CSM101 - Freshman Success Seminar

Bulletin Description:

FIRST-YEAR ADVISING AND MENTORING PROGRAM is a "college transition" course, taught in small groups. Emphasis is placed on fostering connectedness to CSM, developing an appreciation of the value of a Mines education, and learning the techniques and University resources that will allow freshmen to develop to their fullest potential at CSM. Course Objectives: Become an integrated member of the CSM community; explore, select and connect with an academic major; and develop as a person and a student.

Purpose for the Curriculum:

CSM101 is a 0.5 credit course required for graduation. It is structured to assist first-year students with the transition to the intellectual & social community of Mines. Students in CSM101 will intellectually, socially, and personally orient themselves to Mines.

Learning Outcomes:

1. Feel further connected to the campus community,
2. Demonstrate active engagement in the campus community via social, academic, and personal involvement,
3. Be able to articulate an awareness of campus resources and policies,
4. Formulate and revise academic and career goals,
5. Gain a personal understanding of learning styles, skills, and strengths,
6. Be able to identify and communicate personal values related to wellness.

Topics Covered:

- Learning Styles
- On-campus resources
- Tips for successful studying and test taking
- Goal Setting
- MBTI and Emotional Intelligence
- How to work in groups
- School/Life balance
- Academic major selection
- Undergraduate Research/Faculty Connections
- Course registration