UFSP 100: THE FRESHMAN SEMINAR
Engage-Learn-Succeed

Freshman Seminars are a great opportunity to learn about a cutting edge topic while becoming familiar with the expectations of University life. Get to know fellow students and an esteemed member of our faculty in a small class setting. Learn about the University at Albany’s resources, and develop the skills needed to be a successful college student. Not everyone gets to take a Freshman Seminar, so do not miss this chance!

Here is what our students are saying about the value of Freshman Seminars:

“I found that the small classroom experience was most valuable. It gave me something to look forward to because I got to know my professor personally.”

“I liked being in a small class with all Freshman instead of being in a big lecture with 200 plus students of different grade levels.”

“Since the class was one day a week and involved a topic I found enjoyable and interesting, I think the Freshman Seminar eased my transition from high school to college.”

“The reading assignments and written essays really prepared me for assignments in other classes.”

“I feel like I learned a lot about the university and its resources.”

For the list of available Freshman Seminars please visit:
http://www.albany.edu/student_engagement/freshman_seminars.php