be staging a single University-wide Commencement each year at the Canvas Stadium. Spring Commencement this year will be held on May 16, from 4:30 to 6 pm. Grouped departments/Programs will also host smaller recognition ceremonies where student names will be read, students will cross a stage, and diploma covers will be distributed. For more information on graduation, please see the following link: <https://source.colostate.edu/spring-2025-commencement-what-you-need-to-know/>



COLLEGE OF LIBERAL ARTS
COLORADO STATE UNIVERSITY

A MESSAGE FROM PROF ROBINSON

Hello, I'm Gina Robinson, and I am on the faculty here at CSU. I teach in the Legal Studies minor. I teach Contemporary Legal Studies, Mock Trial, and a summer study abroad class called Comparative Legal Studies in Italy. I am also the Prelaw Advisor, the Legal Studies Minor Advisor, and the Pre-Law Club Advisor. I love to travel, run, cook, and compete in Ironman Triathlons. I have a great husband and four children; the 4th one is headed



to college next year. My favorite part of my job is interacting with students. I am an attorney, and I love teaching about the law and helping students learn the basic terminology, case briefing, and communication skills they need for law school. The Legal Studies

minor is a great minor to pair with any major. It will equip you with excellent skills that will put you one step ahead in law school. My Mock Trial class is a great class to take if you want to be a trial lawyer. We take a case problem, and I teach each step of a trial, culminating in a four-week round-robin tournament where students put on full trials. You will leave the class with a toolbox full of trial skills.

As the Prelaw advisor, I will help you navigate the law school application process. During your junior year, we will create a personal timeline and discuss all of the requirements for applying to law school. I will also help you with your personal statement and resume. I am always available to answer any questions about law school. Please make sure to reach out by junior year.

We have a wonderful prelaw club. If you want to join, please go to Ramlink, find the prelaw club, and sign up. You will then be included in our email list and receive notifications of meetings, law school visits, and community service.

The study abroad class I teach in Italy every summer is a wonderful experience. We live in apartments in Florence, Italy, and travel to Venice and Rome. We learn about Italian law from professors in Italy, and then we compare it to the law in the United States. We study criminal law, torts, the court system, media law, Vatican law, and business law. We also enjoy the social part of Italy, such as gondola rides, paddleboarding, and cooking classes. It is a three-week trip and counts as a class in the Legal Studies Minor.

ACADEMIC SUCCESS COORDINATOR- CAITLYN KOTNIK

The past three months of advising students in the interdisciplinary liberal arts major have been a dream come true. This may be the most interesting and dynamic advising caseload on campus, and it has been a joy getting to know you all.

One of the greatest assets of the interdisciplinary liberal arts program is its flexibility. Multi-passionate students can be the architects of this degree, combining courses from different disciplines. However, this flexibility can also be a challenge for some. In some student meetings, I've heard that having so much choice feels overwhelming or disjointed. I am prone to decision fatigue myself, so I get it.

I hope we can work as a team to approach the interdisciplinary liberal arts major with intention. While the degree requirements are straightforward, I encourage each student to work with me to craft a personalized graduation plan. The most successful students are those who select their courses with purpose. By thoughtfully integrating courses from various disciplines, we can build a cohesive academic narrative that aligns with your goals. This strategic approach clarifies course selection and allows you to confidently explain your academic journey to employers, graduate schools, and family members.

Whether you're just starting or well on your way, I'm here to support you every step of the way. Let's work together to design a plan that helps you explore your options and develop meaningful and achievable academic and career goals.



A MESSAGE FROM DR. MURILLO

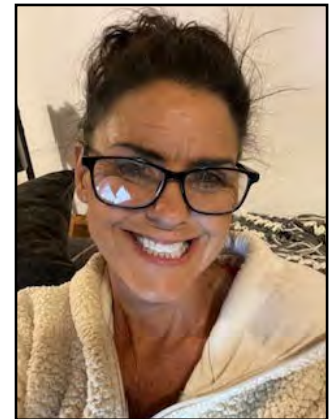
As a professor in the Interdisciplinary Liberal Arts Program, I'm passionate about bringing different fields, voices, and perspectives into conversation with one another. Whether I teach Global Encounters, lead our junior and senior seminars, or direct our department's internship program, I aim to help students connect across disciplines and between the classroom and the world beyond it.

I'm working on a book that combines some of my favorite themes—feminism, horror, and literature. It's titled *The Feminist Gothic in American Literary Culture* and is scheduled to be published in September 2026. The project examines how the traditional Gothic heroine has been reimagined in contemporary fiction, particularly through stories involving vampires, witches, zombies, ghosts, and haunted houses. It's a fun and spooky topic,

deepening into questions about gender, power, and cultural transformation. The book requires a lot of research and interdisciplinary writing, and I've set aside this summer to focus on it—haunted houses and all.

I've always believed in the power of the liberal arts to help us see the world in more complex and creative ways, and this project is just one example of how that belief shapes my work. I try to bring the same curiosity and interdisciplinary energy into my teaching and mentoring. One of my favorite parts of my job is helping students explore their interests through internships, and I'm always happy to talk about opportunities both on and off campus. If you're a student looking for a meaningful internship experience, please contact me at cmurillo@colostate.edu.

I'm excited about what's ahead and always eager to talk about literature, feminism, ghost stories, or how you can apply your liberal arts degree in the real world.



A MESSAGE FROM PROF O'TIENERY

I will be participating in the [Orion Environmental Writers' Workshop](#) (poetry & nonfiction) at the Omega Institute in upstate NY this June. At Wolverine Farm in Fort Collins this February, I curated "[Beholdings](#)," an improvisational music and movement performance, with collaborator Joy Prendergast. I've been so enjoying teaching LB 492 Senior Capstone in person this semester; we've been exploring concerns of environmental and social justice with rich case study texts such as Camille Dungy's [Soil: The Story of a Black Mother's Garden](#) (Camille is CSU Eng. Dept. faculty!)



A MESSAGE FROM KELLY MCGREGOR

Hi! I am Kelly McGregor, an Academic Support Coordinator working with students majoring in International Studies, Languages, Literature, & Cultures, and Political Science.

I teach a first-year seminar abroad in Ireland and courses for the Interdisciplinary Liberal Arts Program, including Liberal Arts & Meaningful Work and Senior Capstone Portfolio. For Key Communities, I have taught *Rebels, Outcasts, & Society*, an interdisciplinary course focused on social change agents, the ethics of rebellion, and representations of good and evil.

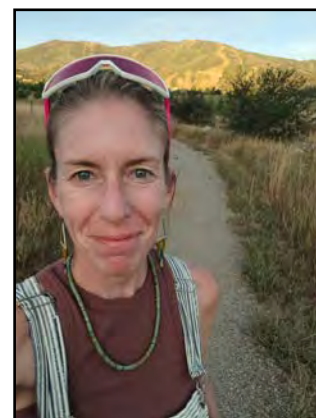


I received a Bachelor of Arts in Psychology and English and a Master of Arts in English Literature from the University of Colorado at Boulder. Before becoming an advisor at Colorado State, I worked as a residence hall director for the University of Colorado, where I worked closely with residential academic programs and taught several courses, including *Banned Books* and the *First Amendment*, *First Year Writing Seminar*, as well as *Comics* and the *Interpretive Arts*. I firmly believe that an education in the Liberal Arts trains students to be strong critical thinkers and engaged global citizens.

I was born and raised in Fort Collins and love spending time outside in the Colorado sun. Reading fiction, listening to music, skiing, biking, and watching Rockies baseball are some of my interests outside of work. Oh, and I would like to say I am pretty good at YoYo.

A MESSAGE FROM PROF DOXEY

I'm teaching an HONR 193 class this semester, which I've developed around the theme "Imaginative Obsessions and Creative Writing." This class centers around interdisciplinarity, and we read books like *Plastic: An Autobiography* by Allison Cobb, which examines plastic from multiple lenses, and *The Crying Book* by Heather Christle, a lyric essay that looks at, well, tears.

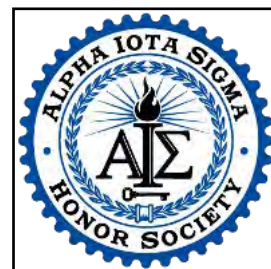


I'm teaching the one-credit portfolio class LB 490, which helps senior capstone students gather their accomplishments and work samples to articulate the value of their education in interdisciplinary liberal arts. In the fall, I'm looking forward to teaching my HONR 392 class in ecopoetry and an online E 210: *Beginning Creative Writing*, which went through a revision and redesign in the fall.

I just had a series of poems accepted for publication at *Posit*, a journal of literature and art. They should be published sometime in 2026.

GET INVOLVED: ALPHA IOTA SIGMA

Are you passionate about thinking across disciplines, asking big questions, and making meaningful connections between seemingly unrelated fields? Then, consider joining Alpha Iota Sigma, Colorado State University's National Interdisciplinary Studies Honor Society chapter.



Alpha Iota Sigma recognizes outstanding students committed to interdisciplinary learning, leadership, and academic excellence. As part of a national network of scholars, members of CSU's chapter have access to various opportunities for professional development, research collaboration, and creative projects that bridge traditional academic boundaries.

Membership is a great way to connect with other curious, engaged students who care about solving complex problems from multiple perspectives. Whether you're an Interdisciplinary Liberal Arts major or simply someone who values integrative thinking, Alpha Iota Sigma offers a supportive and dynamic community. Members can participate in faculty-led discussions, interdisciplinary workshops, community service projects, and even national conferences related to interdisciplinary studies.

Plus, it's not all academics—our chapter hosts fun events that bring members together to share ideas, celebrate their work, and creatively explore new ways of thinking across disciplines.

If you're interested in joining or learning more, contact our chapter's financial officer and interim president, Anya Guttormson, at anyaguttormson@colostate.edu. We'd love to welcome you into our growing community of interdisciplinary scholars!

HEARING FROM I-LA MAJORS & LEGAL STUDIES MINORS

A LETTER FROM ALUM SABRYNEE BUCHHOLZ

H! I'm Sabrynne Buchholz, an Interdisciplinary Liberal Arts and CSU alumna. Once upon a time, I was the senior I-LA editing intern, and I worked on the Fall 2019 edition of this newsletter! I am working at Anschutz School of Medicine as a curriculum coordinator for the Advanced Science Courses and the Global Health Track – I guess I liked academia! When I'm not working, you can find me reading over hot tea, searching for insects and small critters, or relaxing with my dogs.

I didn't start as an ILA student; I started in fine arts and switched in my junior year. I started as a Fine Arts student and struggled to find where my passions truly were. I wanted to utilize my creativity in a way that would be meaningful and fulfilling while also challenging myself to strive for better and improved craft in my work. I came across Interdisciplinary Liberal Arts while considering other options, and I connected with the opportunity to bring so many things together into something more tailored to me. I fell in love with the diversity in disciplines and perspectives, and this collective of individuals who see the world from all different angles, and I genuinely feel like this is where I was meant to end up. The I-LA program was the place that would happily accept and embrace my artistic and creative background from my previous years of schooling at CSU, while allowing me to pursue more of my interests that just weren't able to fit before.

Following graduation, I completed the Disney College Program, found my current job at Anschutz, and continued following my creative passions. I've missed the world of academics, so I have plans to return for a Master's degree in the future. As a curriculum coordinator at Anschutz, I work with individuals from different backgrounds worldwide! I have also had many opportunities to synthesize my work and passions meaningfully and integrate new ideas with



what has already been established. The I-LA degree and the many opportunities that opened for me because of it have set me up well for success in all of my endeavors. I will always be thankful for the opportunities the program opened up for me and for giving me the answers to where I fit.

SAQUIB AL ISLAM, ILA MAJOR, MINOR BUSINESS ADMINISTRATION, REAL ESTATE LEGAL STUDIES

I was born in Dubai on December 16, 2002, to a family of five: one older brother and one younger sister. My parents are pharmacists who instilled in me a passion for learning and serving others. Due to my father's pursuit of a PhD (and further degrees), we have lived all over: the UK, Ireland, Sweden, and now the USA.



Living in Dubai, a multicultural metropolis, profoundly impacted my perspective on diversity. My early education at St. James's Primary School in Dublin, Ireland, ignited my curiosity and appreciation for different cultures. Later experiences in Sweden and the U.S. further honed two skills—my adaptability and communication capabilities, which are necessary in everyone's multiethnic world nowadays.

At Leshar Middle School and Rocky Mountain High School in the USA, I have spent many years where I slowly understood how education could be shaped through interdisciplinary learning. Scarified by literature, history, and the arts, I sharpened my understanding of society, communication skills, and interest in debate and leadership. It brought me to Colorado State University (CSU), where I majored in interdisciplinary studies with a minor in business administration, real estate, and legal studies. This unique mix allows me to explore different fields.

My goal is to use the experience I acquire through the knowledge I study to lead in business, legal studies, and real estate. I will bring my diverse background to find new paths to solving complex problems in real communities. I hope to focus on careers like project management, real estate development, and legal consulting.

I strive to encourage cultural awareness and involvement in my community. With my experiences, I want to bridge ideas, help build spaces that are comfortable for everyone, and promote meaningful stories that otherwise wouldn't be heard. I want all of this knowledge to play a role in my everyday life and help me add value to my career and the larger community.

A NOTE FROM EMILIE MATHEWS - VP & SECRETARY, PRE-LAW CLUB

The LSAT (Law School Admission Test) has been crucial for law school admissions for decades. In August 2024, the LSAT was offered for the first time in its new format, and to the dismay and joy of many students, it no longer includes the Logic Games/Analytical Reasoning section. Before August 2024, the LSAT had three sections: Reading Comprehension, Logical Reasoning, and Logic Games/Analytical Reasoning. While the Reading Comprehension portion of the exam is very similar to SAT/ACT reading sections, the Logical Reasoning and Logic Games/Analytical Reasoning portions are unique to the LSAT. Following a series of lawsuits, the Law School Admission Council (LSAC), the organization that administers the LSAT, removed the Logic Games/Analytical Reasoning section, replacing it with an additional section of Logical Reasoning. Now, the LSAT has two Logical Reasoning sections, one Reading Comprehension section, and an experimental portion, either a third Logical Reasoning section or a second Reading Comprehension section.



The CSU Pre-Law Club is an excellent resource for students struggling with the LSAT changes and new formats. Once a semester, the Pre-Law Club hosts meetings dedicated to understanding the LSAT, which are often called "LSAT-101". During these meetings, members will learn the basics of the exam, including its new format and essential details like the length of the exam and its associated costs. Unlike other LSAT classes, the Pre-Law Club's meetings are facilitated by students for students, with emphasis on the student perspective and experience. Additionally, the meetings include guided practice problems. Pre-Law Club officers will walk students through multiple Logical Reasoning problems and demonstrate how they would personally tackle the question and arrive at the correct answer.

HEARING FROM I-LA MAJORS & LEGAL STUDIES MINORS

REILLY HAWKS- DESIGNING MY PATH

When I first came to Colorado State University, I started as a Zoology major because I always thought I'd end up working with animals. But after struggling with Life 102 and failing the class, I quickly realized that maybe this wasn't the right fit for me. I switched to Communication, thinking it would be a better match, but I still felt like something was missing. I enjoyed the major, but it didn't allow me to explore the many different areas I was curious about. I wanted a broader approach, but wasn't sure how to make that happen.

I decided to take a year off from school to figure things out. During that time, I enrolled in floral design classes at Front Range Community College and earned a Floral Design Certificate. The hands-on creativity of floral design immediately clicked with me. I loved working with my hands and creating something beautiful from scratch. It felt natural, and I realized this was something I could build a career around. That's when I decided to return to CSU, but this time with a clearer vision of where I wanted to go.



That's when my advisor introduced me to Interdisciplinary Liberal Arts (ILA). It was the perfect fit because it allowed me to explore various subjects, including business, horticulture, journalism, and web design. All of which are essential for running a successful floral design business. With ILA, I've created an educational path that matches my interests and future goals, something I never felt I could do with a traditional major.

I also chose to pursue a Design Thinking minor, which has been one of the most rewarding parts of my time here. I've gained hands-on skills in welding, computer software, and textiles, all of which have taught me to think critically and solve problems creatively. Many of these skills will be valuable when I start my own business.

As my time at CSU has wrapped up, I realize my journey hasn't been the typical college experience. But every twist and turn has brought me closer to what I want. ILA has given me the freedom to explore and pursue my passions. Whether continuing down the floral design path or venturing in a different direction, I know what I've gained from this journey will lead me to a creative future.

EDGAR PINELA- GRAPHIC DESIGN

Hi, I'm Edgar. I grew up in Aurora. Until it was time to go to university, I lived in the same place with my parents, two sisters, and a dog. That was the first time I had moved in my entire life.



When I was a little kid, I was involved in sports. It did not matter what kind of sport was being played in school; I would join without knowing what was happening. Outside of school, I played club soccer, where I usually spent most afternoons training and playing. Once elementary school started coming to a close, the soccer team I played for would no longer meet. After that, I stopped playing sports altogether.

Once in middle school, I got into performing arts and, more specifically, Choir. The choir became one of the most significant parts of my life as it completely took over. Suddenly, all of my time would be choir-based. Learning new music and practicing the same music over and over in my room was what I spent my time on. The middle school choir was a discovery for me, as I had found something I genuinely enjoyed doing.

Once I reached high school, I was already well-versed in the choir program and familiar with the people and the teachers. It became time for me to use music as a form of expression, and even though it took me a long time, I gained confidence in performing. This led me to join the school musical and do other solo and small group acts. While in high school, I started taking Graphic Design classes and fell in love with them like I did with choir.

When university came around, graphic design was an easy choice for me. CSU has also been a wonderful place to find diverse ways to express myself and my ideas, especially regarding what I want to do with Graphic Design.

The more time I spend here at CSU, the more my goal becomes to spread awareness on specific topics that are important to people directly and effectively, so that others can be engaged with what I am trying to express. I feel as if activism loses a lot of interest in the first step of informing people about what is going on. I want to change that so people are engaged and motivated to learn about something without prior knowledge of a situation. Graphic design is the perfect tool for accomplishing that.

A NOTE FROM PRE-LAW CLUB PRESIDENT SEAN NELSON

Colorado State University's Pre-Law Club is a professional student organization dedicated to guiding aspiring law students through the challenges of law school preparation and the pursuit of a legal career. We meet biweekly as a resource for students at any stage of their pre-law journey, whether they are confident about attending law school or still exploring their options. We aim to provide the support, connections, and opportunities for members to make informed decisions and build a strong foundation for their future.

Recognizing that the legal profession is broad and dynamic, we connect members with practicing attorneys, current law students, and other professionals who offer valuable insights. Through guest speaker events, we aim to highlight the innumerable career paths a law degree can offer while providing practical advice on law school applications, career planning, and maintaining a healthy work-life balance.

Academic preparation is another key focus of the club. Our LSAT practice nights help students refine their test-taking skills, and we provide access to study resources, expert guidance, and discounts on preparation materials. Additionally, we arrange law school visits to Boulder, Denver, and Laramie, allowing members to engage with admissions officers and gain firsthand knowledge of different programs. This year, we have expanded our visits to include the Colorado Supreme Court, where our tour guide will be Chief Justice Monica Márquez!

The path to law school can be challenging, but the Pre-Law Club is here to support students every step of the way. Through mentorship, LSAT preparation, and professional development, we ensure that every member feels confident and prepared as they pursue their goals in the legal field. So, if you have an opening in your schedule from 5:30 to 6:30 every other Thursday, stop by the CSU Pre-Law Club for a slice of free pizza, an engaging guest speaker, and maybe a chance to connect with like-minded peers who share your interest in law.



HEARING FROM I-LA MAJORS & LEGAL STUDIES MINORS

EMILY MAZZEI

I'm Emily! I'm from Chicago, and I love where I grew up. Although Colorado is beautiful and has been such a fun experience, I want to live in the Midwest again when I'm older. My entire family and I have been going to Michigan every summer for as long as I can remember, and I feel like I could end up there. It just feels like home.

My key interests are baking, yoga, art, and dance. These activities have stuck with me throughout my life, making me realize I like to express myself more creatively than anything else. I have a lot of confidence in my creativity, and I'm glad I discovered it at a young age.

After college, I plan on getting my master's in teaching because that has become my true passion. My degree focus will be early education, meaning I will teach kindergarten through second grade. Kids bring me so much joy! I only hope to make a positive impact on all of my students. Along with that, I am extremely family-oriented. My parents' love and support have allowed me to be the truest version of who I am, which is one of my favorite qualities about myself. My friends and family at home mean the world to me. I have met some awesome people while at school, but nothing compares to the friends I've grown up with all my life. To me, it's a bond like nothing else. I truly consider them family. This is what I'm most grateful for in life.

ERIC DAVERN- FOURTH-YEAR

Hello! My name is Eric Davern, and I am a fourth-year Interdisciplinary Liberal Arts major with a minor in Music. I initially transferred to CSU to pursue a degree in Music Education, but found that the program was not for me. I fell into the ILA program here at CSU, as it was one of the few degrees I could attain within my timeframe and still use all of my previous credits.

I like that the most about ILA. It is not a very rigorous degree program and allows for a lot of freedom in the courses you take. Out of all 120 credits you need to graduate, only seven are required classes directly related to the degree program. You can choose from classes that you want to take and things you truly desire to learn. I only have one minor, but you can have multiple with this degree program.

Outside of school, I make time for friends and other hobbies. I typically use that time to write, whether music, novels, or fantasy writing for Dungeons and Dragons, I won't fall behind if I take a night for myself.

After graduation, I plan to turn my hobbies into a career. The great thing about this program is that it prepares you for many paths you can take. You learn how to analyze a problem down to its core,

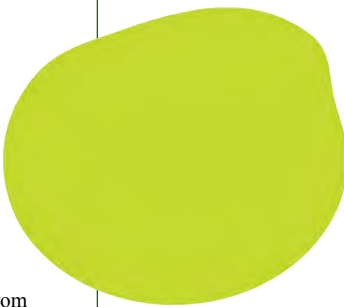
look at it from the perspectives of others, even in career fields that should have no interest, and find a common ground from which a solution can be built.



AVERY CANO

Hi, y'all! My name is Avery Cano, and I'm originally from Spring, Texas. However, after 9 years of living in Colorado, I've successfully become a true Coloradan. I love hiking, camping, kayaking, birdwatching, whitewater rafting, and drinking on the patios of our famous breweries!

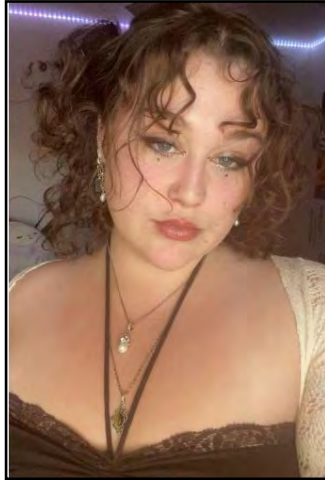
I transferred to CSU in 2019, and throughout my undergraduate journey, I've officially declared eight different majors! I finally settled on Interdisciplinary Liberal Arts because the emphasis on weaving different academic disciplines together was incredibly appealing. After all, I've taken classes in various topics ranging from neuroscience to art history to legal studies. ILAR has allowed me to integrate my studies in all seven of my past majors in an organized and meaningful way. I first saw the value of interdisciplinarity in my business ethics internship with the Better Business Bureau serving Northern Colorado and Wyoming, where I incorporated my knowledge in writing, interpersonal communication, and Ethnic Studies to help a local business with the Torch Award. This opportunity led me to an administrative assistant role at Colorado Gives Foundation, the community foundation serving Jefferson County, CO, where I discovered a passion for non-profit business and community policymaking. I now work for Mightycase, a software company that hosts giving events for non-profit organizations all around the U.S. Looking ahead, I plan to pursue a career in law and advocacy upon finishing my Bachelor's!



HEARING FROM I-LA MAJORS & LEGAL STUDIES MINORS

EMILY LOHNER- SENIOR

Hello, my name is Emily Lohner, and I'm a Colorado State University senior. I'm majoring in Interdisciplinary Liberal Arts with a minor in Design Thinking.



It took me some time to find the right academic path. I started as an undeclared student, then switched to Interior Architecture and Design. Unfortunately, I joined that program a year later than ideal, and I couldn't afford the extra time and cost to complete the degree. I was disappointed, but when I spoke with my advisor, they suggested Interdisciplinary Liberal Arts (ILA). By then, I had already taken various courses across different subjects, trying to find what truly interested me. The problem

wasn't that I didn't enjoy anything—I liked so many things that I couldn't choose just one to focus on.

That's why ILA was a perfect fit. It offered a broad, customizable curriculum that let me tailor my education to my interests and passions. I've always loved design, which initially drew me to Interior Architecture and Design. But in hindsight, I'm so glad I found ILA instead. It allowed me to pursue a minor in Design Thinking and explore a wide range of courses in that area, like sewing, woodworking, metalworking, 3D modeling, graphic design, and even graphic noveling, to name a few.

ILA has given me the freedom to explore so many fascinating subjects. I've taken classes in horticulture, plant propagation, racial inequality, women's studies, ethnic studies, and more. The program has helped me grow both academically and personally by offering a well-rounded education rooted in curiosity and creativity.

This program has opened my eyes to all the creative possibilities and shown me a well-rounded college education and experience. I'm incredibly grateful that I chose to major in Interdisciplinary Liberal Arts and minor in Design Thinking!

GREETINGS FROM THE I-LA NEWSLETTER INTERN

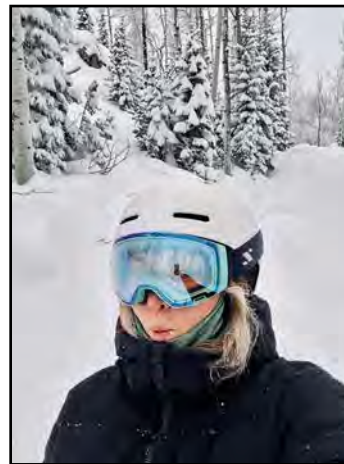
Hi! My name is Sydney Graham, and I am the spring newsletter intern! I was born and raised in Steamboat Springs, Colorado. I chose Colorado State University because it allowed me to be close to everything I love, including skiing, rafting, fishing, yoga, and paddle boarding.



At CSU, I am earning my degree with a major in Interdisciplinary Liberal Arts and a minor in Business Administration. Coming into university, I was undeclared and struggled to find a degree that worked for me. When my sister, who also attended CSU, told me about the ILA degree, I knew it was perfect. It allows me to pursue all the disciplines that have interested me since high school. Since declaring my major, I have found a new passion for all the disciplines and have found it incredibly enjoyable to use all of them in research.

The ILA major allows all to discover who they want to be. University can be stressful, but it will enable you to be whoever you want and explore something new. When you enter the major, you do not have to worry that you will not find what you enjoy.

For the last few summers, I have returned home to manage a spa in Steamboat. This will be my first summer in Fort Collins, and I look forward to exploring and starting my career. Eventually, I would love to own a business supporting community, activity, and health.



It has been a dream of mine since I was a kid to create a community where people come together to enjoy the outdoors and learn new activities. My time at Colorado State University has been a whirlwind, and I am excited to start my next chapter. I have learned several valuable lessons from CSU, but the most significant is having FUN! Life does not need to be serious all the time. It is okay to mess up, travel, enjoy the small wins, and challenge yourself to be the best version of yourself!



INTERDISCIPLINARY
LIBERAL ARTS
COLORADO STATE UNIVERSITY

