

UNIV 104: First-Year Success Seminar

WHO AM I?

Understand your character strengths, communication styles, and study habits. Use academic/self-care assessments to gauge your progress.



BECOMING A LEARNER

Strategies to navigate WSU, find your why, build community, and set SMART academic goals. Participate in academic activities, events, and workshops.

COLLEGE-LEVEL ACADEMIC SUCCESS SKILLS

Apply time management and study skills: Notetaking, distributive learning, backwards planning, test-taking strategies, and project management. Discover information and financial literacy resources, the benefits of reflective writing, and engage with faculty.



CAREER-READY SKILLS

Use your class project to develop/practice skills employers expect from college graduates: Career and self-development, communication, critical thinking, equity and inclusion, leadership, teamwork, and technology.

SELF-CARE STRATEGIES

Learn how to manage stress, anxiety, improve your optimism, manage expectations, and cultivate your support systems. Practice self-reflection, gratitude, and reciprocity.



KEEP MOVING FORWARD

What do you want to do next? Research activities of interest for future learning opportunities and continued college engagement. Share your discoveries. Cougs helping Cougs!

