Freshman Seminars are one credit classes that meet once per week for 55 minutes. Seminars are designed to ignite students’ intellectual curiosity and help them adjust to the academic challenges of the University at Albany.

Benefits of teaching a Freshman Seminar include:
- Satisfaction from positively impacting the lives of your students
- Classes are limited to 25 students
- You will be paid a stipend
- Support from Student Engagement
- Camaraderie with teaching faculty from other departments and schools
- An upperclassmen of your choosing to act as an in-class peer mentor!

Why teach a Freshman Seminar?
Freshman Seminars are a great opportunity to teach something about which you are passionate, in a small class setting, while introducing incoming students to the resources and academic expectations of the University at Albany. Freshmen Seminars:
- Are led by a variety of teaching faculty from all schools and departments
- Can be on any topic you choose, with no “breadth” requirements
- Inspire intellectual curiosity in our freshmen
- Have been shown to positively impact academic achievement and student retention!

“I believe my UFSP100 helped the students more strongly identify as UAlbany community members. It was so much fun I’m doing it again next year!”
- Professor David Smith, School of Business

“The most rewarding experience was watching my students becoming more self-assured and self-sufficient as time went by. UFSP100 allows the teaching faculty to reach out to students on a new level and in a more comfortable setting of a small classroom.”
- Professor Irina Holden, University Libraries

“A few of the students from my first seminar entered graduate school last year; I have invited others to join me as a peer mentor in the class, modeling what a successful student looks like. I have made important lasting connections to students with an interest in the major and loved being part of their journey on campus.”
- Professor Anne Hildreth, Rockefeller College of Public Affairs & Policy

Some examples of recent Freshman Seminars
Globalization and the Environment (Professor Robert Keesee)
Gender & Power in American Politics (Professor Lauren Kozakiewicz)
Critical Thinking and Skepticism (Professor Sean Rafferty)
Lessons from Warren Buffet and other Billionaires (Professor David Smith)

Interested in teaching a Freshman Seminar?
Contact Linda Krzykowski, Assistant Vice Provost for Student Engagement, at lkrzykowski@albany.edu