

University 1

University 1: Introduction to the University

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The Vision of University 1

University 1 is designed to guide students through the academic process and to help ensure their success. The course lays a cornerstone for higher education and advanced study. University 1 helps develop skills for lifelong learning and achievement.

Benefits of University 1

University 1 presents strategies for keeping ahead academically, managing time effectively, and graduating on schedule. The course helps build self-confidence and an enhanced ability to set goals and explore career options. It is designed to expand intellectual horizons and to help students acquire the necessary tools for future success by providing structures and activities that illustrate the relationship between psychological, sociological, and physiological processes.

Master the Art of Higher Learning

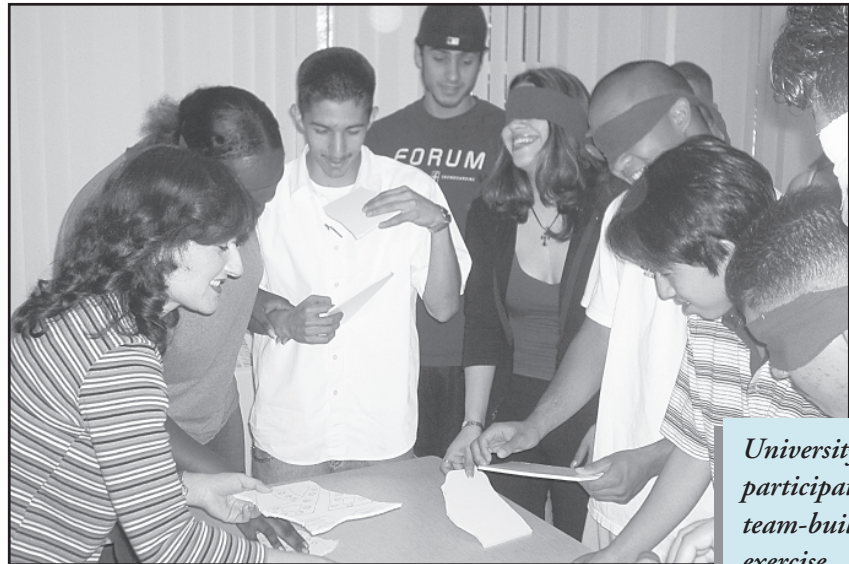
Students' experiences during their first year at a university lay the foundation for their undergraduate years. That foundation encompasses the hopes, dreams, and expectations leading to successful lives as students and citizens.

University 1 helps students master the demands of attending a university by answering important questions and by providing a framework for lifelong learning. More importantly, University 1 provides a greater understanding of what it means to be in an academic community and why the art of lifelong learning is essential in today's world.

Freshman, transfer, and reentry students should take University 1 during the first semester they enroll. Students taking the course earn 3 units of elective credit while acquiring the survival techniques for a meaningful and successful college experience.

Topics Covered

Adaptation to Change, Study Skills/Techniques, Goal Setting, Diversity, Time/Financial Management, Career Planning, Library Competence, Communication Skills, Human Sexuality, Wellness, Campus Resources ❖



University 1 students participate in a team-building exercise.

UNIV 1: An Introduction to the University (3)

An overview of various topics designed to guide students through the academic process and help ensure their success. Elective credits are applicable toward most majors.

Students gain an understanding of college life, scholarship, and the development of a purposeful community. Strategies to cope with both academic and social demands are presented, as well as the rewards and responsibilities of lifelong learners.

The Faculty Mentoring Program

The Fresno State Faculty Mentoring Program was established in 1987 as part of California State University's efforts to promote educational equity in higher education. The program is a unique experience that affords students the opportunity to interact with faculty in a setting other than the traditional classroom format.

Research demonstrates that one of the most important factors that contributes to the likelihood of college success is providing entering students with a faculty mentor. Fresno State is committed to educational equity and to providing students with a meaningful and rewarding educational experience. The university believes participation in the Faculty Mentoring Program will do much toward reaching these goals.

Each year, members of the Fresno State faculty are invited to serve as mentors to students. These faculty mentors provide guidance, friendship, and support. They also serve as role models for students. The faculty mentors come from a wide range of academic disciplines, including 49 departments and four university programs. All eight colleges/schools at Fresno State provide faculty mentor support.

To participate in the Faculty Mentoring Program, students should be freshmen, transfer, or reentry students. Students are also required to enroll in the course University 1: An Introduction to the University.