UFSP 100 / UUNI 100

FRESHMAN SEMINARS:

Two great options to help you on your way to UAlbany success.

THE BENEFITS OF FRESHMAN SEMINARS INCLUDE:

- Great professors
- Personal attention
- Small classes
- College skills development
- Introduction to University resources
- Variety of topics and options
- Counts toward graduation credits!

FRESHMAN SEMINARS ARE SMALL CLASSES THAT PROVIDE AN INTIMATE LEARNING EXPERIENCE AND HELP YOU BY:

- Developing a connection with a professor
- Becoming familiar with the expectations of university life
- Learning about UAlbany resources
- Developing the skills you need to be a successful student
- Providing a great way to meet other new students

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<th>Options</th>
<th>Description</th>
<th>Scheduling</th>
<th>Goals</th>
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<tr>
<td>UFSP 100</td>
<td>1-credit class on a fascinating topic. Students work with their advisor to choose one offered by their school or major.</td>
<td>UFSP 100 meets weekly for 55 minutes throughout the fall semester.</td>
<td>- Introduction to an interesting topic&lt;br&gt;- Understand UAlbany and college level expectations&lt;br&gt;- Get to know a professor and other new students&lt;br&gt;- Understand UAlbany degree requirements&lt;br&gt;- Explore topics within your school or major</td>
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<td>UUNI 100</td>
<td>3-credit class that focuses on the academic skills students need to be successful in college.</td>
<td>UUNI 100 meets twice a week in person for 55 minutes and once a week online throughout the fall semester.</td>
<td>- Develop skills in time management, study skills, and academic goal setting&lt;br&gt;- Understand UAlbany and college level expectations&lt;br&gt;- Get to know a professor and other new students&lt;br&gt;- Understand UAlbany degree requirements and important resources</td>
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Living-Learning Communities include a 1-credit freshman seminar. See separate L-LC brochure or the website for options and details. www.albany.edu/student_engagement/living-learning

TALK WITH YOUR ADVISOR ABOUT WHICH SEMINAR IS BEST FOR YOU!
FOR A LIST OF AVAILABLE FRESHMAN SEMINARS, PLEASE VISIT:
https://www.albany.edu/student_engagement/freshman_seminars.php

Student Engagement, Office of the Vice Provost for Undergraduate Education
University at Albany