



UNI 120

Academic Success

Learn about yourself and grow your **leadership skills** by practicing **creative problem-solving** techniques

Assists students in creating creative problem-solving strategies for success in their academic lives. Students explore personal and academic strengths and barriers that impact success, identify and utilize university resources available to support success at ASU, acquire and enhance academic skills necessary for success in the university, and discover ways to stay on course to meet academic goals.

You will learn:

To apply the creative problem-solving process to various personal, academic, and professional problems

Build your skills within the 10 mindsets and attributes necessary for strong creative problem-solving practice

Select a problem and complete a semester project to answer the question, "How might we solve this problem?"

Evaluate proposed solutions through the prototyping and iteration cycle

Ready to take success to the next level?
Want to learn more?

Contact successbydesign@asu.edu

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ASU University College
Arizona State University



UNI 110

Critical Reading and Thinking

Increase your **mental flexibility** and **critical reasoning** by analyzing current events and issues

Designed to improve critical thinking skills through active discussions, debates, and writing with an emphasis on argument analysis and information literacy. Students develop strategies to enhance critical thinking utilizing a range of sources. This class teaches interdisciplinary strategies that can be applied to assist with interpreting, analyzing, critically evaluating, and writing about a variety of ideas. This 3-credit course fulfills the "L" literacy requirement.

You will learn:

Research articles related to topics of your choosing and analyze existing arguments

Construct your own arguments in writing and in debate

Practice an open-minded and curious approach to new information

Apply problem-solving processes to their work throughout the course

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ASU University College
Arizona State University



UNI 220

Mindset Connections

Learn about yourself, maximize your strengths, improve your weaknesses, and strategize for success in college and in life

Explores how students' strengths and barriers influence success (i.e., how mindset, perception and beliefs influence behavior) and discovers methods for staying focused and meeting academic, personal and professional goals. Students acquire and enhance emotional intelligence skills for success in and out of the classroom.

You will learn:

Success strategies, procrastination and diagnosing barriers

Choice/self-management and responsibility

Growth and fixed mindset

Identifying patterns and embracing change

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Want to learn more?**

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ASU University
College
Arizona State University



UNI 240

Researching Mindfulness

Being aware of what is happening right now will encourage mindfulness in all that you do.

Explores how students' strengths and barriers influence success (i.e., how mindset, perception and beliefs influence behavior) and discovers methods for staying focused and meeting academic, personal and professional goals. Students acquire and enhance emotional intelligence skills for success in and out of the classroom.

You will learn:

Display an understanding of yourself

Have a clear perception of the self in relationship to others, local community, and the larger world

Begin to apply the philosophy and practice of mindfulness to daily life

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ASU University
College
Arizona State University



UNI 225

Emotional Intelligence

Leadership and Success

Explore the concept of Emotional Intelligence (EQ) and the influence it has on leadership, success and relationships. Is IQ more important than EQ? This course will focus on the multiple theories and application of emotional intelligence in and around our lives. It will be a discussion and application-based course focused on the development of self-awareness and self-management of emotions in our lives, as well as how this all influences our success in multiple areas of our lives.

You will learn:

Learn why EQ and IQ are equally important to your success

Increase your self-awareness and self-management of emotions

Develop better relationships with others

Become a more well-rounded leader

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Want to learn more?

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ASU University College
Arizona State University



ASU 230

Life by design

An **invaluable** part of your learner journey

College offers you the opportunity to explore interests and find career paths that align to your genuine interests and personal goals. But, where do you start on this journey of self-discovery? This course introduces you to the design thinking process – a strategy used by the world’s top designers to launch products and services – and applies that process to your individualized career and life plans. You’ll explore how the college experience – through majors, classes, experiential learning, networking and other student services – can support your journey. And, you’ll develop a growth mindset that helps you experiment, live creatively and develop self-confidence.

You will learn:

Design thinking

Building a supportive network

Tapping into flow states

Building mind maps, articulating purpose

**Ready to take success to the next level?
Want to learn more?**

Contact successbydesign@asu.edu

Course Page





UNI 394

Focusing on Academics

Practice your presentation prowess with **poise and power!**

This course is designed to assist students in focusing on an academic approach to a student-chosen topic of interest. The course is taught from an “organic perspective” that is student/content centered. To enable students and the instructor to have frequent and meaningful interactions with each other and the group, class size is limited.

You will learn:

College level research
and academic writing

Presentation skills

Comprehending
information

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ASU University
College
Arizona State University



UNI 110, 120, 220, 225, 240, & 394 + ASU 230

Success by Design

What if you could **change your academic trajectory** with a single course?

Become **more confident** researching, writing, and speaking about challenging ideas.

Discover ways to **stay focused** and **meet goals**. Take **your success** to the **next level**.

Check out these in-person classes today!

ASU 230	Life by Design
UNI 110	Critical Reading and Thinking
UNI 120	Academic Success
UNI 220	Mindset Connection
UNI 225	Emotional Intelligence: Leadership and Success
UNI 240	Researching Mindfulness
UNI 394	Focusing on Academics

Ready to take success to the next level?

Want to learn more?

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