



# Introduction

## The Freshman 101 Seminar at Stony Brook

This course is designed to enhance your first-year experience at Stony Brook University and help you hone the skills necessary for success. It is a semester-long opportunity to get acquainted with Stony Brook, taught by staff who know and understand the campus community. You will be encouraged to use critical thinking skills to set goals and make responsible decisions regarding academics, your major, career planning, and social relationships. The course will also explore the purpose of higher education and your role in the university environment.

### Course Description

The Freshman 101 Seminar is intended to integrate students into their Undergraduate College and into the University community by providing information about Stony Brook and a forum for discussion of values, intellectual and social development, and personal as well as institutional expectations. This seminar is required for all first-year students.

### Common Content and Experiences

Although the 101 courses are taught in over 140 sections across six Undergraduate Colleges, they share common goals:

- To assist you in understanding your personal development as a Stony Brook undergraduate
- To establish a mentoring relationship between you and your First-Year Seminar Instructor
- To develop a strong community in your Undergraduate College
- To increase your understanding of University procedures, computer systems, University publications, academic advising and the course registration process at Stony Brook University
- To increase your awareness and utilization of student support services available on campus
- To provide opportunities to interact with and learn from peers in your Undergraduate College

### The Freshman 101 Seminar Textbook

The Freshman 101 Seminar is an opportunity to learn in community with other students in your Undergraduate College. This textbook is meant to serve as a companion to this experience. It provides important materials and activities to help you make a successful transition into Stony Brook University and into college learning. It includes information about campus resources, involvement opportunities, and academic success. Numerous websites are listed that include additional information and areas of special interest. We encourage you to take an active role in your learning and to take advantage of these resources.