STRETCH FACULTY OVERVIEW OF UNIVERSITY 100

Why you might want to read this U100 overview:

Faculty teaching Stretch Composition often find that while the course syllabus focuses on teaching “approaches to university writing,” the fact is that their classrooms are filled with freshmen who would benefit from learning a wide range of skills well beyond writing: time management, stress reduction, email etiquette, managing relationships, productive help-seeking, and so on. This U100 overview invites you to draw on the collection of assignments, exercises, and freshman-friendly course readings developed by U100 faculty over the last 15 years to help students develop their internal locus of control. Less than one-third of CSUN freshmen take U100 each year, so there’s plenty of opportunity for you to help the rest of them develop the kind of forward momentum they’ll need if they’re to succeed in college. Read on!

Typical assignments for University 100:

- Student Self Report Card
- Cultural Event Report: analysis of a campus event (students select and attend the event)
- Weekly discussion forum posts (online, using CSUN’s Moodle system)
- Information competence research project
- Brief reflective essays, typically examining the links between college and career, or between individual identity and college success
- Assignments linked to each year’s Freshman Common Reading
- In-class exercises focusing on strategies for academic and personal success
- Time-management (time logs and CSUN Student Planner exercises)
- Getting Involved: students participate in and then report back about one meeting of a campus club or similar organization
- Ethical decision-making: short exercises (role-plays, class discussions, and online Moodle posts) applying ethics frameworks to complex problems

For more information or access to the U100 Instructor’s Manual:

- Email Cheryl Spector: cheryl.spector@csun.edu
More about University 100:

University 100 (the Freshman Seminar) is a three-unit, letter-graded class designed to help new freshmen succeed at the university. About one-third of each year’s entering freshmen take this course, which counts towards the degree, carries General Education credit in Lifelong Learning, and fulfills the GE Information Competence requirement. Some sections are set aside for students with specific majors; others are linked to popular GE courses in other subject areas (such as Sociology 150); many are open to all new freshmen; and three are reserved for GE Honors freshmen. Enrollment is limited to 25 students per section. In March 2016, University 100 was voted “Best CSUN Class” in the annual “Best of CSUN” contest sponsored by the Sundial.

What do students say about University 100?

“I learned that I can graduate and be an open person.”

“Helped me think more about possible majors.”

“Helped me to understand how to survive my freshman year.”

“Introduced me to new ways of studying.”

“As a student and a person I have learned to use my strengths to pursue success.”

“Helped me manage my time and prioritize.”

“I know now that someone at CSUN will always be there to listen when I need help.”

“Pushed me to spread my wings.”

Image credit: “Let there be DIVERSITY.” The Sundial, fall 2013 Orientation issue. Image retrieved from Oviatt Library. The artwork depicts new students beneath a tree of knowledge offering information about technology, finances, and “Making the most out of a unique campus.”

University 100 website

http://www.csun.edu/undergraduate-studies/university-100