



# University 1

## **The Vision of University 1**

University 1 is designed to guide students through the academic process and to help ensure their success. The course lays a cornerstone for higher education and advanced study. University 1 helps develop 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 helps build self-confidence and an enhanced ability to set goals and 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.

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



## **Topics Covered**

Academic Success  
Career Planning  
Financial Aid  
Library Resources  
Using the Internet  
Valuing Diversity  
Health and Wellness  
Ethics and Responsibility  
Lifelong Learning ❖

## **UNIV 1: An Introduction to the University (3)**

An overview of various topics designed to guide students through the academic process and help ensure their success. Elective credits are applicable toward most majors. Students gain an understanding of college life, scholarship, and the development of a purposeful community. Strategies to cope with both academic and social demands are presented, as well as the rewards and responsibilities of lifelong learners.

## **UNIV 30T: Student Learning Topics (1-3; max total 6)**

Topics to be offered at the discretion of the department.