



University Life
**NEW STUDENT AND
FAMILY PROGRAMS**
George Mason University®

Welcome to Orientation!

UNIVERSITY STUDIES
Office of Undergraduate Education

UNIV 100/300 -Introduction to George Mason

UNIV 100 - First Year Students

UNIV 300 – Transfer Students



Path for a Successful Transition to George Mason University

- UNIV-100 is a 1-credit, student-oriented holistic course that provides students with tools to
 - Be academically and personally successful
 - Lay the foundation for career-readiness
 - Engage in the college community
 - Take full advantage of all the opportunities George Mason has to offer
- UNIV 300 is a half-semester version for transfer students

Student Learning Outcomes

As a result of participating in UNIV 100, students will:

CONNECTION:

- Connect with peers, faculty and the larger Mason community through meaningful interactions.

SKILLS BUILDING:

- Be able to access Mason resources related to their personal growth, academic development and career planning & plan for an effective use of a few of these resources.

REFLECTION AND SELF-ACTUALIZATION

- Be able to **reflect** on their experiences and strengths as they relate to their self-discovery and goals .

Sample Topics

- Academic Advising
- Academic Success
- Career Readiness
- Getting to Know Mason
- Money Management
- Time Management

- Student Involvement
- Academic Integrity
- Student Conduct
- Alcohol and Drug Awareness
- Critical Thinking
- OSCAR - Research and Creative Activities



What to Expect in Class?

No Exams!

Assignments

- Outside events
- Visit with Academic Advisor
- Short journal writing
- Resume
- Final Project

Practical Info, Fun Environment

- Not an academic course
- Building and practicing valuable skills in a welcoming, micro-community

Structure of the Course

- Build Skills and learn about Mason resources!
- Maximum of 22 students – Small class size
- Interactive!
- Discussion/Reflection based assignments
- Once per week for 1 hour and 15 mins
- 1 credit elective (UNIV 300 can be taken for 0 credits)
- Faculty instructor with and Undergraduate Peer Advisor



FALL 2025 STUDENT SURVEY RESULTS

Summary

"This course helped me with..."	
My Personal Goals	92%
My Academic Goals	94%
My Career Goals	86%
Becoming more confident with locating appropriate help on campus when I have a question or concern	92%

Agreed that as a result of taking the course, they	
Know how to access resources at Mason	96%
Have the information they need to make informed choices regarding the honor code - plagiarism and cheating	90%
Have the information they need to make healthy choices	91%
Feel confident about managing their time and responsibilities	88%

Thinking “I already know all this”?

- Pre-class vs post-class student evals reveal even students who feel very confident about skills taught in the class beforehand say the class benefited them greatly in building those skills further...

- BONUS! - Continued Impact:

*One year after finishing the course, 71% of students said the course **continued** to have a positive impact on them beyond the first year, 21% weren't sure, with only 8% saying no.*

HOW TO REGISTER FOR UNIV 100



REMEMBER TO SCROLL DOWN!

← → ↻ ssbstureg.gmu.edu/StudentRegistrationSsb/ssb/classSearch/classSearch ☆ New

GEORGE MASON

[Student](#) • [Registration](#) • [Select a Term](#) • [Browse Classes](#)

Browse Classes

Search Results — 85 Classes
Term: Fall 2024 Subject: University Studies

Introduction to Ma...	Univer...	100	003	1	72...	F...	Smith, James...	S M T W T F S	10:30 AM - 11	F...	19 of 19 ... 99 of 99 ...	Seminar	Undergraduate - Lower Divi...
Introduction to Ma...	Univer...	100	004	1	70...	F...		S M T W T F S	10:30 AM - 11	F...	22 of 22 ... 99 of 99 ...	Seminar	Undergraduate - Lower Divi...
Introduction to Ma...	Univer...	100	005	1	70...	F...	Renshaw, Kei...	S M T W T F S	10:30 AM - 11	F...	21 of 22 ... 99 of 99 ...	Seminar	Undergraduate - Lower Divi...
Introduction to Ma...	Univer...	100	006	1	70...	F...		S M T W T F S	01:30 PM - 02	F...	19 of 19 ... 99 of 99 ...	Seminar	Undergraduate - Lower Divi...
Introduction to Ma...	Univer...	100	007	1	72...	F...	Hamilton, Dw...	S M T W T F S	12:00 PM - 01	F...	18 of 19 ... 99 of 99 ...	Seminar	Undergraduate - Lower Divi...
Introduction to Ma...	Univer...	100	008	1	72...	F...	Redd, Riley (s...	S M T W T F S	01:30 PM - 02	F...	16 of 19 ... 99 of 99 ...	Seminar	Undergraduate - Lower Divi...
Introduction to Ma...	Univer...	100	009	1	70...	F...	Lee, Jessie (...)	S M T W T F S	09:00 AM - 10	F...	22 of 22 ... 99 of 99 ...	Seminar	Undergraduate - Lower Divi...
Introduction to Ma...	Univer...	100	010	1	72...	F...	Stewart, Anto...	S M T W T F S	09:00 AM - 10	F...	22 of 22 ... 99 of 99 ...	Seminar	Undergraduate - Lower Divi...

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Slide 1 of 19 English (United States) Accessibility: Investigate

NOTES COMMENTS

Our Courses

Transition *To* Mason

UNIV 100 – Introduction
to George Mason

UNIV 300 - Introduction
to George Mason or
Transfer Students

Transition *Through* Mason

UNIV 170 – Financial
Literacy

UNIV 220– Major/Career
Decision-Making

Transition *Beyond* Mason

UNIV 321 –
Internship/Prof
Experience

UNIV 422– Professional
Skills Building

Takeaways...

You probably have credits that you've already paid for!

96% of students said it helped them be successful!

Belonging and community with your peers!



Thank you!

Please complete this quick feedback survey
for this presentation!

