

# GET INVOLVED!

## University 1: An Introduction To The University

Fresno State offers University 1, a three-unit course, to guide you through the academic process. Everyone has questions when first entering a university. University 1 answers many of those questions as it helps you master the demands of attending a four-year school. This course helps you develop skills for lifelong learning and achievement and it prepares you for advanced study.

University 1 presents strategies for keeping ahead academically, managing time effectively, and graduating on schedule. This course helps you build self-confidence as you set goals and explore career options. It is designed to expand your intellectual horizons as you gain the tools for future success. Research shows students who take University 1 have a higher retention rate and are more successful in their university studies.

“It was very informative and helped me realize that there are a lot of resources here at Fresno State to help me through graduation.”

--Freshman, Biology Major



You may wish to add university 1 to your schedule. You will earn three units of credit while you acquire the survival techniques for a meaningful and successful college experience.

## Students for Community Service

You can earn from one to three units of university credit for volunteer community service each semester. For each unit of credit enrolled in Community Service 101, you must perform a minimum number of hours of community service. For more information, contact Civic Engagement and Students for Community Service at 559.278.7079 (Lab School, Room 185B) or visit the web site <http://www.csufresno.edu/scs>.

## University Mentoring Program

The University Mentoring Program is a unique experience that offers first-year students the opportunity to interact one-on-one with a faculty or staff member outside the traditional classroom or office setting. Research demonstrates that one of the most important factors that contribute to the likelihood of college success is providing entering students with a mentor. Mentors provide guidance, friendship and support and serve as a role model for students. They share their educational experiences, and assist mentees with their academic and personal concerns.

Fresno State is committed to educational equity and to providing students with a meaningful and rewarding educational experience. The university believes participation in the University Mentoring Program will do much toward reaching these goals. In order to participate in the University Mentoring Program, you should be either a freshman, transfer, or reentry student and you are required to enroll in University 1.

“My mentor motivated me to achieve my new goals here at Fresno State. He has guided me through the beginning of my journey and I hope to keep in touch with him in the years to come.”

– Freshman, Business Administration Major

On behalf of the university, you are invited to participate in the program. We look forward to being a part of your education experience at Fresno State. For further information, visit [www.csufresno.edu/univ1\\_fmp](http://www.csufresno.edu/univ1_fmp).