



UNIV 100 First-Year Seminar Courses Fall 2024

UNIV 100 courses for the Fall 2024 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.

CHOOSE YOUR UNIV 100 SECTION

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. 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.

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

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

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 research methods 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, and presentations, students should gain a greater awareness of their role as a student and the path that leads to academic success.

CRN	Section	Day(s) to Meet	Begin Time	End Time	BLDG	Room	SUBTITLE
23270	19	TR	12:30pm	1:45pm	MDD	111	LEP – Mastering the First Year
23275	24	TR	11:00am	12:15pm	MDD	111	LEP – Mastering the First Year
23232	1	TR	8:00am	9:15am	AGE	104N	Mastering the First Year
23235	4	MWF	8:00am	8:50am	MDD	310	Mastering the First Year
23236	5	TR	9:30am	10:45am	RAND	110	Mastering the First Year
23238	7	MW	1:00pm	2:15pm	MDD	106	Mastering the First Year
23267	16	MWF	8:00am	8:50am	FGM	203	Mastering the First Year
23276	25	MW	1:00pm	2:15pm	HLG	128	Mastering the First Year
23283	32	TR	12:30pm	1:45pm	HLG	128	Mastering the First Year
23308	41	TR	8:00am	9:15am	FGM	203	Mastering the First Year
23351	60	TR	3:30pm	4:45pm	MDD	106	Mastering the First Year
23353	62	MW	2:30pm	3:45pm	CLR	213	Mastering the First Year
23372	75	TR	8:00am	9:15am	RAND	110	Mastering the First Year
23464	85	MWF	8:00am	8:50am	MDD	106	Mastering the First Year
23240	9	MW	4:00pm	5:15pm	AGE	104N	Mastering the First Year
23242	11	MWF	9:00am	9:50am	FGM	203	Mastering the First Year
23266	15	MW	2:30pm	3:45pm	CLR	312	Mastering the First Year
23269	18	MWF	9:00am	9:50am	HLG	128	Mastering the First Year
23278	27	TR	11:00am	12:15pm	HLG	128	Mastering the First Year
23279	28	TR	8:00am	9:15am	HLG	504	Mastering the First Year
23280	29	TR	9:30am	10:45am	HLG	504	Mastering the First Year
23284	33	TR	8:00am	9:15am	MDD	111	Mastering the First Year
23290	39	TR	8:00am	9:15am	HLG	504	Mastering the First Year
23310	43	TR	3:30pm	4:45pm	CLR	213	Mastering the First Year
23312	45	TR	2:00pm	3:15pm	MDD	106	Mastering the First Year
23316	49	MW	1:00pm	2:15pm	HLG	504	Mastering the First Year
23345	54	MWF	10:00am	10:50am	MDD	106	Mastering the First Year

23348	57	TR	12:30pm	1:45pm	HGL	504	Mastering the First Year
23358	67	MW	4:00pm	5:15pm	MDD	111	Mastering the First Year
23367	71	TR	12:30pm	1:45pm	FGM	203	Mastering the First Year
23373	76	TR	9:30am	10:45am	RAND	110	Mastering the First Year
23459	79	MWF	11:00am	11:50am	FGM	203	Mastering the First Year
23714	80	MW	4:00pm	5:15pm	MDD	106	Mastering the First Year
23461	82	TR	3:30pm	4:45pm	MDD	310	Mastering the First Year
23462	83	MW	2:30pm	3:45pm	FGM	203	Mastering the First Year
23463	84	MW	2:30pm	3:45pm	HLG	504	Mastering the First Year
23466	87	MW	4:00pm	5:15pm	MDD	310	Mastering the First Year
23467	88	MWF	11:00am	11:50am	HLG	504	Mastering the First Year
23485	89	MW	4:00pm	5:15pm	HLG	504	Mastering the First Year
23487	91	MW	1:00pm	2:15pm	CLR	213	Mastering the First Year
23489	93	TR	12:30pm	1:45pm	CLR	213	Mastering the First Year
23490	94	MWF	12:00pm	12:50pm	MDD	106	Mastering the First Year
23491	95	TR	3:30pm	4:45pm	FGM	105	Mastering the First Year
23494	98	TR	4:00pm	5:15pm	HLG	504	Mastering the First Year
23512	100	MWF	4:00pm	5:15pm	HLG	128	Mastering the First Year
23514	102	MWF	9:00am	9:50am	HLG	128	Mastering the First Year
23529	103	MW	2:30pm	3:45pm	HLG	128	Mastering the First Year
23530	104	MWF	9:00am	9:50am	MDD	310	Mastering the First Year
24084	105	MWF	10:00am	10:50am	MDD	310	Mastering the First Year
24085	106	TR	4:00pm	5:15pm	CLR	312	Mastering the First Year
24087	107	MWF	12:00pm	12:50pm	FGM	203	Mastering the First Year

Living Learning Communities

Course Description: Designed for students who are participating in the living learning community (LLC) program. These sections are identified with an L in front of the section number.

Only first-year students who have previously signed up for the LLC program through housing can take these courses.

23243	L01	TR	11:00am	12:15pm	FGM	204	LLC – Business Secrets
23244	L05	TR	TBA	TBA	TBA	TBA	LLC -KINectED
23245	L03	TR	11:00am	12:15pm	CLR	213	LLC - Service and Leadership
23246	L04	TR	12:30pm	1:45pm	Angelle	125	LLC - Gateway to the Arts
23715	L02	TR	9:30am	10:45am	CLR	213	LLC – Healthcare Innovators
23247	L06	Tuesday	2:00pm	3:25pm	CLR	309	LLC - Engineering
23247	L06	Thursday	2:00pm	3:45pm	CLR	309	LLC - Engineering
23247	L06	Thursday	3:45pm	4:30pm	CLR	105	LLC - Engineering
23248	L07	TR	11:00am	12:15pm	MDD	106	LLC - Travel, Language, & Culture
23249	L08	Monday	2:30pm	5:00pm	Bourg	157B	LLC - Lifetime Recreation

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First-Year Theme-Based Seminar

CRN	Section	Day(s) to Meet	Begin Time	End Time	BLDG	Room	Subtitle & Description
23233	2	MW	1:00pm	2:15pm	CLR	312	Effects of Communication
23271	20	MWF	10:00am	10:50am	CLR	312	Effects of Communication
23999	H03	MWF	11:00am	11:50am	CLR	312	Effects of Communication
							The course starts with the fundamentals of verbal and nonverbal communication, helping students develop interpersonal skills by interacting with classmates and building professional relationships. It also offers resources for succeeding in college and real-life situations.
23234	3	TR	9:30am	10:45am	JLF	134	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.
23263	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.
23264	13	MWF	11:00am	11:50am	MDD	106	Leadership Is For Everyone
							"Leadership is for Everyone" teaches students the Five Exemplary Practices of Leadership and how to integrate them into daily life. It emphasizes that leadership is a set of skills, not just a position, and develops naturally through practice. Students will learn both theoretical and practical aspects of "The Student Leadership Challenge" through readings, lectures, exercises, and projects.
23265	14	TR	2:00pm	3:15pm	MDD	111	Understanding Mental Illness
23997	H01	MW	2:30pm	3:45pm	MDD	111	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.
23268	17	TR	11:00am	12:15pm	DUPRE	377	Emerging Issues in Athletics
23347	56	TR	8:00am	9:15am	Dupre	377	Emerging Issues in Athletics
23465	86	MWF	10:00am	10:50am	Dupre	377	Emerging Issues in Athletics
24086	108	MWF	9:00am	9:50am	Dupre	377	Emerging Issues in Athletics
							This first-year seminar introduces student-athletes to the evolving issues in intercollegiate athletics. It examines NCAA academic regulations, media scrutiny, and daily college life challenges. The course covers NCAA eligibility standards and addresses unique issues in college athletics. Students will debate topics such as NCAA governance, academic integrity, pay-for-play models, the value of grant-in-aid agreements, and the likelihood of playing professional sports.
23360	69	TR	2:00pm	3:15pm	CLR	312	Black Male Leadership

							This course examines leadership within the Black male community, exploring various definitions of "manhood" and societal expectations. Topics include racial profiling, cross-generational differences, health disparities, entrepreneurship, financial literacy, and the Black Lives Matter movement. The course also addresses interpersonal and political issues such as activism, domestic violence, and respect towards women. Students will participate in community service and campus engagement activities.
23274	23	MWF	9:00am	9:50am	MDD	111	Movies, Tom Hanks & Leadership
							This course uses contemporary movies, primarily Tom Hanks films, to study leadership values and principles. Students will analyze these movies as case studies to understand leadership processes, the role of leadership in the world, and the characteristics of effective leaders. Course activities will encourage deep thinking about the challenges and importance of leadership. Students will review leadership theories illustrated in the films and discuss the associated values and lessons.
24001	H05	TR	12:30pm	1:45pm	FGM	105	World Culture in Clothing
24002	H06	TR	11:00am	12:15pm	FGM	105	World Culture in Clothing
23352	61	MW	1:00pm	2:15pm	FGM	105	World Culture in Clothing
23356	64	MW	2:30pm	3:45pm	FGM	105	World Culture in Clothing
							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.
23291	40	TR	9:30am	10:45am	ANG	143	Cajun and Creole Jam
23273	22	TR	11:00am	12:15pm	ANG	143	Cajun and Creole Jam
							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.
23311	44	MWF	12:00pm	12:50pm	MDD	111	Conquering Your College Journey
							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.
23313	46	MW	2:30pm	3:45pm	MDD	310	Vampires Are Us
							This course explores contemporary society's fascination with vampires, from Count Dracula to Edward Cullen. It examines how vampires, as liminal figures, symbolize various social themes including capitalism, sexuality, life/death, immigration, racism, HIV/AIDS, feminism, good vs. evil, identity, and adolescent angst.
23289	38	TR	3:30pm	4:45pm	FGM	203	The World of Business
							This class focuses on the Mastering the First-Year content but with a professional twist. Learn email etiquette, use Microsoft Outlook for calendaring, develop your internship resume and practice interviewing, learn what attire is appropriate for different business settings, and more! This class is designed for students whose career path includes interacting in the business world.
23239	8	TR	11:00am	12:15pm	FGM	203	Leadership (Taylor's Version)

							We will explore an array of leadership topics while also connecting them to Taylor Swift and her legacy as a musician, philanthropist, advocate, and more!
23998	H02	MW	1:00pm	2:15pm	MDD	310	American Dream in Film & Music
							Students will critically examine American music and film that explores the concept of the American Dream, defined as every citizen's equal right to life, liberty, and the pursuit of happiness. Themes covered include youthful optimism, work, community, sin and crime, patriotism, marriage, immigration, grief, war, and religion, reflecting the spirit, struggles, failures, and hopes of the American experience.
24000	H04	TR	11:00am	12:15pm	HLG	504	Photography: History Reframed
							This course is theme based and will cover the topic of photojournalism and collective memory and will include an undergraduate research project. Throughout the semester, we will conduct our own collective memory research. The students will complete an in-class literature review that explains the concepts of Collective Memory and the American Dream theory.
23344	53	TR	9:30am	10:45am	TBA	TBA	Intro to Engineering Innovation
23349	58	TR	11:00am	12:15pm	TBA	TBA	Intro to Engineering Innovation
23492	96	TR	9:30am	10:45am	TBA	TBA	Intro to Engineering Innovation
23493	97	TR	2:00pm	3:15pm	TBA	TBA	Intro to Engineering Innovation
23370	74	TR	11:00am	12:15pm	TBA	TBA	Intro to Engineering Innovation
23513	101	TR	9:30am	10:45am	TBA	TBA	Intro to 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
23237	6	TR	8:00am	9:15am	FGM	105	You Have to Talk
							This UNIV course is designed to provide students with the tools to effectively communicate. Students will be expected to give speeches, short presentations, and participate in fun activities that develop their communication.
23241	10	TR	11:00am	12:15pm	CLR	312	Design Matters
							"Design Matters" is an interdisciplinary course for arts majors and non-majors to explore design thinking's transformative power. Students engage in collaborative learning, focusing on creative problem-solving through hands-on application of design principles. The course encourages innovative solutions to complex challenges.
23272	21	MWF	10:00am	10:50am	FGM	203	A Guide to Fantasy Lit
							This section examines contemporary fantasy literature through different reading levels. The tentative reading list will progress in reading level, starting with a middle grade novel, then a young adult novel, and ending with an adult novel: Rick Riordan's Percy Jackson & The Olympians: The Lightning Thief, Holly Black's The Cruel Prince, and Cherie Dimaline's Empire of Wild. The focus of this section will be to introduce literature and will include reading, study, and time management tips, all specific to a discussion-style literature course.

23277	26	TR	9:30am	10:45am	HLG	128	Wanderlust, Wayfair Adventures
<p>This course explores representations of travelers and the places they visit in literature, examining humanity's enduring fascination with travel and exploration. Texts from diverse geographical areas and time periods will be studied, focusing on physical and mental journeys undertaken by characters. Students will analyze themes of gender, identity, and representation across various genres such as poetry, novels, short stories, quest narratives, epics, magical realism, and post-modernism.</p>							
23281	30	TR	12:30pm	1:45pm	CLR	312	Supernatural Bio
<p>Analyze the biology of zombies and superheroes. Explore topics like zombie outbreaks, mad scientist experiments, and the science behind superpowers.</p>							
23282	31	MW	1:00pm	2:15pm	MDD	111	Authentic Masculinity
<p>"Authentic Masculinity & Leadership" provides a comprehensive exploration of masculinity, leadership principles, and their practical application in academic, personal, and professional contexts. Students engage in critical thinking, collaboration, and self-reflection, examining topics like masculinity in contemporary society, effective leadership styles, interpersonal relationships, and stress management techniques. It also emphasizes empathy, compassion, and the roles of protector, provider, and servant leader in fostering healthy relationships and communities.</p>							
23286	35	TR	12:30pm	1:45pm	HLG	128	Legal Careers: Myths & Truths
23287	36	TR	2:00pm	3:15pm	HLG	128	Legal Careers: Myths & Truths
<p>This course is designed for students considering careers in law or criminal justice. It explores the realities of these professions, including the roles of lawyers, law enforcement officers, deputies, and other legal professionals. Students will examine current issues, myths, and realities in these fields, as well as topics like forensics, CSI, and government and military equivalents. The course aims to help students make informed career decisions by providing a comprehensive overview of legal and law enforcement professions.</p>							
23388	37	TR	9:30am	10:45am	FGM	203	The Places You'll Go
<p>Learn valuable first year and life skills in class and on field trips! Class will complete hands-activities to learn about university resources, how to adult, and experience Lafayette Hospitality. The final individual project is planning and presenting a graduation trip.</p>							
23285	34	TR	9:30am	10:45am	MDD	111	Leadership Dynamics
<p>This training program, "Leadership Dynamics," is designed to equip leaders with the skills and knowledge necessary to navigate the complexities of leadership in dynamic environments. The curriculum focuses on FOCUS on the WAVES of leadership, achieving TONAL balance, BUILDING community, and promoting SAFE cultures.</p>							
23309	42	MW	4:00pm	5:15pm	CLR	213	You Go Girl!
<p>This course is designed to empower, educate, and uplift young women. This course will address issues/concerns that relates to women in leadership, health, and society's ideology of a woman. Young women will leave this course feeling informed, stronger, and liberated.</p>							
23314	47	TR	11:00am	12:15pm	CLR	213	Sustainability: On & Off Campus

							Sustainability is commonly understood as the simultaneous pursuit of improving three interconnected systems: environment, economy, and society. This course will explore campus and community programs, professions, and infrastructure which support sustainability. Students will identify campus and/or community issues and propose solutions for improving the local environment and quality of life.
23317	50	TR	8:00am	9:15am	FGM	203	You Got This!
							This course is designed for first-time freshmen interested in business and their careers. The book I will use in this course focuses on the "soft skills" - work ethic, attitude, communication skills, emotional intelligence, and other personal attributes that are crucial for their success. It's in these skills that they need to excel as a leader. This course will also have Course-Embedded Undergraduate Research Experiences (CURES) to introduce undergraduate students to research in business.
23329	51	MWF	10:00am	10:50am	RAND	110	Podcast for Student Success
							This course will help you apply essential skills needed for first time freshmen. We will listen to various podcasts to help you become successful during your freshmen year. Each week we will listen to podcast that are trending based on the topic we are learning for that week.
23346	55	TR	9:30am	10:45am	MDD	106	Women's Empowerment
							This course is designed to assist first-year students in exploring campus resources, campus involvement and leadership opportunities, life skills to help one become more independent, such as financial literacy, basic auto shop skills, career exploration, and more. Throughout this course we will also discuss women's rights and women's issues. Students will also complete a community service project with a local women's philanthropy/organization.
23350	59	MW	4:00pm	5:15pm	CLR	312	Curl Couture
23359	68	MWF	8:00am	8:50am	FGM	203	Curl Couture
							This course will be about how to love and embrace your natural hair. We will do a deep dive about how to navigate through the world with your natural hair, as well as the social impact natural hair has on society.
23354	63	MWF	9:00am	9:50am	FGM	105	The Leadership Era
							This course would explore and study the intersection of pop culture, personal development, and leadership through the lens of Taylor Swift's career. Much of Taylor Swift's success is a result of leadership qualities: resilience, communication, authenticity, teamwork... the list goes on. This course combines analysis of Swift's career with practical application and discovery of students' own leadership styles.
23355	65	TR	4:00pm	5:15pm	MDD	111	Keys to Self-Publishing
							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.
23357	66	TR	8:00am	9:15am	MDD	310	How Did Jesus Tell Stories?

Jesus knew how to always address His audience. He left them thinking and challenging them to change. Can His stories still do that for us today? In this class we will walk through and discuss the parables of Jesus and see how He challenges how we think and live today.

27723	H07	MWF	10:00am	10:50am	HLG	504	Media Literacy in the 2020's
I will be guiding students on the best ways to navigate various internet sources to find trustworthy, accurate information to answer big questions about the world. In today's media landscape, the answer to any question is only as good as the method you used to find it, as well as the biases that led you to certain sources or answers.							
23361	70	TR	2:00pm	3:15pm	FGM	203	Melanated Empowerment
This course focuses on the unique challenges young women of color face, providing strategies for personal and professional growth. Students discuss identity, leadership, and societal impact, while developing skills in communication, goal setting, networking, personal branding, and more. Through mentorship, community engagement, and reflective exercises, students gain tools to navigate and excel in life. The course aims to inspire confidence, build sisterhood, and empower students to embrace their authenticity, reclaim their narratives, and lead purposefully in a diverse world.							
23368	72	TR	3:30pm	4:45pm	HLG	128	The Power of Story Telling
This course will explore the multifaceted role of storytelling in literature, psychology, the college transition, and everyday life. Through readings, discussions, and creative projects, students will examine how narratives shape our understanding of ourselves and the world around us. Students will also have the opportunity to create their own stories and analyze the impact of narrative on mental health and cultural identity.							
23369	73	MWF	9:00am	9:50am	CLR	312	Thriving with PRIDE
This course is designed to support first time college freshman who identify as LGBTQ+ in their transition to college life and academic success. It provides a safe and inclusive space for students to explore their identity, build a supportive community, and develop the skills necessary to excel in their academic and personal lives. Topics include LGBTQ+ history, community resources, mental health, career development, and more.							
23457	77	TR	2:00pm	3:15pm	MDD	310	OG Heros of Christianity
We'll analyze various stories throughout the Old Testament to see what they teach us about God, Jesus, Christianity, relationship with God, life, and leadership.							
23458	78	TR	8:00am	9:15am	CLR	312	Life Beyond College
Through a series of interactive lectures, discussions, and classroom activities, students will learn how to develop effective communication skills, cultivate professional behavior and ethics, and plan and manage their professional development. Students will be assessed through a combination of class participation, reflective writing, quizzes, and an individual final project.							
23271	52	MW	1:00pm	2:15pm	RAND	110	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.

							Film and Literature
23460	81	MW	4:30pm	5:45pm	FGM	203	<p>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. Students 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 of WHY the text is adapted the way it is.</p>
							Gambino's America
23486	90	MW	4:00pm	5:15pm	FGM	105	<p>This class will explore the themes present in Childish Gambino's music video for "This is America" by utilizing music videos from 1980 onward and academic articles related to issues within the Black community.</p>
23488	92	MWF	8:00am	8:50am	HLG	128	Get In-Tuned
23511	99	TR	8:00am	9:15am	CLR	213	Get In-Tuned