UNIV 1105 “Foundations of College Success”

Course Description
This course assists incoming students in making a successful transition to college. Topics include the purpose of higher education, goal setting, time management, study and test taking skills, critical thinking, stress management, academic advisement, career and major exploration, using campus resources, and understanding student responsibilities.

Topics & Learning Outcomes
These 13 topics are essential to the course; however, please note that some topics may overlap.

1. Purpose of Education
Articulate the value of a college education for themselves, their community, and society. Identify and apply behaviors and mindsets that support college success.

2. Campus Resources
Demonstrate the ability to identify and use campus resources in support of academic and personal success.

3. Goal Setting
Demonstrate the ability to identify and use campus resources in support of academic and personal success.

4. Time Management
Apply a variety of time management strategies to support short- and long-term goals.

5. Note Taking
Utilize a variety of note taking strategies to engage with academic content inside and outside the classroom.

6. Reading Strategies
Apply active reading strategies (e.g., annotation) to support comprehension of and engagement with a range of academic texts.

7. Test Preparation & Test Taking
Utilize test preparation and test taking strategies to succeed at a range of test types.

8. Critical Thinking
Analyze information using critical thinking strategies to engage ideas actively and deeply.

9. Communication
Effectively communicate with a range of audiences using college-level writing and presentation skills.
10. Stress Management
Identify personal stressors, stress symptoms, and self-regulation strategies to maintain wellness and resilience.

11. Learning Strategies
Apply a range of learning strategies to support individual and collaborative efforts toward knowledge construction and problem-solving.

12. Academic Advisement
Utilize academic advisement resources to develop an academic plan for degree completion.

13. Career and Major Exploration
Identify potential majors and careers suited to individual values and interests using career/major exploration strategies and resources.

14. Health & Wellness (Optional)
Identify effective strategies to maintain personal health and wellness.

15. Money Management (Optional)
Demonstrate sound financial planning in support of short- and long-term goals.

16. Information Literacy (Optional)
Construct accurate knowledge using information literacy skills to evaluate and synthesize sources.

17. Diversity (Optional)
Critically examine multiple perspectives through civil discourse.

18. Service Learning (Optional)
Apply learning in meaningful ways to new settings and complex problems for the benefit of individuals and society.