



# UNIV 110—Foundations for Self-Discovery & Lifelong Learning

## Frequently Asked Questions

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### WHAT IS UNIV 110—FOUNDATIONS FOR SELF-DISCOVERY & LIFELONG LEARNING?

- A course aimed at helping first year students in their academic, social, emotional, and interpersonal transition to college and to Rice.
- It is designed to facilitate critical thinking and equip students with the knowledge, tools, and resources to problem-solve and make decisions both within and outside of the classroom.

### WHO SHOULD TAKE UNIV 110?

- UNIV 110 is designed for first year students. Students in UNIV 110 will receive 2 hours of elective credit.

### WHAT CONTENT IS INCLUDED IN THE COURSE?

- **Wellbeing in College**—*developing and maintaining mental, personal, & physical wellness; fiscal & time management, identifying wants and needs relating to college*
- **Managing Interpersonal Relationships**—*effective communication, conflict resolution, understanding the culture and norms of Rice, establishing healthy boundaries*
- **Identity Development**—*analysis of personal values, understanding identity (racial, gender, cultural, etc.), impact of identity on decision-making*
- **Academic Exploration & Career Development**—*learning and study styles analyses, professional guidelines and etiquette, career and major assessments, identifying pathways to special opportunities*
- **Leadership Development**—*introduction to styles, concepts, and various meanings of leadership at Rice and in professional contexts, defining experiences to shape leadership, understanding effective teamwork*

### UNIQUE FEATURES OF UNIV 110

#### LEARNING COMMUNITY

- UNIV 110 strives to create a community of learners within the classroom setting and facilitates the development of skills such as working effectively in teams, effective communication, and self-assessment and reflection.
- The course is designed to serve as a learning incubator in which students discuss, learn from, and challenge their peers.

#### ENGAGED LEARNING

- **This is not a lecture style class!** You will be expected to engage with others in your class and with the campus as a means of learning more about yourselves and Rice's resources. This is also reflected in the course assignments, many of which are interactive.
- Throughout the course of the semester, guest speakers from across the university will share their insight on topics central to your undergraduate experience at Rice.

#### PEER FACILITATION

- UNIV 110 employs Peer Guides, seasoned student leaders who collaborate with the course instructor, to provide you with the perspective of a current undergraduate student who knows the "Rice experience" and can give advice on how to be successful.



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#### **I AM FAMILIAR WITH RICE AND COLLEGE LIFE. WHY SHOULD I TAKE THIS COURSE?**

- The transition to college is ongoing. UNIV 110 will help you develop a roadmap in which you determine how you want to shape your college experience.
- Are you more settled at Rice, but still have questions about how to optimize your Rice experience? UNIV 110 is designed to help you address important questions about the next 4 years and will connect you with the necessary resources, information, and peer support for your success.

#### **WHEN IS UNIV 110 OFFERED IN FALL 2015?**

- Mondays from 2:30 – 4:59 pm (CRN: 11466)
- Tuesdays & Thursdays from 9:25 am – 10:40 am (CRN: 11467)
- Tuesdays & Thursdays from 2:30 pm – 3:45 pm (CRN: 11468)
- Tuesdays & Thursdays from 10:50 am – 12:05 pm (CRN: 14454)

#### **WHAT DO STUDENTS WHO HAVE TAKEN UNIV 110 SAY ABOUT THE COURSE?**

*“For me, UNIV 110 has been one of the best decisions I’ve made in my college career. I’ve gained another level of community here at Rice, I’ve learned all about what Rice has to offer, and I’m better prepared for the future than I would have been without this class.”*

*“It was a fantastic community where I not only felt valued as an individual but also where I felt safe to express my opinions. It was a great excuse for me to get involved all over campus and it also taught me so much about myself. I expected a class where I had time to self-discover but this class actually guided me toward understanding myself deeper than I ever could by my own valor. Plus, it was tons of fun.”*

#### **QUESTIONS?**

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