

## **BIS: Global Studies, Communication Studies, Psychology**

I have come to realize how important intercultural communication is, especially in this day and age. Growing up in a biracial family, I have been exposed to intercultural communication from the beginning, although I never knew what the exact terminology was at the time. I had many friends of diverse backgrounds at school, and at home I was constantly exposed to both Filipino and Black culture. I believe this, and a few other aspects of my life journey led me on a path in the same direction. Which is why I decided to do a Bachelor of Individualized Studies in Global Studies, Communication, and Psychology.

One path that led me to this decision was revealed to me while I was in high school. I was enrolled at Minneapolis Community and Technical College for my Post-Secondary Enrollment Option (PSEO) course work and was taking an intercultural communication class. This communication class not only made me curious and eager to learn about how different cultures effect one's communication style, but it really opened my eyes about my own communication style and gave me somewhat of an explanation to why I have grown up to communicate in a certain style. I always felt reserved and was told I was soft-spoken growing up. American communication culture relies heavily on a low context culture of being precise and direct with words, however the way I communicate is in a high context manner, heavily reflected by my Filipino and Black upbringing. Filipino culture especially relies on nonverbal communication, where saying little actually can convey a lot.

After high school, I took a gap year and studied abroad through the Rotary Youth Exchange program. I was placed in Osaka, Japan and was able to attend a Japanese high school while joining many volunteer opportunities with Rotary and other exchange students also in the

program. Being in Japan really opened my eyes and exposed me to very diverse ways of thinking.

I would attribute my upbringing, my initial exposure to intercultural communication during PSEO, and my time spent in Japan as the reasons that pushed me to concentrate on Global Studies, Communication, and Psychology. Initially, I was in the Global Studies major, because there isn't an Intercultural Communication major offered by the Communication department. Global Studies alone wasn't providing me with the well-rounded look at different cultures from an interpersonal level that I was longing for. After finding the Individualized Degree Program, I felt a lot happier and more excited about my academic future. Global Studies gives me knowledge of cultures all over the world while giving me an understanding of the historical, political, economic, and environmental relationships in different areas of the world. By knowing and studying these areas, it allows me to participate in society from a global perspective. Communication studies allowed me to learn the best ways to clearly write and speak to different audiences. It also allowed me to learn different communication styles. Psychology itself is extremely intuitive and fascinating. It gives me a perspective on human behavior and mental processes. While learning communication by itself allows me to learn different communication styles suitable for various audiences, adding psychology really lets me learn and focus on people on an individual level. I'm able to understand different emotional and mental states, while also holding myself accountable by recognizing and understanding my own cognitive biases.

Each of these areas of study already have taught me so much about others and myself. I wanted to become more familiar with intercultural and cross-cultural communication styles, and I believe that my mix and assortment of classes have allowed me to do just that. I want to be able to connect with others not only around the community, but internationally as well. With the

internet, our world is having more and more access to not only different cultures, but new and diverse ways of thinking. Because of this, it is extremely important that we learn how to convey messages that are impactful, yet inclusive.

## **Global Studies**

As mentioned before **Global Studies** has given me a multicultural view of different areas of the world. Known as “the major within the major,” one is able to select a regional and theme focus and take classes related to those areas. Because of my study abroad experience in Japan, I decided to choose an East Asia regional focus. The theme I selected was Global Health, Mobile Populations and Identity because I knew it would give me an in-depth history and perspective on global health of various populations and their identity. Understanding the history has been extremely important to me because it gives me a better appreciation of the efforts done in the past that reflects on to the present while also allowing me to understand how important identity is. Both of these choices have given me an economic, political, historical, cultural, and even environmental knowledge about the entire region of East Asia in relation to the entire world.

**GLOS 3144: Knowledge, Power, and the Politics of Representation in Global Studies** was a core course within the Global Studies major that gave an introduction and overview of many concepts that would appear in other Global Studies course work. Specifically, representation in relation to ethnicity, gender, and race, and how European imperialism continues to affect identity in the modern world. This course showed me how those with knowledge do have the power to influence. Misrepresentation—which is often seen in media—can easily lead to stereotypes and cause a threat to our societal structures like democracy. Taking this course, I quickly learned the importance of representation in both a historical and modern context.

**EAS 3461: Introduction to East Asia I: The Imperial Age** was the East Asia breadth course. I learned about the history of China, Japan, Korea, and Vietnam. Knowing the history of these regions, I gained a better appreciation of old academic work of East Asian scholars before the 1600s. By studying Confucianism and Buddhism, as well as the political and social histories, I now know and understand the values and impact it had on the East Asia region.

Within the Global Studies major, one then needs to take a regional course and an elective. Even though I studied abroad in Japan, for both courses, I decided to dive in more on Korean history because I felt that I could utilize my time in university to expand my studies and learn about areas I did not fully understand. This is why I chose **ALL 3586: Cold War Cultures in Korea** and **ALL 3536: Modern Korean Literature**. In **Cold War Cultures in Korea**, it heavily went into depth about the Cold War from the perspective of the Korean peninsula. We did many comparative studies of both North and South Korean literature and film culture which allowed us to see how this U.S. and Soviet war heavily affected society and culture on the peninsula. In this class, it was the first time I have heard the effects of the Cold War on another country. In standard US history, we only hear about how centered the Cold War was between the United States and the Soviet Union. This class was an eye opener in that it was evident to me that due to the foreign affairs of the two biggest powers of the time, it heavily affected politics, culture, and even geography of both of these nations.

Learning about **Modern Korean Literature**, it provided me an even deeper understanding of history and culture in Korea during the colonial period until the 1990s. By reading into these texts literally, I was able to get a better understanding of the independent cultural boom that occurred in Korea that began in the colonial period as many writers pushed to separate their arts from the context of Japan.

After taking my regional courses, I moved on to take my theme courses as needed for the Global Studies concentration. The Global Health, Mobile Populations and Identity theme showed me how the global environment, culture, health, economics and politics are all intersected. Specifically, **GLOS 3305: Life for Sale: Global Debates on Environment, Science, and Society** was taught from a social justice lens which dug deep into topics related to scientific discovery, commodification, unequal global economies, policies that had a negative impact on the environment, water pollution, food insecurity, and medicine. The wide range of topics were all interconnected as we focused and discussed how they affect different groups of people based on their social and economic statuses. Learning these made me realize how all of these topics can easily impact and shape a person's everyday life. This course challenged me to think about who benefits and who suffers from certain governmental policies, while also motivating me to think about how to allow for positive social change.

The **AAS 3862: American Immigration History** course looked at global migration to the United States. Starting from the nineteenth century to the present day, I learned about the causes of whole cultures to migrate, as well as more serious topics in relation to xenophobia, assimilation, and integration. The history of U.S. citizenship and national identity in relation to immigration was also discussed. Overall, this course gave a very important overview and history of many different ethnic groups who migrated to the United States and the important roles they played in relation to the upbringing of America and identity.

## **Communication**

The next concentration I decided to pursue was Communication. The reason for this is because I believe having strong communication skills goes a very long way, and I wanted to

learn how to connect with others as well as build trust in an interpersonal way. Having this Communication background not only helped me clearly write and speak to different audiences, but it also taught me the importance of patience and understanding of people's different points of view. There have been many courses that have given me this understanding.

**COMM 3451w: Intercultural Communication** is a course that I originally took at Minneapolis Community and Technical College. This was the initial course that sparked my interest in cross-cultural, or intercultural communication. This course gave me a great overview and understanding about different communication styles that other cultures may use. Because the class was extremely diverse and taught in an open-ended, discussion-based manner, it was a safe space for us students to openly ask questions to our peers while also reflecting about different theories and ideas.

The following courses **COMM 3211: Introduction to Media Studies** and **COMM 3401: Introduction to Communication Theory** were both required courses in the Communication concentration, however they both gave me a great understanding of the media side of communication as well as the research and theory side. For the **Media Studies** course, I learned about the historic background and development of media in the United States. I also learned about media and the effects it has on industrial, governmental, and public policies and opinions. This course highlighted many positives the media has brought to our modern world; however, it also has us critically analyze the negative outcomes and problems in relation to media. The **Communication Theory** course was a course that studied the scientific theories in relation to human communication. When taking this class, I learned about multiple forms of communication, such as, small group, organizational, and mediated. This course also pushed me to think about human interaction from a more logical and science-based approach.

**COMM 3201: Introduction to Electronic Media Production** was a fun elective I decided to take to fulfill my communication requirements. One may ask how an electronic media production relates to communication, but in this course the use and practice of communication was heavily applied every class period. This course actually allowed me to practice constant skills that I learned through all of my previous courses because every project was a group project. This class emphasized the importance of clear and concise communication, empathy, constant teamwork and interpersonal skills. Unfortunately, due to Covid-19, this highly collaborative class was forced to switch an online format mid-semester; however, I was still able to discuss and interact with many peers throughout the remaining duration of the semester.

**COMM 4204: Producing for Television: Theory and Practice** is a higher-level course from COMM 3201. This course will allow me to develop a thematic design in order to write and produce a television program. In this course, I will use my background and knowledge from all three of my concentrations to convey a story to the audience on how important culture and representation is in electronic media.

## **Psychology**

Finally, my last choice of concentration is Psychology. Psychology has many different sub-areas, but overall, it is the study of human behavior in relation to genetics, environment, physiologic, and social determining factors. By adding Psychology, I wanted to add an additional layer of understanding others from a more logical process. Classes in Psychology not only focus on the scientific environmental and genetic factors that come into play in a person's upbringing, it also studies the mental and physiological functions of the brain. As mentioned before, learning

Psychology has given me the ability to recognize and understand others' emotional and mental states while also holding myself accountable to my own unconscious bias.

**PSY 3801: Psychological Measurement and Data Analysis** and **PSY 3001w: Introduction to Research Methods** are required courses for the psychology concentration. **Psychological Measurement and Data** is a statistics course; however, it uses psychological research and data to explain and compute statistical problems. This course introduces how statistics would actually be applied to real-life studies. Seeing how research psychologists interpret data through the statistical processes, I now have a better understanding of the importance of using scientific data to explain human behavior. **Research Methods** teaches concepts and procedures to evaluate research. I will also be conducting my own research in relation to social science. Because I have never taken a formal research class, I believe this class will give me a lot of insight about how to formally conduct and explain my research findings.

Taking **CPSY 3301: Introduction to Child Psychology**, one may wonder how this particular course may help aid with my major. In this course, I was given an overview of child development. I learned thoroughly about how an individual's childhood can have direct impacts on their development into adulthood. This course helped me realize how important it is to be empathetic and understanding of all people, including children.

**PSY 3301: Introduction to Cultural Psychology** is a course that puts culture and history at the center basis of social processes and explains how these can influence individuals emotional, cognitive, and psychopathological well-being. I will be learning about theories, history, and research that has been done from a cultural standpoint while also applying these teaching through various group projects. This class will allow me to understand individuals from a cultural and historical lens.

**PSY: 3101: Introduction to Personality** is a course that teaches about personality in relation to genetic and environmental influences, personality development and traits, biological and psychological processes, as well as historical and modern perspectives. This course will also discuss the importance of goals and identity. By taking this course, I hope to gain an understanding of various personality traits and how they can affect a person's behavior and outlook on life.

Creating an individualized major through the BIS program, I was able to pull together the three areas of Global Studies, Communication, and Psychology to create an well-rounded assortment of classes to aid me in learning about different diverse backgrounds and cultures, as well as, how to be sensitive and understanding of them. This degree not only helped me look at culture from more of an individual level but showed me how important it is to be inclusive and understanding of all communication styles. In the future, I am hoping I may find a job where I can potentially help different companies, groups, or nonprofit organizations learn how to write and communicate in a culturally competent manner that fits all styles of communication. I want to be a person to listen to others, especially those who are underrepresented, include them, and show them their voice matters. The internet has given our world more access to different cultures and diverse ways of thinking. Therefore, it is even more important in this day and age that we all learn how to convey messages that are meaningful and inclusive.

**BIS/IDIM Program Course Worksheet**Name:   
ID#: 

Total number of credits in proposed program:	<b>50</b>
Total number 3/4/5xxx level credits in proposed program:	
Total credits in program left to complete:	

**Concentration One**

Title: <b>Global Studies</b>					
Dept.	Course Code	Course Title	Complete: Credits (Grade)		Not Complete: Credits (Term)
GLOS	3144	Knowledge and Power (Core)	3.0		
EAS	3461	Introduction to East Asia (Breadth Region)	3.0		
ALL	3586	Cold War Cultures in Korea (Region)	3.0		
ALL	3536	Modern Korean Literature (Elective)	3.0		
GLOS	3305	Life for Sale: Global Debates (Breadth Theme)	3.0		
AAS	3862	American Immigration History (Theme)	3.0		
TOTALS:		<b>3/4/5xxx level credits in area:</b>	<b>18</b>		
		<b>Total credits in area (IDIM only):</b>			

**Concentration Two**

Title: <b>Communications</b>					
Dept.	Course Code	Course Title	Complete: Credits (Grade)		Not Complete: Credits (Term)
COMM	4204	Producing for Television: Theory and Practice	4.0		
COMM	3401	Introduction to Communication Theory (Core)	3.0		
COMM	3211	Introduction to Media Studies (Core)	3.0		
COMM	3201	Introduction to Electronic Media Production	4.0		
COMM	3451w	Intercultural Communication (MCTC - CMST2012)	3.0		
COMM	3999w	Capstone Project	1.0		
TOTALS:		<b>3/4/5xxx level credits in area:</b>	<b>18</b>		
		<b>Total credits in area (IDIM only):</b>			

**Concentration Three**

Title: <b>Psychology</b>					
Dept.	Course Code	Course Title	Complete: Credits (Grade)		Not Complete: Credits (Term)
PSY	3801	Psychological Measurement and Data Analysis (Core)	4.0		
PSY	3001w	Research Methods (Core)	4.0		
CPSY	3301	Child Psychology (Elective)	4.0		
PSY	3301	Introduction to Cultural Psychology (Elective)	3.0		

PSY	3811	Introduction to Personality	3.0			
TOTALS:		<b>3/4/5xxx level credits in area:</b>		<b>18</b>		
		<b>Total credits in area (IDIM only):</b>				

**Concentration Four (IDIM Only)**

Title: [enter title here]						
Dept.	Course Code	Course Title	Complete: Credits (Grade)		Not Complete: Credits (Term)	
TOTALS:		<b>3/4/5xxx level credits in area:</b>				
		<b>Total credits in area (IDIM only):</b>				