



What is University 100: The Freshman Seminar?

In University 100, students:

- Learn and practice skills necessary for success in an online learning environment.
- Learn and practice skills necessary for success in college, life, and career, with a strong emphasis on self-advocacy, wellness, time management, and goal-setting.
- Learn and practice skills necessary for lifelong learning, including information competence and critical thinking.
- Participate in self-discovery and reflection activities to help learn more about your interests and personal strengths, as well as areas for improvement.
- Learn how to set and meet personal, academic, and career goals.
- Learn about the various resources and policies on campus through in-class presentations.
- Have the opportunity to develop a strong sense of belonging at CSUN through the development of connections and relationships with classmates, the campus, and members of the campus community.
- Participate in frequent learning-centered activities and discussions.

U100 is designed for all freshmen, regardless of academic background, and meets both the GE Lifelong Learning and Information Competence requirements. U100 is neither a lecture course nor a series of guest speakers. The course includes regular opportunities for students to learn together through synchronous class activities and discussions. U100 is not an extension of freshman composition, although it typically includes one short essay and frequent short writing assignments. Some U100 faculty may choose to incorporate quizzes, but there is no final exam. We like to say that the final exam for U100 is *the rest of your life*. A grade of “A” is within reach of most students, but it is not an easy course. There are many assignments of varying length and complexity. Each assignment has been carefully considered with clear objectives for contributing to the development of student success, both in college and beyond.

The keys to success in U100 include:

- Good time management.
- Attention to detail, academic engagement, and thoughtful effort in completing course assignments and activities.
- Learning how, when, and where to ask for help with challenges as they arise.