

University 1

The Vision of University 1

University 1 guides students through the academic process and ensures their success. The course lays a cornerstone for higher education and advanced study. University 1 develops skills for lifelong learning and achievement.

Benefits of University 1

University 1 presents strategies for keeping ahead academically, managing time effectively, and graduating on schedule. The course builds self-confidence and provides an opportunity to set goals and to explore career options. It is designed to expand intellectual horizons and to help students acquire the necessary tools for future success by providing structures and activities that illustrate the relationship between psychological, sociological, and physiological processes.

Master the Art of Higher Learning

Students' experiences during their first year at a university lay the foundation for their undergraduate years. That foundation encompasses the hopes, dreams, and expectations leading to successful lives as students and citizens.

University 1 helps students master the demands of attending a university by answering important questions and by providing a framework for lifelong learning. More importantly, University 1 provides a greater understanding of what it means to be in an academic community and why the art of lifelong learning is essential in today's world.

Freshmen should take University 1 during the first semester they enroll. Students taking the course earn 3 units of elective credit while acquiring the survival techniques for a meaningful and successful college experience.

Topics Covered

- Study Skills
- Goal Setting
- Diversity
- Time/Financial Management
- Career Planning
- Information Competence
- Communication Skills
- Human Sexuality
- Wellness
- Campus Resources

UNIV 1. An Introduction to Learning and the University (3 units)

Assists students to acquire attitudes and skills needed to be effective lifelong learners. Individual and group activities focus on adaptation to change, study skills, goal setting, time management, career planning, information competence, community engagement, health, and wellness. Exposure to campus resources. G.E. Breadth E1.

UNIV 100. Succeeding at the University (1 unit)

Assists transfer and upper-division students in acquiring skills needed to be effective learners: study habits, goal setting, time management, academic planning, campus/community involvement, and information competence. Exposure to campus resources