

Designed For You

Different elements of the curriculum are tailored and include multiple options so that students can select the best option to suit their needs.

For example, the course includes a Career element. Depending on your level:

- You may need to research majors and careers, or
- You may need to develop a resume and research professional organizations, or
- You may need to learn interview preparation and research.

All topics and assignments are included to support individual students and to promote their personal, academic, and professional growth.

How Do I Contact University 101 Staff?

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UNIV 101
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SPRING SESSIONS
ALL UNDERGRADUATE STUDENTS



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UNIVERSITY 101 PROGRAM

At UNC, we understand that college is an exciting, yet critical time full of opportunity; therefore, we are fully committed to helping students, at all levels, develop the skills needed to maximize their opportunities and to achieve their goals.

What Is It?

- An academic program designed to help students successfully navigate the challenges and meet the expectations of being an undergraduate student scholar at a research university.
- Each course is small in size, highly interactive, and designed with an interdisciplinary focus on reading, writing, critical thinking, and communication skills.
- Topics are both theoretical and applied and are based on educational psychology research and literature.
 - Specific topics include memory and information processing, motivation, time management and organizational strategies, etc.

Why Should I Choose University 101?

- National studies over the past 40 years suggest that students who participate in seminars like UNIV 101 tend to earn higher grades and continue in college at higher rates than those who do not participate.
- UNIV 101 is a Liberal Arts Core (LAC) elective course that helps fulfill 3 credits of the 40 LAC credits required of all UNC students.
- The curriculum is tailored to individual students' developmental needs (see back panel for more information).

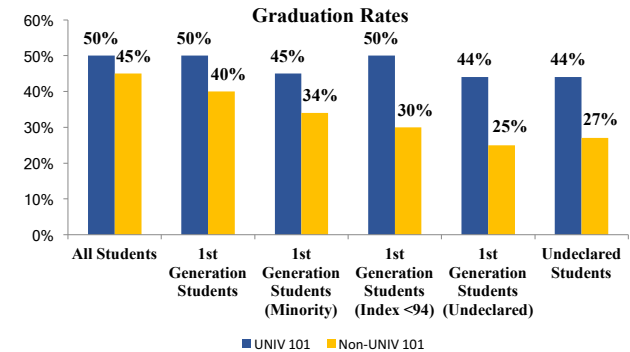
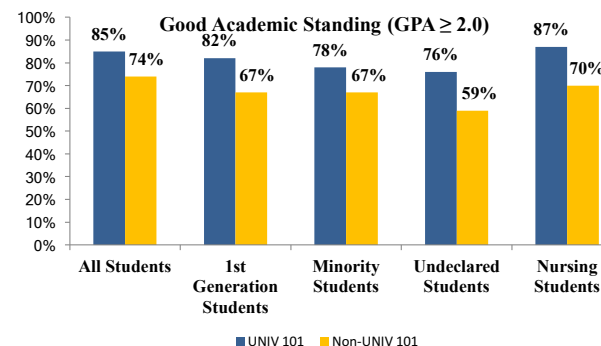
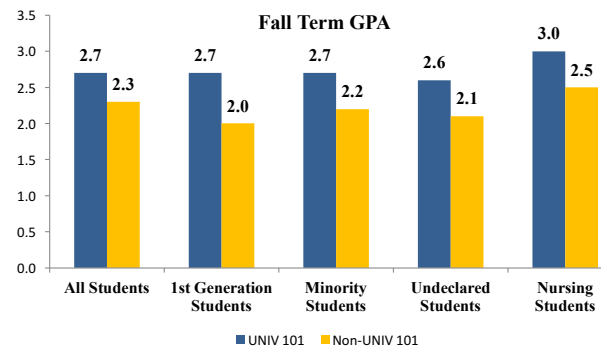
Who Should Register For UNIV 101?

- Transfer students, Veterans and non-traditional students who need help transitioning to the challenges and expectations of the university
- Sophomore students who may have struggled their first year and need more help transitioning to college
- Entering first-time Freshmen students
- Any undergraduate student interested in the topics

Colorado Department of Higher Education Recognition

UNIV 101 has been recognized by the state's Colorado Completes program for promoting successful post-secondary completion.

Student Achievement



What Are The Students Saying?

"I loved [the instructor]. She made the class fun and engaging. She's a very approachable person who is always willing to meet with her students and help them in any way that she can."

"It was very informational class that provided many life lessons and ways to apply yourself throughout your college career."

"Ms. [] is a phenomenal professor. She really knows the material and teaches us in a very applicable way. She cares about each and every one of her students and makes everything personable to us all. I will gladly recommend her and this course to my friends."