

UNSS 101 University Success

This course is designed to help students function as independent learners within a university environment. The course teaches students various transferable study skills, including time management, dealing with group projects, test preparation, and critical reading. It also intends to raise students' understanding of themselves as learners.

(Pre-requisites: None)

Course Learning Outcomes:

By the end of the course, students will be able to:

1. Demonstrate generalized understanding of the difference between being a high-school student and a university student.
2. Use key resources relevant to academic success at AUBH.
3. Demonstrate a range of study skills and problem-solving skills in routine scenarios.
4. Exercise self-assessment and reflection in relation to learning and development.

Textbook & Course Materials:

- Baldwin, A., August, L., Bennett, J., Mathues, S., Monroe, S., O'Leary, M. J., Pearson, A., Troesh, J., & Watts, M. (2020). *College success*. Rice University.

Course Content:

1. University-wide activity
2. Exploring College
3. The Truth about Learning Styles
4. Reading & Notetaking
5. Studying, Memory, & Test taking
6. Managing Your Time & Priorities
7. Thinking
8. Engaging in a Healthy Lifestyle
9. Planning for Your Future