



**UNIVERSITY
AT ALBANY**

State University of New York

Freshman Seminars are one credit classes that meet once per week for 55 minutes. Seminars are an intimate learning experience designed to help students adjust to the academic challenges of the University at Albany.

The benefits of Freshman Seminars include

- ◆ Faculty instructors
- ◆ 25 student limit
- ◆ Personal attention
- ◆ College skills development
- ◆ Introduction to University resources
- ◆ Enhanced acclimation to college expectations
- ◆ Wide variety of topics to choose from!

Student Engagement
Office of the Vice Provost
for Undergraduate
Education

University at Albany

FRESHMAN SEMINARS

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.



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