The Humanities and Social Sciences are the study of human behavior and interaction in social, cultural, environmental, economic and political contexts. Humanities Definition Humanities subjects, traditionally known as the liberal arts, date back to the ancient Greeks who first used the discipline to educate their citizens. Humanities research adds to our knowledge of the world, as scholars investigate differences between cultures and communities around the world and across time, consider the ways art is made and received, or unveil the undercurrents that have shaped history. Generally speaking, the humanities include the study of history, philosophy, religion, modern and ancient languages and literatures, arts, media and cultural studies, and other fields. From an academic standpoint, the humanities refer to those branches of knowledge that concern themselves with human thoughts, creative expressions and their culture and are classified as non-science academic disciplines. The Humanities and Social Sciences have a historical and contemporary focus, from personal to global contexts, and consider challenges for the future. While humanities subjects are mostly analytical or philosophical, social sciences subjects are more scientific and experimental. The modern conception of humanities was used as a course of general education dating from the Sophists in the mid-5th century BCE, which prepared young men for active citizenship in the polis, or city-state. Humanities focus on understanding the meaning, purpose and goals and further, the appreciation of singular historical and social phenomena -uncovering the truth of the natural world. Humanities also explore the process of how human beings construct a world of meanings and interpretations around their lives. And, as the humanities offer insight into nearly every aspect of life, they have been considered a core element of a well-rounded education sinceancient times. Humanities education encourages students to think creatively and critically, to reason, and ask questions. Put simply, the humanities help us understand and interpret the human experience, as individuals and societies. Humanities and social science degrees can be vastly different, but all have one thing in common: they're focused on human life.