



# University 1

University 1: Introduction to the University

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<http://www.csufresno.edu/university1>

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## The Vision of University 1

University 1 guides students through the academic process and ensures their success. The course lays a cornerstone for higher education and advanced study. University 1 develops 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 builds self-confidence and provides an opportunity to set goals and to 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, and Campus Resources ❖



## 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.

## Mentoring Institute • [www.csufresno.edu/mentoringinstitute](http://www.csufresno.edu/mentoringinstitute)

The mentoring tradition was established at Fresno State in 1987 as part of the California State University's efforts to promote educational equity in higher education. Mentoring is a unique experience that affords first-year students the opportunity to interact with faculty, staff, and academically successful students in a setting other than the traditional classroom or office environment.

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

Each year, members of the Fresno State faculty, staff, and selected members of the student body are invited to serve as mentors to students. These mentors provide guidance, friendship, and support. They also serve as role models for students. Mentors come from a wide range of academic disciplines, including faculty, staff, and academically successful students from the eight colleges and schools and various student support organizations and programs.

All first-year students not participating in other mentoring and advising programs are eligible to participate in the Mentoring Institute.

On behalf of the university, we would like to extend an invitation to you to participate in the Mentoring Institute. We look forward to being a part of your educational experience at Fresno State.