



# UNIV 100

## First-Year Seminar Courses

### Fall 2023

The First-Year Seminar, UNIV 100, is required of all new, first-year Ragin Cajuns. This course is also available to students who are admitted as Transfer or Re-Entry students to the University. Instructors have designed various sections of UNIV 100 based on their passion and expertise. The class sizes are small, and you will be with other students who are excited to learn about the same topics. You'll get to know your classmates and have a Peer Mentor to help you adjust to your academics and college life.

**Start by exploring the UNIV 100 Catalog:** <https://firstyear.louisiana.edu/students/univ-100-first-year-seminar>

UNIV 100 courses for the Fall 2023 semester are organized by topic. A description is included with each course listing. It is recommended that you browse the course selections and make a note of those courses that interest you and fit your schedule. Take some time, explore the UNIV 100 Catalog, and choose a section before course registration so your UNIV 100 will be a good fit for you.

Course Title	Section	CRN	Day/Time	Room	Instructor
Mastering the First Year	033	24605	MW 2:30-3:45P	HLG 504	Williams, Christine

**Note the CRNs for the classes you are most interested in:** \_\_\_\_\_

*Please note: Your Academic Advisor may require you to register for Mastering the First Year. This course will improve your knowledge and skills to be successful in your courses and your transition to college.*

#### Student Athletes

Talk to your academic advisor about your UNIV 100, you may already have the class on your schedule.

#### Honors Sections

Look for course sections marked with an 'H' in the section number (ie. H01). Anyone can enroll in an Honors section. If you are in the Honors Program, you will receive Honors credit for this course.

#### Louisiana Educate Program

Check with your LEP Academic Success Coach. You may already be registered in a section of UNIV 100.



## ***Mastering the First Year***

**Course Description:** Designed for incoming freshmen and the student in transition, the course objective is to help students navigate the first-year experience through student engagement, campus involvement, academic planning and adjustment, and connections to the culture that inspires Ragin' Pride. Some of the lessons learned in the course include time management, study skills, campus resources, financial and physical health and positive actions that lead to academic and personal success. Through course readings, written and oral reflections, group activities, research methods, and/or presentations, students should gain a greater awareness of their role as a student and the path that leads to academic success.

### **CHOOSE YOUR UNIV 100 SECTION**

CRN	Section	Day(s) to Meet	Begin Time	End Time	BLDG	Room	SUBTITLE
23714	1	TR	8:00am	9:15am	CLR	312	Mastering the First Year
23716	3	TR	9:30am	10:45am	JLF	232	Mastering the First Year
23714	4	MWF	8:00am	8:50am	CLR	213	Mastering the First Year
23718	5	TR	9:30am	10:45am	CLR	312	Mastering the First Year
23721	8	TR	11:00am	12:15pm	CLR	312	Mastering the First Year
23722	9	MW	4:00pm	5:15pm	CLR	213	Mastering the First Year
23773	15	MW	2:30pm	3:45pm	CLR	312	Mastering the First Year
23774	16	MWF	8:00am	8:50am	FGM	203	Mastering the First Year
23776	18	TR	2:00pm	3:15pm	HLG	504	Mastering the First Year
23782	24	TR	6:00pm	7:15pm	MDD	106	Mastering the First Year
23783	25	MW	1:00pm	2:15pm	HLG	128	Mastering the First Year
23784	26	MW	2:30pm	3:45pm	HLG	504	Mastering the First Year
23786	28	TR	8:00am	9:15am	HLG	128	Mastering the First Year
23790	32	TR	12:30pm	1:45pm	HLG	128	Mastering the First Year
23791	33	MWF	9:00am	9:50am	HLG	504	Mastering the First Year
23793	35	MW	4:00pm	5:15pm	FGM	203	Mastering the First Year
23794	36	MW	1:00pm	2:15pm	FGM	203	Mastering the First Year
23796	38	TR	3:30pm	4:45pm	FGM	203	Mastering the First Year
23822	41	TR	8:00am	9:15am	FGM	105	Mastering the First Year
23823	42	MWF	9:00am	9:5am	FGM	105	Mastering the First Year
23824	43	TR	9:30am	10:45am	HLG	128	Mastering the First Year
23826	45	TR	8:00am	9:15am	MDD	111	Mastering the First Year
23829	48	TR	12:30pm	1:45pm	HLG	504	Mastering the First Year
23863	54	TR	8:00am	9:15am	MDD	310	Mastering the First Year
23866	57	MW	3:00pm	4:15pm	MDD	106	Mastering the First Year
23868	59	MW	4:00pm	5:15pm	CLR	312	Mastering the First Year

23869	60	TR	3:30pm	4:45pm	MDD	106	Mastering the First Year
23871	62	MW	2:30pm	3:45pm	CLR	213	Mastering the First Year
23873	65	MW	6:00pm	7:15pm	MDD	111	Mastering the First Year
23876	67	MWF	10:00am	10:50am	MDD	106	Mastering the First Year
23877	68	MWF	10:00am	10:50am	HLG	504	Mastering the First Year
23879	70	MWF	9:00am	9:50am	MDD	106	Mastering the First Year
23885	71	TR	6:00pm	7:15pm	MDD	111	Mastering the First Year
23886	72	TR	9:30am	10:45am	MDD	310	Mastering the First Year
23887	73	MW	4:00pm	5:15pm	MDD	310	Mastering the First Year
23891	76	TR	3:00pm	4:15pm	MDD	310	Mastering the First Year
23988	85	MWF	8:00am	8:50am	MDD	106	Mastering the First Year
24036	95	TR	4:00pm	5:15pm	FGM	105	Mastering the First Year
24039	98	TR	5:30pm	6:45pm	FGM	105	Mastering the First Year
23777	19	MW	1:00pm	2:15pm	CLR	213	LEP-MFY
23864	55	TR	9:30am	10:45am	MDD	106	LEP-MFY





## *Living Learning Community*

**Note:** Designed for students who are participating in the Living Learning Community (LLC) program. Only first-year students who have previously signed up for the LLC program through housing can take these courses.

**Sections are identified with an L in front of the section number.**

23725	L01	TR	2:00pm	3:15pm	FGM	203	LLC - Business Secrets
23726	L02	MF	9:30am	10:45am	CLR	213	LLC - Nursing
23727	L03	TR	11:00am	12:15pm	CLR	213	LLC - Service and Leadership
23728	L04	TR	12:30pm	1:45pm	Angelle	125	LLC - Gateway to the Arts
24335	L05	TR	9:30am	10:45am	TBA	TBA	LLC - Biology
23729	L06	Tuesday	2:00pm	3:15pm	CLR	309	LLC - Engineering
		Thursday	2:00pm	3:45pm	CLR	309	
		Thursday	3:46pm	4:30pm	CLR	105	
23730	L07	TR	2:00pm	3:15pm	MDD	106	LLC - Travel, Language, & Culture
23731	L08	Monday	2:30pm	5:00pm	Bourg	157B	LLC - Lifetime Recreation

*First-Year Theme-Based Seminars*

CRN	Section	Day(s) to Meet	Begin Time	End Time	BLDG	Room	Subtitle & Description
23715	2	MW	1:00pm	2:15pm	CLR	312	Effects of Communication
23778	20	MWF	10:00am	10:50am	CLR	312	Effects of Communication
The course will begin with the basics of communication and assist the student in developing skills necessary for human interaction involving both verbal and nonverbal communication. The basics will lead to students acquiring interpersonal communication with other classmates and develop professional skills such as dealing with employer relationships and provide resources available to assist in a successful college career and real-life scenarios.							
23719	6	TR	8:00am	9:15am	CLR	213	Crossroads of College and Life
I have all these credits, what's my next step? Should I apply for jobs or grad school? Do I have to take the PRAXIS, the LSAT, or the GRE? What is the difference between an internship and a co-op? Are my qualifications and experience enough to land a great job? Confused, you may be at the crossroads of college and life. This course helps you take control of your future by exploring and navigating those pre-graduation questions that trouble many students.							
23720	7	MW	1:00pm	2:15pm	CLR	213	Sneakerology
In this course, students will explore the modern history of Sneakers, by surveying the cultural relevance of sneakers through advertising, sports, fashion, design, and music. Additionally, students will also discuss sneaker culture, the formal designs of sneakers, how they are produced, and the personal connections individuals make between their identity and the sneakers on their feet. UNIV 100 has also been designed to help you maximize their success in college by addressing a variety of issues that often lead to failure or withdrawal as well as providing you with information and strategies to enhance your academic success.							
23723	10	TR	6:00pm	7:15pm	CLR	312	Vibes and Attitudes
23770	12	TR	2:00pm	3:15pm	CLR	213	Vibes and Attitudes
This course helps students to identify an array of talents, and a range of practical and professional skills that help them to succeed in their careers, in further study, and in life. The intention is to prepare students to be independent thinkers, ethical leaders, and citizens for the common good.							
23771	13	MWF	11:00am	11:50am	RAND	110	Leadership is for Everyone
A course designed for students interested in learning about leadership and specifically understanding the Five Exemplary Practices of Leadership and how to integrate these practices into their daily life and involvement experiences. Leadership is not always a position but rather a set of skills that if practiced over time will develop an individual who is naturally ready to lead in any setting. Through readings, lectures, exercises, and projects students will learn the theoretical and practical aspects of "The Student Leadership Challenge".							
23772	14	TR	2:00pm	3:15pm	FGM	203	Understanding Mental Illness
This course will look at different mental illnesses/disorders and the impact on individuals particularly, college aged individuals. We will discuss the definition of mental health, what mental health areas are we vulnerable to as we transition to college, and what resources are available to help cope with mental health issues.							
23775	17	TR	11:00am	12:15pm	DUPRE	377	Emerging Issues in Athletics
23865	56	TR	8:00am	9:15am	Dupre	377	Emerging Issues in Athletics
23989	86	MWF	10:00am	10:50am	Dupre	377	Emerging Issues in Athletics
The world of intercollegiate athletics is constantly growing and changing. This first-year seminar is designed to introduce student-athletes to the emerging issues in intercollegiate athletics. Student-athletes are reviewed under NCAA academic regulations, under the constant scrutiny of the media and often unprepared for the day-to-day challenges of college life. This course will look at NCAA academic continuing eligibility standards while also addressing issues that are unique and specific to college athletics. We will debate controversial topics on collegiate athletics such as the NCAA governance structure, Autonomy, academic integrity, pay for play model, value of a grant in aid agreement, likelihood of playing professional sports.							
23724	11	MWF	8:00am	8:50am	HLG	128	SUBTITLE: Black Male Leadership
23779	21	MWF	10:00am	10:50am	FGM	203	SUBTITLE: Black Male Leadership
23872	63	TR	8:00am	9:15am	FGM	203	SUBTITLE: Black Male Leadership
This course focuses on leadership as defined by and for males in the Black community. Topics will include various definitions of “manhood,” expectations of Black men (both within and outside of the Black community), issues of racial profiling, cross-generational differences, and more. We’ll look at role models and mentors for Black men and discuss contemporary issues such as health awareness and disparities among Black male populations, entrepreneurship, financial literacy, and Black Lives Matter. Additionally, we’ll discuss interpersonal and political issues, including political activism, domestic violence, and respect towards women. Students in this course will engage in community service as well as campus/student engagement. This course is open to all interested students.							



23781	23	MWF	9:00am	9:50am	FGM	203	<b>SUBTITLE: Movies, Tom Hanks &amp; Leadership</b>
This section uses contemporary movies (Mostly Tom Hanks movies) to study leadership values and principals. Many popular movies are excellent case studies of leaders who exhibit extraordinary leadership behaviors. Course activities will encourage students to think deeply about the important role leadership plays in our world. Course objectives include students will understand the processes of leadership; students will recognize the important role leadership plays in the world; students will recognize the characteristics of effective leaders; and students will recognize the difficult challenges of leadership. Students will review various leadership theory illustrated within films and discuss leadership values and lessons.							
23780	22	MW	1:00pm	2:15pm	FGM	105	<b>SUBTITLE: World Culture in Clothing</b>
23795	37	MW	2:30pm	3:45pm	FGM	105	<b>SUBTITLE: World Culture in Clothing</b>
23870	61	TR	12:30pm	1:45pm	FGM	105	<b>SUBTITLE: World Culture in Clothing</b>
23874	64	TR	11:00am	12:15pm	FGM	105	<b>SUBTITLE: World Culture in Clothing</b>
Undergraduate mini-case research study investigating why people wear the clothing they do in their culture. Course examines multiple global societies including the United States with regards to values, issues, diversity, and components of culture.							
23785	27	T	6:00pm	8:45PM	HLG	128	<b>SUBTITLE: Melanin Mentality</b>
Melanin Mentality examines the foundational understanding of issues women of color face while navigating through society. The students will gain insight and strengthen their knowledge, and awareness of diversity, equity, and inclusion, culture, health & wellness, and leadership while celebrating their authentic voice. This course is open to all interested students.							
23787	29	MW	6:00pm	7:15PM	MDD	310	<b>SUBTITLE: Business for Everyone</b>
23788	30	TR	6:00pm	7:15pm	MDD	310	<b>SUBTITLE: Business for Everyone</b>
Welcome to starting your own business. This class is designed to introduce you beginning business owner to the fundamentals of developing your plan to run your small business. My goal is for each of you to increase your personal level of hands-on knowledge of defining and running your own business. My intention is also to make the class interesting and enjoyable while you apply what you are learning towards a final real-world deliverable of a business plan.							
23789	31	M	5:00pm	7:45PM	HLG	128	<b>SUBTITLE: Film and Literature</b>
23792	34	W	5:00pm	7:45PM	HLG	128	<b>SUBTITLE: Film and Literature</b>
In this course, students will learn the basics of film adaptation/adaptation theory. They will not only analyze a range of literature but their subsequent films, as well. Student will explore a spectrum that ranges from true adaptations (window) to inspirations (frame/mirror). Through this class, students will be able to approach entertainment with analytical thinking, seeing not only a process between text and screen, but a deeper significance into WHY the text is adapted the way it is.							
23797	39	TR	8:00am	9:15am	HLG	504	<b>SUBTITLE: Thinking 101</b>
In this course, we will explore a variety of literary and artistic content as the basis for fostering the essential skills of reading comprehension, analytic writing, effective speaking, and most importantly, critical, and creative thinking. In this manner, by attending to these skills through the thought-provoking content of this course, students will be given the tools to master college success, prepare for further standardized tests, and become well-rounded, thoughtful, inquisitive, and wise individuals. Alongside this, students will also gain an understanding of their surroundings and the locations of essential resources and assistance for success as they acclimate to their first year of college.							
23798	40	TR	9:30am	10:45am	ANG	143	<b>SUBTITLE: Cajun and Creole Jam</b>
Jam sessions are oftentimes the main venue through which Cajun and Creole music is learned and practiced. This seminar brings Cajun and Creole Jams to the classroom: students will get "hands-on" playing and singing Cajun and Creole music. The course is designed for two kinds of students, those who've never played music before and those who've never played Cajun music before, and will cover basic instrument instruction, repertoire, performance style of Cajun and Creole music in individual and ensemble settings. The instrumentation used will be accordion, fiddle, and guitar. The university's traditional music program has instruments to borrow, so you do not need to purchase an instrument to take the class, but you may use your own if you wish.							
23825	44	TR	11:00am	12:15pm	MDD	106	<b>SUBTITLE: Conquering Your College Journey</b>
UNIV 100 has been designed to help you maximize your success in college by addressing a variety of issues that often lead to failure, burnout, or withdrawal as well as providing you with information and strategies to enhance your academic success during your freshman year and throughout your collegiate years. This course will consist of learning effective time management skills, short- and long-term goal setting, stress management, engaging in social activities, and beneficial resources on and off campus.							
23827	46	MW	2:30pm	3:45pm	MDD	310	<b>SUBTITLE: Vampires Are Us</b>
This course examines contemporary society's fascination with vampires, and explores how the lore of the vampire, from Count Dracula to Edward Cullen of the Twilight series, captivates our attention. The vampire, as a liminal figure, embodies or symbolizes a myriad of wide-ranging social themes including capitalism, human sexuality, life/death, illegal immigration, racism, HIV/AIDS, feminist ideologies, good vs. evil, identity, and adolescent angst.							
23828	47	MW	6:00pm	7:15pm	CLR	312	<b>SUBTITLE: You Go Girl!</b>
The course will focus on women in leadership roles, health issues surrounding women, and how society views women. This course is open to all interested students.							

23830	49	MW	6:00pm	7:15pm	MDD	106	SUBTITLE: Keys to Self-Publishing a Book
You are launching your writing career in college with a self-published book. In this course, you will learn what it takes to be a successful author. The course will be a practical guide to writing and learning all the basics of self-publishing. Students will find out how to get their books up to professional standards. You will also learn the art of selling eBooks and printed books on Amazon and other platforms, then discover the marketing practices used by some of the most successful self-published authors.							
23851	50	Tues	6:00pm	8:45pm	CLR	213	SUBTITLE: Black Girls Rock!
This course will examine the accomplishments and career paths of successful black women in different areas – including the arts, science, medicine, education, law, and politics. By looking at these examples of success, we will discover the traits that lead them to where they are and apply these to current students’ challenges. In this way, we will learn about and practice college and career readiness as well as life skills that will help students through the current transition from high school to college and throughout their college careers. While this course focuses on success as lived by black women in the U.S. This course is open to all interested students.							
23846	51	TR	8:00am	9:15am	RAND	110	SUBTITLE: Podcast for Student Success
Through listening to various podcasts, you will learn from the best leaders who have been successful in communication, time management, money management, relationships, health, and wellness, as well as learning essential skills to make the most of your first year as a college student. In this course, we will listen to podcasts and take the points addressed in those podcasts to help you master your college experience.							
23889	52	MW	1:00pm	2:15pm	MDD	111	SUBTITLE: Leader-Shift
This UNIV course will focus on ensuring that your leadership style can be shifted to lead everyone. Being a leader starts with knowing who you are to better understand others. We will explore different abilities, personalities, and communication styles of everyone to ensure intentional inclusivity in all leadership opportunities.							
23862	53	TR	9:30am	10:45am	CLR	213	SUBTITLE: Intro Engineering Innovation
23867	58	TR	11:00am	12:15pm	CLR	309	SUBTITLE: Intro Engineering Innovation
23888	74	TR	11:00am	12:15pm	CLR	313	SUBTITLE: Intro Engineering Innovation
24037	96	TR	9:30am	10:45am	TBA	TBA	SUBTITLE: Intro Engineering Innovation
24038	97	TR	8:00am	9:15am	MDSN	122A	SUBTITLE: Intro Engineering Innovation
24071	101	TR	12:30pm	1:45pm	CLR	213	SUBTITLE: Intro Engineering Innovation
Introduction to innovative thinking to solve engineering problems. Exploration into engineering disciplines through real-world, meaningful, project-based learning. Discovery of topics of contemporary interest and enduring importance to increase knowledge and skills that improve academic success relevant to the engineering discipline.							
23875	66	MW	1:00pm	2:15pm			SUBTITLE: In My Feelings
The course begins by introducing the concept of emotional intelligence, its significance in personal growth and relationships, and its relevance to academic and career success. Students will explore the five core components of emotional intelligence: self-awareness, self-regulation, motivation, empathy, and social skills. Through a combination of theoretical discussion, interactive activities, and practical exercises students will develop a strong foundation in each of these areas.							
23878	69	TR	2:00	3:15pm	CLR	312	SUBTITLE: Brown Girl Brilliance
In this course, students will learn the meaning of being a class act that includes several topics that will aid in their success not only for their first year, but also for their future. Topics will include discussions on influential women of color leaders, how to define success, financial literacy, building relationships, creating a personal brand, and more. This course is open to all interested students.							
23991	88	TR	5:30pm	6:45pm	HLG	504	SUBTITLE: Know Your Worth
For college students affirmations and upbeat ideas are incredibly beneficial. Affirmations are merely declarations you make to yourself that will improve your mood and assist you in reaching your objectives. Even if your time in college is fun and exciting, it can frequently be ruined by negative feelings and self-doubt. Things can quickly spiral out of control if your grades start to suffer, or you lack the confidence to make new friends. Self-affirmations help you to maintain your optimism. Positive affirmations change your perspective and focus your energy. Daily repetition of positive statements can increase self-confidence, broaden your perspective on the potential of the world, and stop the infiltration of negative thoughts.							

## UNIV 100 Honors



**Note:** These courses are created for students who are participating in the Honor's program, but these sections are open to **EVERYONE**. Students who are not in the Honor's program can schedule these classes.

24680	H01	MW	2:30pm	3:45pm	MDD	11	Understanding Mental Illness
24681	H02	MW	9:30am	10:45am	MDD	310	American Dream in Film & Music
24682	H03	MWF	11:00am	11:50pm	CLR	312	Effects of Communication
24683	H04	TR	11:00am	12:15pm	HLG	504	Photography: History Reframed
24684	H05	TR	11:00am	12:15pm	ANG	143	Cajun and Creole Jam
24685	H06	MW	1:00pm	2:15pm	Burke	248	Inside the Museum





## *Cajun Connection & New Student Convocation*

The Office of First-Year Experience (OFYE) is dedicated to assisting all UL Lafayette students transition to college level learning and develop the skills needed to be successful during their collegiate career. On the first day of class, **all UNIV 100 students must** take part in **Cajun Connection**. This event introduces students to their UNIV 100 instructor, classmates, and peer mentor while providing an opportunity to get acquainted with available campus resources (including tutoring, academic resources, finding your classes, and everything in between). The information provided in Cajun Connection is essential to each student's college success and helps the students immerse themselves in the UL Lafayette lifestyle.

**New Student Convocation** is the official academic welcome for **all first-year students** and marks your entrance into the University of Louisiana at Lafayette. As a new UL Lafayette student, you will have a chance to learn about opportunities awaiting you in college. At Convocation, students, administrators, and faculty will share their own experiences and advice about making the most of your time at UL Lafayette, finding your people, and making your mark.

**Thursday, August 17, 2023**

**Cajun Connection**

**2:00pm – 4:00pm**

**New Student Convocation**

**Immediately following Cajun Connection**

*Students will receive an email from their assigned UNIV 100 instructor containing more details on these two mandatory events.*

