

## University 100 - The Freshman Seminar (3.0 units)

### Required Course Resources

- Academic planner (either paper or electronic planners are acceptable)
- Readings, videos, assignments, and other resources will be posted on the class Canvas site
  - [Log on to Canvas](#) from your portal or the CSUN homepage
  - You can also access Canvas through the “Canvas Student” app on your devices

### What is this course about and what will you get from it?

The catalog says that in UNIV 100: Freshman Seminar, freshmen learn and practice the skills necessary for success in college, life, and their career. Topics include:

- **College Skills:** writing, reading/annotating, note-taking, test-taking, and study strategies
- **Engagement and Collaborative Relationships:** community-based learning, campus involvement
- **Health and Safety:** 8 Dimensions of Wellness
- **Life Skills:** time management, financial literacy and money management, growth mindset, self-discipline
- **Self-Discovery and Finding Your Purpose:** strengths assessment, goal setting
- **Strategic Thinking:** ethical decision-making, information competence and literacy

Students learn about key resources and policies on campus through on-site visits and in-class presentations. Students will also have the opportunity to develop a strong sense of belonging at CSUN by forming connections and relationships with classmates, the campus, and members of the campus community. The class includes frequent writing assignments, reflection, and learner-centered activities and discussions. (Available for General Education, Lifelong Learning.) (IC)

### Student Learning Outcomes for University 100

Upon successful completion of U100, you will:

1. Be able to describe and compare the various dimensions of **wellness**.
2. Demonstrate confidence, ability, and willingness to **seek and receive help** when it is needed.
3. Be able to describe your **personal strengths and interests** as a learner and professional.
4. Be able to describe the characteristics of **personal responsibility** and incorporate them into your own **academic and professional success**.
5. Be able to find, evaluate, and use **information resources necessary to promote lifelong learning, explore complex questions, and address challenging problems**.
6. Be able to **establish realistic and attainable goals** that will help guide and motivate your ambitions.
7. Have gained a **sense of belonging** at CSUN.
8. Recognize that you can have a positive **impact on the lives of others and your community**.

### **Lifelong Learning: GE Subject Exploration Outcomes Met by University 100**

1. Students will identify and actively engage in behaviors conducive to individual health, well-being, or development, and understand the value of maintaining these behaviors throughout their lifespan.
2. Students will apply the knowledge and skills of science and technology and evaluate how they impact individuals, the community, and/or society.

### **Information Competence: Student Learning Outcomes Met by University 100**

Information Competence (IC) goal: Students will progressively develop information competence skills throughout their undergraduate career by developing a basic understanding of information retrieval tools and practices as well as improving their ability to evaluate and synthesize information ethically.

Students will:

1. Determine the nature and extent of information needed;
2. Demonstrate effective search strategies for finding information using a variety of sources and methods;
3. Locate, retrieve, and evaluate a variety of relevant information including print and electronic formats.
4. Organize and synthesize information in order to communicate effectively;
5. Explain the legal and ethical dimensions of the use of information.

### **Community-Based Learning: Student Learning Outcomes**

1. Self and Social Awareness: Students will develop an understanding of the social, cultural and civic aspects of their personal identities.
2. Service and Social Responsibility: Students will develop an understanding of social responsibility and the connections between short-term community service and greater long-term societal well-being.
3. Community & Social Justice: Students will develop an understanding of how the actions of individuals and social systems bring about both equity and inequity in communities and society.

### **Grading Scale**

You have **1000 possible points** in this class. The chart below shows how your percentage of those points will convert to letter grades. I will use plus/minus grading in this class. There is no curve in University 100.

<b>Grading Scale (subject to change)</b>									
		B+	87-89.9	C+	77-79.9	D+	67-69.9		
A	93-100	B	83-86.9	C	73-76.9	D	63-66.9	F	< 60.00
A-	90-92.9	B-	80-82.9	C-	70-72.9	D-	60-62.9		

### **Participation**

Because this class is neither text- nor lecture-based, your attendance is necessary, and you earn points for each class you attend; if you are not here, you miss out on those points. The discussions we will have in class are an integral part of the learning process. The things you think and say about your prior college experience and your transition to CSUN are important, and sharing your ideas with classmates allows others to benefit from your thoughts and experiences, and also allows us to get to know one another.

## Course Requirements/Grading Criteria

(I reserve the right to modify course requirements and point values.)

Assignments	Points
<b>General</b>	
Welcome assignment	20
Campus Partner Visits: Follow-Up Reflections (7 visits X 5 points each)	35
Freshman Celebration Reflection	20
Wrap-Up assignment	20
Participation (includes professionalism)	100
<b>College Skills &amp; Academic Habits</b>	
Reading(s) and/or video(s) assignment	10
<b>Engagement &amp; Collaborative Relationships</b>	
Freshman Celebration Project and Reflection	100
Community-Based Learning Project and Reflections	175
Connecting to the Campus Report	75
Reading(s) and/or video(s) assignment	10
<b>Health &amp; Safety</b>	
Reading(s) and/or video(s) assignment	10
<b>Life Skills</b>	
Time Management assignment (2 parts)	20
Financial Aid Basics Canvas Module	20
Reading(s) and/or video(s) assignment	10
<b>Self-Discovery &amp; Finding Your Purpose</b>	
8 Dimensions of Wellness assignment	40
Goal-Setting assignment	25
Self-Discovery assignment	25
Career Center Prep Course	20
Reading(s) and/or video(s) assignment	10
<b>Strategic Thinking</b>	
Information Competence Assignment Group Project (200 points total)	
Annotated Bibliography	100
Presentation of Creative Project	100
Reflection	25
Canvas U100 Library Module	20
Reading(s) and/or video(s) assignment	10
<b>TOTAL</b>	<b>1000</b>

## Course Calendar

(subject to change,

All readings and assignments (files and/or links) are on posted Canvas.

Week Day & Date	In Class Today	Preparation for Today (complete <u>before</u> class)	Due Today
<b>WEEK 1 Welcome / 8 Dimensions of Wellness</b>			
	<ul style="list-style-type: none"> <li>▪ Welcome Activity</li> <li>▪ Discuss Syllabus</li> </ul> <p style="color: green; margin: 0;"><b>Discuss Assignments</b></p> <ul style="list-style-type: none"> <li>▪ Welcome assignment</li> </ul>	<ul style="list-style-type: none"> <li>▪ Read the syllabus</li> </ul>	
	<ul style="list-style-type: none"> <li>▪ 8 Dimensions of Wellness activity</li> <li>▪ 8 Dimensions of Wellness discussion</li> </ul> <p style="color: green; margin: 0;"><b>Discuss Assignments</b></p> <ul style="list-style-type: none"> <li>▪ 8 Dimensions of Wellness assignment</li> </ul>	<ul style="list-style-type: none"> <li>▪ Reading(s) and/or video(s) (8 Dimensions of Wellness)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Welcome assignment</li> </ul>
<b>WEEK 2 Engagement &amp; Collaborative Relationships I / Life Skills I</b>			
	<ul style="list-style-type: none"> <li>▪ Discuss community-based learning</li> <li>▪ Discuss our class community-based learning project</li> <li>▪ What is New Student Convocation?</li> </ul> <p style="color: green; margin: 0;"><b>Discuss Assignments</b></p> <ul style="list-style-type: none"> <li>▪ Connecting to the Campus Report</li> </ul>	<ul style="list-style-type: none"> <li>▪ Reading(s) and/or video(s) (Engagement &amp; Collaborative Relationships: Community-Based Learning)</li> </ul>	
	<ul style="list-style-type: none"> <li>▪ Dimension of Wellness: Financial Wellness</li> <li>▪ Time Management activity</li> <li>▪ Time Management discussion</li> </ul> <p style="color: green; margin: 0;"><b>Discuss Assignments</b></p> <ul style="list-style-type: none"> <li>▪ Time Management assignment</li> <li>▪ Career Center Prep Course–</li> <li>▪ Campus Partner Visit (visit summary due in class at end of every campus partner visit)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Reading(s) and/or video(s) (Life Skills: Time Management)</li> </ul>	<ul style="list-style-type: none"> <li>▪ 8 Dimensions of Wellness assignment</li> </ul>
<b>WEEK 3 Learning Resource Center Class Visit / Engagement &amp; Collaborative Relationships II</b>			
	<ul style="list-style-type: none"> <li>▪ Learning Resource Center (LRC) class visit</li> </ul>		

Week Day & Date	In Class Today	Preparation for Today (complete <u>before</u> class)	Due Today
	<ul style="list-style-type: none"> <li>▪ Dimensions of Wellness: Environmental &amp; Social Wellness</li> <li>▪ Engagement &amp; Collaborative Relationships activity</li> <li>▪ Engagement &amp; Collaborative Relationships discussion</li> </ul> <p><b>Discuss Assignments</b></p> <ul style="list-style-type: none"> <li>▪ Community-Based Learning Project</li> </ul>	<ul style="list-style-type: none"> <li>▪ Reading(s) and/or video(s) (Engagement &amp; Collaborative Relationships)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Time Management assignment</li> </ul>
<b>WEEK 4</b>	<b>Freshman Celebration Introduction / Career Center Class Visit</b>		
	<ul style="list-style-type: none"> <li>▪ What is the Freshman Celebration?</li> <li>▪ Class visit: Portfolium orientation</li> </ul> <p><b>Discuss Assignments</b></p> <ul style="list-style-type: none"> <li>▪ Freshman Celebration Project</li> </ul>		
	<ul style="list-style-type: none"> <li>▪ Career Center class visit</li> </ul>		<ul style="list-style-type: none"> <li>▪ Career Center Prep Course</li> </ul>
<b>WEEK 5</b>	<b>College Skills &amp; Academic Habits I / Klotz Student Health Center Class Visit</b>		
	<ul style="list-style-type: none"> <li>▪ College Skills I activity</li> <li>▪ College Skills II discussion</li> <li>▪ How We Learn &amp; How We Should Study discussion</li> </ul> <p><b>Discuss Assignments</b></p> <ul style="list-style-type: none"> <li>▪ Information Competence Group Project (multiple due dates, see assignment for details)</li> <li>▪ Canvas U100 Library Module</li> </ul>	<ul style="list-style-type: none"> <li>▪ Reading(s) and/or video(s) (College Skills)</li> </ul>	
	<ul style="list-style-type: none"> <li>▪ Klotz Student Health Center class visit</li> </ul>		
<b>WEEK 6</b>	<b>University Library Class Visit I / Self-Discovery &amp; Finding Your Purpose I</b>		
	<ul style="list-style-type: none"> <li>▪ University Library class visit I</li> </ul>		<ul style="list-style-type: none"> <li>▪ Canvas U100 Library Module</li> </ul>
	<ul style="list-style-type: none"> <li>▪ Dimensions of Wellness: Occupational &amp; Spiritual</li> <li>▪ Goal-Setting activity</li> <li>▪ Goal-Setting discussion</li> </ul> <p><b>Discuss Assignments</b></p> <ul style="list-style-type: none"> <li>▪ Goal-Setting assignment</li> <li>▪ Self-Discovery assignment</li> <li>▪</li> </ul>	<ul style="list-style-type: none"> <li>▪ Reading(s) and/or video(s) (Self-Discovery &amp; Finding Your Purpose)</li> </ul>	

Week Day & Date	In Class Today	Preparation for Today (complete <u>before</u> class)	Due Today
<b>WEEK 7 University Library Class Visit II / Strategic Thinking I</b>			
	<ul style="list-style-type: none"> <li>▪ University Library class visit II</li> </ul>		
	<ul style="list-style-type: none"> <li>▪ Dimension of Wellness: Intellectual</li> <li>▪ Strategic Thinking activity</li> <li>▪ Strategic Thinking discussion</li> </ul>	<ul style="list-style-type: none"> <li>▪ Reading(s) and/or video(s) (Strategic Thinking)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Goal-Setting assignment</li> </ul>
<b>WEEK 8 Student Life at CSUN Class Visit / Strategic Thinking II</b>			
	<ul style="list-style-type: none"> <li>▪ Student Life at CSUN class visit</li> </ul>		<ul style="list-style-type: none"> <li>▪ Self-Discovery assignment</li> </ul>
	<ul style="list-style-type: none"> <li>▪ Ethical Decision-Making activity</li> <li>▪ Ethical Decision-Making assignment</li> </ul>	<ul style="list-style-type: none"> <li>▪ Reading(s) and/or video(s) (Strategic Thinking: Ethical Decision-Making)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Information Competence Group Project: Annotated Bibliography</li> </ul>
<b>WEEK 9 Financial Aid Basics</b>			
	<ul style="list-style-type: none"> <li>▪ Financial Aid Basics Canvas Module In-class</li> </ul>		
	MID-SEMESTER CATCH UP – TOPIC TBD		
<b>WEEK 10 University Counseling Services Class Visit / Health &amp; Safety</b>			
	<ul style="list-style-type: none"> <li>▪ University Counseling Services class visit</li> </ul> <p><b>Discuss Assignments</b></p> <ul style="list-style-type: none"> <li>▪ Community-Based Learning Project Reflections and Forms (due: )</li> </ul>		<ul style="list-style-type: none"> <li>▪ Community-Based Learning Project</li> </ul>
	<ul style="list-style-type: none"> <li>▪ Dimensions of Wellness: Emotional &amp; Physical</li> <li>▪ Health &amp; Safety activity</li> <li>▪ Health &amp; Safety discussion</li> </ul>	<ul style="list-style-type: none"> <li>▪ Reading(s) and/or video(s) (Health &amp; Safety)</li> </ul>	
<b>WEEK 11 College Skills &amp; Academic Habits II</b>			
	<ul style="list-style-type: none"> <li>▪ College Skills activity</li> <li>▪ College Skills discussion</li> </ul>	<ul style="list-style-type: none"> <li>▪ Reading(s) and/or video(s) (College Skills)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Community-Based Learning Project Reflections and Forms</li> </ul>

Week Day & Date	In Class Today	Preparation for Today (complete <u>before</u> class)	Due Today
	<ul style="list-style-type: none"> <li>More College Skills activities and discussion</li> </ul>		
<b>WEEK 12</b>	<b>Freshman Celebration Group Projects / Information Competence Project Presentations</b>		
	<ul style="list-style-type: none"> <li>View and discuss Freshman Celebration projects</li> </ul>		<ul style="list-style-type: none"> <li>Freshman Celebration Project</li> </ul>
	<ul style="list-style-type: none"> <li>Information Competence Group Project Presentations (#1)</li> </ul>		<ul style="list-style-type: none"> <li>Information Competence Group Project: Presentation of Creative Project</li> </ul>
<b>WEEK 13</b>	<b>Information Competence Project Presentations / HOLIDAY</b>		
	<ul style="list-style-type: none"> <li>Information Competence Group Project Presentations (#2)</li> </ul>		<ul style="list-style-type: none"> <li>Information Competence Group Project: Presentation of Creative Project</li> </ul>
<b>WEEK 14</b>	<b>Freshman Celebration / Self-Discovery &amp; Finding Your Purpose II</b>		
	<ul style="list-style-type: none"> <li>Self-Discovery &amp; Finding Your Purpose activity</li> <li>Self-Discovery &amp; Finding Your Purpose discussion</li> </ul>	Reading(s) and/or video(s) assignment (Self-Discovery and Finding Your Purpose)	<ul style="list-style-type: none"> <li>Information Competence Group Project: Self-Reflection</li> </ul>
	<ul style="list-style-type: none"> <li>Attend Freshman Celebration</li> <li><b>Discuss Assignments</b></li> <li>Freshman Celebration Reflection (due:)</li> </ul>		
<b>WEEK 15</b>	<b>Life Skills II / Wrap-Up</b>		
	<ul style="list-style-type: none"> <li>Life Skills activity</li> <li>Life Skills discussion</li> </ul>	<ul style="list-style-type: none"> <li>Reading(s) and/or video(s) (Life Skills)</li> </ul>	
	<p><b>LAST DAY OF CLASS</b></p> <ul style="list-style-type: none"> <li>Wrap-Up activity</li> <li>Wrap-Up discussion</li> <li><b>Discuss Assignments</b></li> <li>Wrap-Up assignment</li> </ul>		<ul style="list-style-type: none"> <li>Connecting to the Campus Report</li> <li>Freshman Celebration Reflection</li> </ul>

Week Day & Date	In Class Today	Preparation for Today (complete <u>before</u> class)	Due Today
<b>WEEK 16</b>	<b>Finals Week (You've got this!)</b>		
<b>Post-Semester</b>			
	<b>Deadline to apply for the Marino J. Riccomini Family Scholarship</b>		