



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>

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 (i.e., 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
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

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.

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

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First-Year Theme-Based Seminar

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	<p style="text-align: center;">Women's Empowerment</p> <p>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.</p>
23044	30	TR	12:30 PM	1:45 PM	RND	110	<p style="text-align: center;">Mindfulness</p> <p>Starting college can be exciting but stressful. As a new student, you are trying to keep up with the demands of a new environment and new freedom. This course will help you explore mindfulness techniques such as meditation, journaling, breathing, gratitude, physical health, and manifestation. Through the practice of these techniques, you will have new skills to prepare yourself to become successful as you navigate your new environment.</p>
23045	31	MW	1:00 PM	2:15 PM	MDD	111	<p style="text-align: center;">Keep UL Lafayette Beautiful</p> <p>This UNIV 100 course will help students development a sense of belonging and stewardship during their time at UL Lafayette. With the aid of presentations, service-learning opportunities, and campus engagement, students enrolled in this course will quickly become familiar with campus amenities and resources that promote sustainability and student leadership.</p>
23047	33	TR	8:00 AM	9:15 AM	MDD	310	<p style="text-align: center;">How Did Jesus Tell Stories</p> <p>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.</p>
23048	34	TR	9:30 AM	10:45 AM	JLF	134	<p style="text-align: center;">Sneakerology</p> <p>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.</p>
23051	37	TR	9:30 AM	10:45 AM	MDD	111	<p style="text-align: center;">Leadership is for Everyone</p> <p>"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.</p>
23104	61	MW	1:00 PM	2:15 PM	RND	110	<p style="text-align: center;">Leadership is for Everyone</p>
23052	38	TR	3:30 PM	4:45 PM	DUPRE	141	<p style="text-align: center;">The Book Club</p> <p>Let's read for fun and explore some historically challenged books. From 1984 to Looking for Alaska, this semester will be one big book club where we decide the reading list together. Learn to read critically and prepare your brain for reading in college and participating in scholarly discussions.</p>
23065	41	TR	8:00 AM	9:15 AM	FGM	206	<p style="text-align: center;">You Got This!</p> <p>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,</p>

							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.
23069	45	TR	2:00 PM	3:15 PM	FGM	105	OG Heroes 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.
23072	48	TR	12:30 PM	1:45 PM	CLR	312	The Catholic Imagination This course will use short writings from authors like Flannery O'Connor, G.K. Chesterton, Walker Percy, J.H. Newman, Gerard Manly Hopkins, and Alasdair MacIntyre to explore the constellation of questions that arose from the experience of 19th and 20th century modernity.
23073	49	MW	1:00 PM	2:15 PM	MDD	106	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.
23099	56	TR	8:00 AM	9:15 AM	MDD	111	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.
23111	68	MWF	8:00 AM	8:50 AM	MDD	111	World of Business
23083	51	MWF	10:00 AM	10:50 AM	MDD	111	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.
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 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.
23107	65	MW	4:00 PM	5:15 PM	FGM	105	Film and Literature 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.
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 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
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 Analyze the biology of zombies and superheroes. Explore topics like zombie outbreaks, mad scientist experiments, and the science behind superpowers.
23208	82	MW	4:00 PM	5:15 PM	FGM	203	Keys to Self -Publishing a Book 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.
23250	101	MWF	10:00 AM	10:50 AM	DUPRE	337	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.
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
23598	H06	MW	1:00 PM	2:15 PM	FGM	105	World Culture & 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, and components of culture.
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 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.
23595	H03	MWF	11:00 AM	11:50 AM	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.
							<p style="text-align: center;">History Reframed</p> <p>students will explore the intersection of photojournalism, collective memory, and the visual documentation of historical events. This course invites you to examine how photography shapes our understanding of key historical moments, from the Civil War to the Civil Rights Movement, and how these images contribute to collective memory. Through a mix of lectures, discussions, and hands-on photo assignments, you will document your own freshman year experience, creating a visual record that ties personal memory to broader cultural narratives. By the end of the semester, you'll have improved your photography skills and developed a critical understanding of the power of images in storytelling. The course culminates in a collaborative project where students will showcase their collective memories in a final photography exhibition.</p>
23597	H05	TR	12:30 PM	1:45 PM	HLG	128	