

**Office of First-Year Experience**

**UNIV** **100**

First-Year Seminar Courses

Fall 2025

UNIV 100 courses for the Fall 2025 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

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| --- | --- | --- | --- | --- | --- |
| 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.*

**Honors Sections**

Look for course sections marked with an ‘H’ in the section number (i.e., 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.

**Student Athletes**

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

Graphical user interface, text, application

Description automatically generated

UNIV 100 First-Year Seminar **Fall** **2025**

***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.

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| **CRN** | **Section** | **Day(s) to Meet** | **Begin Time** | **End Time** | **BLDG** | **Room** | **SUBTITLE** |
| 22996 | 1 | TR | 8:00 AM | 9:15 AM | CLR | 312 | **Mastering the First Year** |
| 22997 | 2 | MW | 1:00 PM | 2:15 PM | CLR | 312 | **Mastering the First Year** |
| 22998 | 3 | MWF | 12:00 PM | 12:50 PM | MDD | 310 | **Mastering the First Year** |
| 22999 | 4 | MWF | 8:00 AM | 8:50 AM | HLG | 128 | **Mastering the First Year** |
| 23000 | 5 | TR | 8:00 AM | 9:15 AM | MDD | 106 | **Mastering the First Year** |
| 23001 | 6 | TR | 8:00 AM | 9:15 AM | HLG | 128 | **Mastering the First Year** |
| 23002 | 7 | MWF | 8:00 AM | 8:50 AM | MDD | 106 | **Mastering the First Year** |
| 23003 | 8 | TR | 8:00 AM | 9:15 AM | CLR | 213 | **Mastering the First Year** |
| 23004 | 9 | MW | 4:00 PM | 5:15 PM | HLG | 128 | **Mastering the First Year** |
| 23005 | 10 | TR | 11:00 AM | 12:15 PM | HLG | 128 | **Mastering the First Year** |
| 23006 | 11 | MWF | 9:00 AM | 9:50 AM | MDD | 106 | **Mastering the First Year** |
| 23026 | 12 | TR | 2:00 PM | 3:15 PM | MDD | 111 | **Mastering the First Year** |
| 23027 | 13 | MWF | 11:00 AM | 11:50 AM | MDD | 310 | **Mastering the First Year** |
| 23028 | 14 | TR | 2:00 PM | 3:15 PM | FGM | 203 | **Mastering the First Year** |
| 23029 | 15 | MW | 1:00 PM | 2:15 PM | FGM | 203 | **Mastering the First Year** |
| 23030 | 16 | MWF | 8:00 AM | 8:50 AM | FGM | 105 | **Mastering the First Year** |
| 23031 | 17 | TR | 11:00 AM | 12:15 AM | MDD | 310 | **Mastering the First Year** |
| 23032 | 18 | MWF | 9:00 AM | 9:50 AM | FGM | 105 | **Mastering the First Year** |
| 23033 | 19 | TR | 9:30 AM | 10:45 AM | MDD | 310 | **Mastering the First Year** |
| 23034 | 20 | TR | 12:30 PM | 1:45 PM | HLG | 128 | **Mastering the First Year** |
| 23035 | 21 | MWF | 10:00 AM | 10:50 AM | MDD | 106 | **Mastering the First Year** |
| 23036 | 22 | MWF | 11:00 AM | 11:50 AM | MDD | 106 | **Mastering the First Year** |
| 23037 | 23 | MWF | 9:00 AM | 9:50 AM | CLR | 213 | **Mastering the First Year** |
| 23038 | 24 | TR | 9:30 AM | 10:45 AM | CLR | 213 | **Mastering the First Year** |
| 23039 | 25 | MW | 1:00 PM | 2:15 PM | CLR | 213 | **Mastering the First Year** |
| 23040 | 26 | TR | 9:30 AM | 10:45 AM | FGM | 203 | **Mastering the First Year** |
| 23046 | 32 | TR | 12:30 PM | 1:45 PM | MDD | 310 | **LEP - Mastering the First Year** |

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| **CRN** | **Section** | **Day(s) to Meet** | **Begin Time** | **End Time** | **BLDG** | **Room** | **SUBTITLE** |
| 23049 | 35 | TR | 11:00 AM | 12:15 PM | CLR | 213 | **Mastering the First Year** |
| 23050 | 36 | TR | 2:00 PM | 3:15 PM | DUPRE | 141 | **LEP - Mastering the First Year** |
| 23053 | 39 | MW | 4:00 PM | 5:15 PM | MDD | 106 | **Mastering the First Year** |
| 23054 | 40 | TR | 3:30 PM | 4:45 PM | MDD | 106 | **Mastering the First Year** |
| 23066 | 42 | MW | 4:00 PM | 5:15 PM | HLG | 504 | **Mastering the First Year** |
| 23068 | 44 | MWF | 12:00 PM | 12:50 PM | FGM | 203 | **Mastering the First Year** |
| 23070 | 46 | TR | 12:30 PM | 1:45 PM | GIR | 302B | **Mastering the First Year** |
| 23071 | 47 | TR | 11:00 AM | 12:15 PM | CLR | 312 | **Mastering the First Year** |
| 23123 | 52 | MW | 1:00 PM | 2:15 PM | HLG | 128 | **Mastering the First Year** |
| 23096 | 53 | TR | 9:30 AM | 10:45 AM | HLG | 128 | **Mastering the First Year** |
| 23100 | 57 | TR | 12:30 PM | 1:45 PM | MDD | 106 | **Mastering the First Year** |
| 23102 | 59 | MW | 4:00 PM | 5:15 PM | MDD | 111 | **Mastering the First Year** |
| 23105 | 62 | MW | 2:30 PM | 3:45 PM | CLR | 213 | **Mastering the First Year** |
| 23108 | 64 | MW | 2:30 PM | 3:45 PM | MDD | 111 | **Mastering the First Year** |
| 23112 | 69 | TR | 2:00 PM | 3:15 PM | CLR | 213 | **Mastering the First Year** |
| 23120 | 72 | TR | 3:30 PM | 4:45 PM | HLG | 128 | **Mastering the First Year** |
| 23121 | 73 | MWF | 9:00 AM | 9:50 AM | CLR | 312 | **Mastering the First Year** |
| 23204 | 77 | TR | 2:00 PM | 3:15 PM | CLR | 312 | **Mastering the First Year** |
| 23399 | 80 | TR | 4:00 PM | 5:15 PM | CLR | 312 | **Mastering the First Year** |
| 23207 | 81 | MWF | 10:00 AM | 10:50 AM | CLR | 213 | **Mastering the First Year** |
| 23209 | 83 | MW | 2:30 PM | 3:45 PM | CLR | 312 | **Mastering the First Year** |
| 23226 | 90 | TR | 10:00 AM | 10:50 AM | CLR | 312 | **Mastering the First Year** |
| 23231 | 95 | TR | 3:30 PM | 4:45 PM | CLR | 312 | **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.**

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| **CRN** | **Section** | **Day(s) to Meet** | **Begin Time** | **End Time** | **BLDG** | **Room** | **Subtitle & Description** |
| 23007 | L01 | TR | 11:00am | 12:15pm | FGM | 203 | **LLC – Business Secrets** |
| 23008 | L02 | TR | 9:30 AM | 10:45 AM | MDD | 106 | **LLC - Healthcare Innovators** |
| 23009 | L03 | TR | 2:00 PM | 3:15 PM | TBD | TBD | **LLC - Service and Leadership** |
| 23010 | L04 | TR | 2:00 PM | 3:15 PM | TBD | TBD | **LLC – Gateway to the Arts** |
| 23400 | L05 | TR | 12:30 PM | 1:45 PM | HLG | 504 | **LLC - KINectED** |
| 23011 | L06 | Tues  Thurs | 2:00 PM  2:00 PM | 3:25 PM  3:45 PM | CLR | 309 | **LLC - Engineering** |
| 23012 | L07 | TR | 11:00 AM | 12:15 PM | MDD | 106 | **LLC-Travel, Language & Culture** |
| 23013 | L08 | TR | 9:00 AM | 10:15 AM | TBD | TBD | **LCC – Lifetime Recreation** |

***First-Year Theme-Based Seminar***

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| **CRN** | **Section** | **Day(s) to Meet** | **Begin Time** | **End Time** | **BLDG** | **Room** | **Subtitle & Description** |
| 23043 | 29 | TR | 9:30 AM | 10:45 AM | FGM | 105 | **Women's Empowerment** |
| 23044 | 30 | TR | 12:30 PM | 1:45 PM | RND | 110 | **Mindfulness** |
| 23045 | 31 | MW | 1:00 PM | 2:15 PM | MDD | 111 | **Keep UL Lafayette Beautiful** |
| 23047 | 33 | TR | 8:00 AM | 9:15 AM | MDD | 310 | **How Did Jesus Tell Stories** |
| 23048 | 34 | TR | 9:30 AM | 10:45 AM | JLF | 134 | **Sneakerology** |
| 23051 | 37 | TR | 9:30 AM | 10:45 AM | MDD | 111 | **Leadership is for Everyone** |
| 23104 | 61 | MW | 1:00 PM | 2:15 PM | RND | 110 | **Leadership is for Everyone** |
| 23052 | 38 | TR | 3:30 PM | 4:45 PM | DUPRE | 141 | **The Book Club** |
| 23065 | 41 | TR | 8:00 AM | 9:15 AM | FGM | 206 | **You Got This!** |
| 23069 | 45 | TR | 2:00 PM | 3:15 PM | FGM | 105 | **OG Heroes of Christianity** |
| 23072 | 48 | TR | 12:30 PM | 1:45 PM | CLR | 312 | **The Catholic Imagination** |
| 23073 | 49 | MW | 1:00 PM | 2:15 PM | MDD | 106 | **Vampires Are Us** |
| 23083 | 51 | MWF | 10:00 AM | 10:50 AM | MDD | 111 | **Effects of Communication** |
| 23099 | 56 | TR | 8:00 AM | 9:15 AM | MDD | 111 | **World of Business** |
| 23111 | 68 | MWF | 8:00 AM | 8:50 AM | MDD | 111 | **World of Business** |
| 23206 | 79 | MWF | 9:00 AM | 9:50 AM | MDD | 111 | **Effects of Communication** |
| 23594 | H02 | MW | 1:00 PM | 2:15 PM | MDD | 310 | **Effects of Communication** |
| 23106 | 63 | MWF | 9:00 AM | 9:50 AM | FGM | 203 | **Vibes and Attitudes** |
| 23107 | 65 | MW | 4:00 PM | 5:15 PM | FGM | 105 | **Film and Literature** |
| 23596 | H04 | TR | 3:30 PM | 4:45 PM | FGM | 105 | **Film and Literature** |
| 23110 | 67 | TR | 11:00 AM | 12:15 PM | MDSN | 123 | **Intro to Engineering Innovation** |
| 23210 | 84 | TR | 9:30 AM | 10:45 AM | TBD | TBD | **Intro to Engineering Innovation** |
| 23227 | 91 | TR | 2:00 PM | 3:15 PM | CLR | 105 | **Intro to Engineering Innovation** |
| 23228 | 92 | TR | 11:00 AM | 12:15 PM | OLVR | 116 | **Intro to Engineering Innovation** |
| 23230 | 94 | TR | 9:30AM | 10:45 AM | CLR | 308 | **Intro to Engineering Innovation** |
| 23232 | 96 | TR | 9:30AM | 10:45 AM | CLR | 105 | **Intro to Engineering Innovation** |
| TBD | H10 | TR | 12:30 PM | 1:45 PM | TBD | TBD | **Supernatural Bio** |
| 23208 | 82 | MW | 4:00 PM | 5:15 PM | FGM | 203 | **Keys to Self -Publishing a Book** |
| 23250 | 101 | MWF | 10:00 AM | 10:50 AM | DUPRE | 337 | **Emerging Issues in Athletics** |
| 23251 | 102 | MW | 1:00 PM | 2:15 PM | DUPRE | 337 | **Emerging Issues in Athletics** |
| 23263 | 103 | MWF | 9:00 AM | 9:50 AM | DUPRE | 337 | **Emerging Issues in Athletics** |
| 23264 | 104 | TR | 8:00 AM | 9:15 PM | DUPRE | 337 | **Emerging Issues in Athletics** |
| 23663 | 105 | TR | 11:00 AM | 12:15 PM | DUPRE | 337 | **Emerging Issues in Athletics** |

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| **CRN** | **Section** | **Day(s) to Meet** | **Begin Time** | **End Time** | **BLDG** | **Room** | **Subtitle & Description** |
| 23598 | H06 | MW | 1:00 PM | 2:15 PM | FGM | 105 | **World Culture & Clothing** |
| 24210 | H07 | MW | 2:30 PM | 3:45 PM | FGM | 105 | **World Culture & Clothing** |
| 23665 | H08 | TR | 11:00 AM | 12:15 PM | FGM | 105 | **World Culture & Clothing** |
| 23664 | H09 | TR | 12:30 PM | 1:45 PM | FGM | 105 | **World Culture & Clothing** |
| 23593 | H01 | MW | 2:30 PM | 3:45 PM | MDD | 106 | **American Dream in Film & Music** |
| 23595 | H03 | MWF | 11:00 AM | 11:50 AM | MDD | 111 | **Movies, Tom Hanks, & Leadership** |
| 23597 | H05 | TR | 12:30 PM | 1:45 PM | HLG | 128 | **History Reframed** |