



Office of First-Year Experience

UNIV 100

First-Year Seminar Courses

Fall 2026

UNIV 100 courses for the Fall 2026 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

Louisiana Educate Program

Check with your LEP Academic Success Coach. You may already be

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
	1	TR	8:00 AM	9:15 AM	FGM	105	Mastering the First Year
	2	MW	1:00 PM	2:15 PM	FGM	105	Mastering the First Year
	4	MWF	8:00 AM	8:50 AM	HLG	128	Mastering the First Year
	5	TR	8:00 AM	9:15 AM	MDD	106	Mastering the First Year
	6	TR	8:00 AM	9:15 AM	HLG	128	Mastering the First Year
	7	MWF	8:00 AM	8:50 AM	MDD	106	Mastering the First Year
	9	MW	4:00 PM	5:15 PM	FGM	105	Mastering the First Year
	10	TR	11:00 AM	12:15 PM	HLG	504	Mastering the First Year
	11	MWF	9:00 AM	9:50 AM	MDD	106	Mastering the First Year
	12	TR	2:00 PM	3:15 PM	MDD	111	Mastering the First Year
	13	MWF	11:00 AM	11:50 AM	MDD	310	Mastering the First Year
	15	MW	1:00 PM	2:15 PM	FGM	203	Mastering the First Year
	16	MWF	8:00 AM	8:50 AM	FGM	105	Mastering the First Year
	17	TR	11:00 AM	12:15 PM	MDD	310	Mastering the First Year
	18	MWF	9:00 AM	9:50 AM	FMG	105	Mastering the First Year
	19	TR	9:30 AM	10:45 AM	MDD	106	Mastering the First Year
	21	MWF	10:00 AM	10:50 AM	MDD	106	Mastering the First Year
	23	MWF	9:00 AM	9:50 AM	MDD	310	Mastering the First Year
	24	TR	9:30 AM	10:45 AM	CLR	213	Mastering the First Year
	25	MW	1:00 PM	2:15 PM	CLR	312	Mastering the First Year
	26	TR	9:30 AM	10:45 AM	FGM	203	Mastering the First Year
	28	MW	4:00 PM	5:15 PM	MDD	310	Mastering the First Year
	29	TR	9:30 AM	10:45 AM	FGM	105	Mastering the First Year
	32	TR	12:30 PM	1:45 PM	MDD	310	LEP-MFY
	33	TR	8:00 AM	9:15 AM	MDD	310	Mastering the First Year
	35	TR	11:00 AM	12:15 PM	CLR	213	Mastering the First Year
	36	TR	2:00 PM	3:15 PM	Dupre	141	LEP-MFY
	37	TR	9:30 AM	10:45 AM	MDD	111	Mastering the First Year

	39	MW	4:00 PM	5:15 PM	MDD	106	Mastering the First Year
	40	TR	3:30 PM	4:45 PM	MDD	106	Mastering the First Year
	41	TR	8:00 AM	9:15 AM	FGM	206	Mastering the First Year
	43	MW	4:00 PM	5:15 PM	CLR	213	Mastering the First Year
	44	MWF	12:00 PM	12:50 PM	FGM	203	Mastering the First Year
	45	TR	2:00 PM	3:15 PM	FGM	105	Mastering the First Year
	46	TR	12:30 PM	1:45 PM	GIR	201	Mastering the First Year
	48	TR	12:30 PM	1:45 PM	CLR	312	Mastering the First Year
	50	TR	8:00 AM	9:15 AM	CLR	312	Mastering the First Year
	53	TR	9:30 AM	10:45 AM	HLG	128	Mastering the First Year
	55	TR	9:30 AM	10:45 AM	HLG	504	Mastering the First Year
	56	TR	8:00 AM	9:15 AM	MDD	111	Mastering the First Year
	60	TR	3:30 PM	4:45 PM	CLR	213	Mastering the First Year
	65	MW	4:00 PM	5:15 PM	HLG	128	Mastering the First Year
	69	TR	2:00 PM	3:15 PM	CLR	213	Mastering the First Year
	70	TR	2:00 PM	3:15 PM	MDD	106	Mastering the First Year
	71	TR	12:30 PM	1:45 PM	FGM	203	Mastering the First Year
	73	MWF	9:00 AM	9:50 AM	CLR	312	Mastering the First Year
	77	TR	2:00 PM	3:15 PM	HLG	504	Mastering the First Year
	78	TR	12:30PM	1:45PM	HLG	504	Mastering the First Year
	79	MWF	9:00 AM	9:50 AM	MDD	111	Mastering the First Year
	80	MW	4:00 PM	5:15 PM	CLR	312	Mastering the First Year
	81	MWF	10:00 AM	10:50 AM	CLR	213	Mastering the First Year
	99	TR	8:00 AM	9:15 AM	FGM	203	Mastering the First Year
	X01	ONLINE					Mastering the First Year

First-Year Theme-Based Seminar

CRN	Section	Day(s) to Meet	Begin Time	End Time	BLDG	Room	Subtitle & Description
	8	TR	8:00 AM	9:15 AM	CLR	213	How Did Jesus Tell Stories?
	14	TR	2:00 PM	3:15 PM	FGM	203	OG Heroes of Christianity
	20	TR	12:30 PM	1:45 PM	HLG	128	The Thoughtful Communicator
	22	MWF	10:00AM	10:50AM	FGM	105	Mastering Your Finances
	30	TR	12:30 PM	1:45 PM	Rand	110	Mindfulness
	49	MW	1:00 PM	2:15 PM	MDD	310	Vampires Are Us
	51	MWF	10:00 AM	10:50 AM	MDD	111	Effects of Communication
	57	MWF	9:00 AM	9:50 AM	CLR	213	Pilgrim's Progress
	58	TR	11:00 AM	12:15 PM	CLR	213	Exploring Undergraduate Research
	63	MWF	9:00 AM	9:50 AM	FGM	203	Vibes and Attitudes
	64	MW	2:30 PM	3:45 PM	MDD	111	Effects of Communication
	67	TR	11:00 AM	12:15 PM	MDSN	122A	Intro to Engineering Innovation
	68	TR	11:00 AM	12:15 PM	CLR	312	Where Do Monsters Come From?
	84	TR	9:30 AM	10:45 AM	OLVR	116	Intro to Engineering Innovation
	91	TR	2:00 PM	3:15 PM	CLR	324	Intro to Engineering Innovation
	92	TR	11:00 AM	12:15 PM	OLVR	116	Intro to Engineering Innovation
	97	MW	1:00 PM	2:15 PM	CLR	309	Intro to Engineering Innovation
	101	TR	12:30PM	1:45PM	Dupre	377	Emerging Issues in Athletics
	102	TR	9:30 AM	10:45 AM	Dupre	377	Emerging Issues in Athletics
	103	MWF	10:00AM	10:50AM	Dupre	377	Emerging Issues in Athletics
	104	TR	8:00 AM	9:15 AM	Dupre	377	Emerging Issues in Athletics
	105	TR	11:00 AM	12:15 PM	Dupre	377	Emerging Issues in Athletics

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 parable of Jesus and see how He challenges how we think and live today.

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.

The Thoughtful Communicator This course will primarily focus on critical thinking and communication skills as the most important skills incoming college students should acquire. Students will learn about how to critically analyze different situations (including time management, study, and learning skills) and communicate in effective ways with multiple audiences throughout their college journey.

Mastering Your Finances An introductory course on how to manage your personal finances. Key topics of discussion will be budgeting, saving, investing, balancing your checkbook, good credit vs. bad credit, and how to effectively manage debt. This course is designed to aid students in getting and keeping their finances in check.

Mindfulness This course will emphasize practical mindfulness strategies and explore how attention, reflection, and purposeful action can contribute to academic achievement, personal well-being, and campus community engagement. Through interactive activities, reflective practices, and the use of campus resources, students will develop mindfulness habits that promote success in college and beyond.

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.

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.

Vibes and Attitudes Designed to help students successfully transition into college life at UL Lafayette. The course provides strategies for overcoming common academic and personal challenges, building confidence, and navigating the university environment. It also emphasizes communication, conflict resolution, and healthy boundary-setting skills to support student well-being, personal growth, and overall success.

Intro to Engineering Innovation An 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 academics success relevant to the engineering discipline.

Emerging Issues in Athletics This course introduces student-athletes and students to current issues and challenges in intercollegiate athletics. It explores NCAA academic regulations, media attention, and the realities of balancing academics, athletics, and daily college life. The course also examines NCAA eligibility standards and addresses issues unique to college athletics. Students will engage in discussions and debates on topics such as NCAA governance, academic integrity, pay-for-play models, the value of grant-in-aid agreements, and the likelihood of pursuing professional sports careers.

Exploring Undergraduate Research - An interdisciplinary course designed to introduce students from **all academic backgrounds** to the principles, practices, and ethics of research. Through hands-on activities, critical analysis, and guided inquiry, students will develop foundational research skills while exploring questions, methods, and scholarly practices relevant to their own disciplines. Whether in the sciences, humanities, social sciences, arts, or professional fields, students will learn how knowledge is created, evaluated, and communicated, culminating in an exploratory project tailored to their academic interests.

Pilgrim's Progress - This course invites students to become resilient Travelers in the new land of College. We will study John Bunyan's [The Pilgrim's Progress](#), a moral classic in a selfie world, and take a thrilling adventure that begins with the first semester of college. Traveling down the road to success, we will make many stops, including time management, health choices, study habits, financial woes, and peer pressure issues. Students will be required to imaginatively journal and map the encounters of their own lives, in allegorical form, as they tackle the many demands of college life. The course will end by giving the students bright illumination to the Celestial City...Graduation and Beyond!

Where Do Monsters Come From - What creates a monster? Is evil something people are born with, or is it shaped by childhood, trauma, family, society, or circumstance? An engaging, discussion-based first-year seminar that explores the causes and consequences of violent crime through the perspectives of criminal justice, psychology, sociology, ethics, and victimology. Using real-world case studies—including serial killers, juvenile homicide, school violence, cults, domestic violence, child abuse, and mass shootings—students will examine the factors that contribute to violence while emphasizing victim experiences, community impact, and prevention.

**This course examines graphic and emotionally challenging topics that may include descriptions, photographs, videos, and discussions of violent crime, homicide, child abuse, domestic violence, mass shootings, and other traumatic events.*

Legal Careers Myths and Truths - This course provides an introductory overview into law and policing and designed for those students interested in pursuing a law or criminal justice career. Its goal is to provide you with a brief overview of the legal and law enforcement professions to help you determine if it is the right career choice for you. Students will explore lawyers, police organizations, the causes of crime, true -crime, and career opportunities in in law and law enforcement. It combines the realities of a career in law or policing, theory, true crime analysis, and career exploration to help first-year students build a foundation for a concentration in criminal justice or pre-law studies.

American Dream in Film & Music Student 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.

Film and Literature In this course, students will learn the basics of film adaptation/adaptation theory. They will analyze a range of literature and their subsequent films. Students will explore a spectrum that ranges from true adaptations (window) to inspirations (frame/mirror). Through this class, students can 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.

Living Learning Community

Course Description: Designed for students who are participating in the Living and 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
	L01	TR	11:00 AM	12:15 PM	FGM	203	LLC - Business Secrets
	L02	TR	9:30 AM	10:45 AM	MDD	106	LLC - Healthcare Innovators
	L03	TR	2:00 PM	3:15 PM	FGM	203	LLC - Service and Leadership
	L04	TR	2:00 PM	3:15 PM	ANG	153	LLC - Gateway to the Arts
	L05	MW	2:30PM	3:45PM	HLG	504	LLC - KINectED
	L06	T	2:00PM	3:25PM	CLR	309	LLC - Engineering
	L07	MW	1:00PM	2:15PM	MDD	106	LLC-Travel, Language & Culture
	L08	TR	11:00AM	12:15PM	BOUR	155-B	LLC - Lifetime Recreation

UNIV 115 Honors

Course Description: These courses are designed for Honors' students, but non-Honors' students may also enroll.

CRN	Section	Day(s) to Meet	Begin Time	End Time	BLDG	Room	SUBTITLE
	1	MW	2:30 PM	3:45 PM	MDD	310	American Dream in Film & Music

	2	MW	1:00 PM	2:15 PM	MDD	111	Effects of Communication
	3	TR	11:00 AM	11:50 AM	FGM	105	Movies, Tom Hanks, & Leadership
	4	MW	2:30 PM	4:45PM	HLG	128	Film and Literature
	5	TR	12:30 PM	1:45 PM	HLG	128	History Reframed
	6	TR	3:30 PM	4:45 PM	Dupre	141	The Book Club
	7	MWF	12:00PM	3:45PM	FMG	105	Looking In > Fitting In
	10	TR	12:30 PM	1:45pm	BLD	220	Supernatural Bio

American Dream in Film & Music Student 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.

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.

Movies, Tom Hanks, & Leadership This course uses contemporary films, primarily those starring Tom Hanks, to explore leadership values and principles. Students will analyze the films as case studies to better understand leadership processes, the role of leadership in society, and the qualities of effective leaders. Course activities and discussions will encourage critical thinking about the challenges, responsibilities, and importance of leadership. Students will also examine leadership theories represented in the films and reflect on the values and lessons connected to each example.

History Reframed This course 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.

The Book Club 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 build the reading list together. Learn to read critically and prepare your brain for reading in college and participating in scholarly discussions while maintaining an important practice of reading for leisure.

Looking In > Fitting In (Writing Your Story: Looking In > Fitting In) This course explores personal development as the foundation for success in college and beyond, emphasizing self-awareness, resilience, and developing a strong sense of self. Centered on the idea of "looking in over fitting in," students will examine how their beliefs, choices, and behaviors shape their experiences and outcomes. Drawing from Stoic philosophy, leadership theory, self-authorship, Adlerian concepts, and contemporary perspectives from multi-disciplinary fields, the course encourages students to take ownership of their growth while developing practical strategies to navigate challenges, manage adversity, and remain grounded in the face of uncertainty.

Supernatural Bio Explore biological concepts as we analyze the inner workings and systemic functions of the supernatural world.

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