ELIGIBILITY:
- Active ASPIRE-Student Support Services students.
- First Generation, Income eligible and/or a student with a disability
- Students must be taking 12 non-tuition waivered credits along with an ASPIRE course.
- Contact your ASPIRE advisor or the ASPIRE Office for more information.

Course Sections

<table>
<thead>
<tr>
<th>Course Sections</th>
<th>Sections</th>
<th>Day/Time</th>
<th>(Students)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strategies for Academic Success</td>
<td>3568</td>
<td>TRDIS 120-001</td>
<td>M W 1:25-2:20 (30 students)</td>
</tr>
<tr>
<td>Strategies for Academic Success</td>
<td>3569</td>
<td>TRDIS 120-002</td>
<td>T TH 11:15-12:10 (30 students)</td>
</tr>
<tr>
<td>Seminar in Career Exploration</td>
<td>3570</td>
<td>TRDIS 101-004</td>
<td>T TH 12:55-1:50 (qtr 2) (30 student)</td>
</tr>
</tbody>
</table>

STRAATEGIES FOR ACADEMIC SUCCESS (1 CREDIT)

Develop strategies for being successful in the classroom and for managing college life. Emotional intelligence, identity formation, autonomy, financial literacy as it relates to college life and beyond, interpersonal effectiveness, specific study skills, and communicating with others in a diverse and inclusive environment are the focus of the course. Objectives include:
1) Developing learning strategies, classroom techniques, and study skills applicable to achieving college academic success
2) Developing attitudinal and behavioral strengths, as well as coping strategies, in order to manage the demands of the college experience
3) Developing maturity and confidence by establishing fulfilling relationships with peers, staff, and faculty through active involvement in campus life
4) Developing awareness of the benefits of embracing diversity, and actively participate in leadership and service opportunities in the university community.

SEMINAR IN CAREER EXPLORATION (1 CREDIT)

Are you undecided about which major to declare? Then this class is for you! You will use a series of on-line, in-class assessments to discover – or confirm – your personal interests, skills, and values while we simultaneously guide your exploration of the programs at Stout that appear to be the best “fit” for your individual personality. Practical applications include creating your individual career plan from a variety of information sources, based on your individual research. You may still be undecided after completing this course, but you will know a lot more about yourself, know more about the careers that you choose to investigate, understand the projected job market outlook for these careers, and you will have a self-designed action plan for what you intend to do next.