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

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

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.

Ready to take success to the next level?
Want to learn more?
Contact SuccessCourses@asu.edu

universitycollege.asu.edu/academic-success-seminar
Critical Reading
UNI 110 Course
and Thinking

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

You will learn:

- Research articles related to topics of their 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

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.

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universitycollege.asu.edu/academic-success-seminar
Learn about yourself, maximize your strengths, improve your weaknesses, and strategize for success in college and in life

You will learn:

- Success strategies, procrastination and diagnosing barriers
- Choice/self-management and responsibility
- Growth and fixed mindset
- Identifying patterns and embracing change

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.

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universitycollege.asu.edu/academic-success-seminar
Researching
UNI 240 Course
Mindfulness

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

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

UNI 240: Mastering Mindsets provides students with the opportunity to explore mindfulness and the impact it has on their success as a student, an individual, and in the future. Therefore, students will research topics of interest with the subjects of psychology, emotional regulation and mindfulness in order to deepen their understanding of how the brain and the mind influence beliefs, choices, behaviors and learning.

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universitycollege.asu.edu/academic-success-seminar
Leadership and Success

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

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.

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universitycollege.asu.edu/academic-success-seminar
Practice your presentation prowess with **poise and power!**

**You will learn:**

| College level research and academic writing | Presentation skills | Comprehending information |

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.

**Ready to take success to the next level?**
Want to learn more?
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[universitycollege.asu.edu/academic-success-seminar](universitycollege.asu.edu/academic-success-seminar)
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!

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Learn More: SuccessCourses@asu.edu
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