

# University, General (UNIV)

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## **UNIV 100. You got here, now what? Tools for epic success. 1 Credit.**

UNIV 100 is designed to help first-year students adjust to the university, develop a better understanding of the learning process, and acquire essential academic success skills. The course provides a general orientation to the functions and resources of NDSU. Attaining an appropriate balance between personal freedom and social responsibility underlies all University 100 activities.

## **UNIV 101. Major Exploration and Academic Planning. 1 Credit.**

This course will guide students through the process of exploring academic majors and related careers using a variety of methods. Additionally, students will learn to navigate NDSU resources and technologies as well as integrate success strategies into their college careers. Prereq: Restricted to first-year students only.

## **UNIV 131. Campus Fundamentals. 1 Credit.**

This 16-week course will support students new to NDSU. This course will focus on campus supports, safety, and social involvement. After this course is complete, the intent is students feel connected and have a knowledge of where to go at NDSU when various supports are needed on campus.

## **UNIV 132. Social Navigation and Community Connections. 1 Credit.**

This 16-week course will support the social navigation and community connections for college learners to thrive in a busy and changing world. Our body language and communication can change the intended meaning of our message. Helping learners work on self-awareness, communication strategies, understanding of emotions will provide a level of support as each person navigates their personal and social interactions.

## **UNIV 133. Self-Advocacy Skills and Executive Management. 1 Credit.**

This 16-week course focus on improving executive functioning skills and building an organization system that can support each individual through their college and work careers. Time management, organizational skills, self-control, and determination will continually be practiced through the semester within this course.

## **UNIV 134. Financial Management. 1 Credit.**

This 16-week course will increase individual understanding of personal finances and various banking options. Students will complete a mock budget, compare and contrast different account options, and learn about the similarities and differences within these accounts.

## **UNIV 135. Healthy Living and Human Sexuality. 1 Credit.**

This 16-week course will support NDSU students in the are of healthy living and human sexuality. This course will look at various relationships through a healthy lens. This course will emphasis the understanding that relationships effect our whole-body health. Looking for signs that our relationships maybe unhealthy and learning and being informed about community supports will also be explored through this course.

## **UNIV 136. Work Place Communication and Social Navigation II. 1 Credit.**

This 16-week course will focus on increasing interpersonal and communication skills within the workplace. During this course students will learn and practice skills related to interviewing and employment. Skills also practiced will include conflict/resolution skills, decision skills, and personal communication skills. By the end of this course, the goal is to gain confidence in knowing each individual's strengths and weaknesses to enter the workplace confidently.

## **UNIV 142. Resiliency: Pathways to Thriving. 1 Credit.**

This course investigates research and practical activities that build individual strengths and foster social connections to empower stress management and increase resilience. Research, mindfulness, and focused writing are applied to increase awareness and practice skills of emotional responses to life's challenges, facilitate growth in response to adversity, and increase leadership capacity.

## **UNIV 150. Foundations of Science. 3 Credits.**

This course covers basic findings from several scientific fields, including chemistry, physics, geology, biology, and psychology, with an emphasis on the methods of discovery in these disciplines.

## **UNIV 151. Science and Society. 3 Credits.**

Explores interplay between scientific, economic, and political aspects of technically based, possibly politically contentious, societal challenges. Aims to instill appreciation for breadth, complexity of emerging societal challenges; need for collaboration among disciplines to realize solutions.

## **UNIV 189. Skills For Academic Success. 1 Credit.**

This course is designed to ease the transition for new students at NDSU. Students will learn skills and techniques used by successful college students. In addition to introducing the students to campus resources and governance, topics will include study techniques, time management, test taking, note taking, goal setting, wellness, stress management, and career orientation.

**UNIV 191. Seminar. 1-5 Credits.****UNIV 194. Individual Study. 1-5 Credits.****UNIV 196. Field Experience. 1-15 Credits.****UNIV 199. Special Topics. 1-5 Credits.****UNIV 220. Career and Graduate School Preparation. 1 Credit.**

This course, Career and Grad School Prep, will provide developmental strategies for SSS students who are interested in building career readiness skills and who wish to pursue an education beyond a bachelor's degree. This course provides excellent support and guidance for developing a career plan, interviewing techniques, as well as advising on completing graduate school applications and/or job applications. Prereq: Participants in this course must be an enrolled in TRIO SSS at NDSU.

**UNIV 291. Seminar. 1-5 Credits.****UNIV 292. Global Practicum: Study Abroad. 1-15 Credits.**

Pre-Arranged study at accredited foreign institutions (study abroad), domestic institutions (National Student Exchange) or on approved study abroad programs. Pre-requisite: Sophomore standing and prior approval by International Student and Study Abroad Services and major department. Graded 'P' or 'F' (Undergraduate), or 'S' or 'U' (Graduate).

**UNIV 294. Individual Study. 1-5 Credits.****UNIV 297. FE/Coop Ed/Internship. 1-15 Credits.****UNIV 299. Special Topics. 1-5 Credits.****UNIV 379. Global Seminar. 1-6 Credits.**

NDSU instructed experience or field study in a foreign country. Conducted in English for residence credit. Pre-requisite: Prior approval by International Student and Study Abroad Services and major department. May be repeated. Standard Grading.

**UNIV 391. Seminar. 1-5 Credits.****UNIV 392. Global Practicum: Study Abroad. 1-15 Credits.**

Pre-Arranged study at accredited foreign institutions (study abroad), domestic institutions (National Student Exchange) or on approved study abroad programs. Pre-requisite: Sophomore standing and prior approval by International Student and Study Abroad Services and major department. Graded 'P' or 'F' (Undergraduate), or 'S' or 'U' (Graduate).

**UNIV 394. Individual Study. 1-5 Credits.****UNIV 396. Field Experience. 1-15 Credits.****UNIV 397. Fe/Coop Ed/Internship. 1-15 Credits.****UNIV 399. Special Topics. 1-5 Credits.****UNIV 440. Writing for Scholars, Fellows and Researchers. 1 Credit.**

Students will develop an understanding of the academic genre of grant and fellowship applications by analyzing a specific granting program, practicing the elements required for the application, and submitting a completed application. Pass/Fail only. Restrictions: Students must be planning to apply for the grant or fellowship identified in the course section in which they enroll. {Also offered for graduate credit - see UNIV 640}.

**UNIV 489. Capstone Experience. 3 Credits.**

Integrate coursework in student's area(s) of emphasis as stated in their proposal; explore options and apply strategies related to post-graduation career goals. F,S.

**UNIV 491. Seminar. 1-5 Credits.****UNIV 491H. Seminar. 1-3 Credits.****UNIV 492. Global Practicum: Study Abroad. 1-15 Credits.**

Pre-Arranged study at accredited foreign institutions (study abroad), domestic institutions (National Student Exchange) or on approved study abroad programs. Pre-requisite: Sophomore standing and prior approval by International Student and Study Abroad Services and major department. Graded 'P' or 'F' (Undergraduate), or 'S' or 'U' (Graduate).

**UNIV 494. Individual Study. 1-5 Credits.****UNIV 496. Field Experience. 1-15 Credits.****UNIV 499. Special Topics. 1-5 Credits.****UNIV 499H. Special Topics. 1-5 Credits.****UNIV 640. Writing for Scholars, Fellows and Researchers. 1 Credit.**

Students will develop an understanding of the academic genre of grant and fellowship applications by analyzing a specific granting program, practicing the elements required for the application, and submitting a completed application. Satisfactory/Unsatisfactory only. Restrictions: Students must be planning to apply for the grant or fellowship identified in the course section in which they enroll. {Also offered for undergraduate credit - see UNIV 440}.

**UNIV 692. Global Practicum: Study Abroad. 1-15 Credits.**

Pre-Arranged study at accredited foreign institutions (study abroad), domestic institutions (National Student Exchange) or on approved study abroad programs. Pre-requisite: Sophomore standing and prior approval by International Student and Study Abroad Services and major department. Graded 'P' or 'F' (Undergraduate), or 'S' or 'U' (Graduate).

**UNIV 695. Field Experience. 1-15 Credits.****UNIV 790. Graduate Seminar. 1-5 Credits.****UNIV 791. Temporary/Trial Topics. 1-5 Credits.****UNIV 793. Individual Study/Tutorial. 1-5 Credits.****UNIV 795. Field Experience. 1-15 Credits.**