**UNIV 100 Student Learning Outcomes**

The four themes we have identified for UNIV 100 student learning outcomes are **Personal Development and Well-Being, Effective Communication and Teamwork, Diversity and Community, and Academic and Career Success Tools.**

**As a result of participating in a first-year UNIV course, students will be able to:**

**Personal Development and Well-Being:**

* Identify and explain how personal values, beliefs, and strengths shape one’s worldview
* Develop problem-solving skills and identify campus resources to resolve challenges during one’s experience at Mason

**Effective Communication and Teamwork:**

* Apply strategies to work within groups effectively
* Demonstrate conflict management strategies
* Express opinions and ideas in writing, verbally, and visually within a diverse community

**Diversity and Community:**

* Demonstrate awareness and understanding of perspectives and backgrounds that are different from one’s own
* Construct one’s sense of belonging at George Mason University

**Academic and Career Success Tools:**

* Explore personal, academic, and career goals and integrate them with co-curricular and career readiness opportunities
* Adapt and apply appropriate academic strategies to learning experiences
* Apply relevant academic policies, processes, and resources related to academic success and timely attainment of degree requirements