

PROJECT PEAK

OUTDOOR EXTENDED ORIENTATION

Looking to meet other first-year Patriots? Want to sleep under the stars and roast marshmallows after a full day of fun in the outdoors kayaking, rock climbing, and hiking? Project Peak is the trip for you! Project Peak is a five-day, four-night outdoor adventure trip offered to freshmen of all experience levels. Come enjoy the outdoors, have fun, and meet Mason students, staff, and faculty on this one of a kind adventure. Your memories will last you a lifetime!



Dates: Sunday, August 21 – Thursday, August 25
Cost: \$375 (scholarships available, see website for more information)

PHASE 1

Multi-Element Outdoor Adventure: On each day of your Project Peak trip you will have the opportunity to try a new activity with trained instructors. From whitewater kayaking down the Potomac River to climbing the rock walls at Carderock, you will spend your days engaging in exhilarating outdoor activity. No experience necessary as our instructors assist you in choosing your challenge level. At night, your team will return to camp and cook dinner, play games, tell stories around the campfire, and more.



PHASE 2

University 108: Project Peak: After returning to campus at the end of phase 1, you and your trip mates will all take UNIV 108, a 0-1 credit course designed to assist first-year students with their transition to Mason and continue the exploration and relationship building from the Project Peak trip. All Project Peak students must take UNIV 108. Students in a Living Learning Community (LLC) will take a different course through their LLC. Please visit our website for more information.

Early residence hall move-in and scholarships available. Please see website for more information and to register: transitions.gmu.edu/projectpeak.



UNIVERSITY 100

transitions.gmu.edu

UNIVERSITY 100:
Introduction to
Mason

PROJECT PEAK:
Outdoor Extended
Orientation



“University 100 helped me manage my schedule and make lasting friendships my first year.”

Megan '15, Department of Justice



Center for Academic Advising,
Retention, and Transitions

Student Union Building I • Suite 3600 • 703-993-2470

UNIVERSITY 100

University 100 is a small, discussion-based, **1-credit Introduction to Mason course** designed specifically for first-year students taken in the fall semester.

You will learn how to take advantage of **Mason's resources**, develop **academic skills** for success, and discover ways to **get involved** on campus. Classes are **co-taught** by a faculty member and an upper-class peer advisor, who have been through an extensive selection and training process and are dedicated to helping first-year students succeed.



The discussion-based classes are small, consisting of **20 to 25 students**, and encourage students to get to know each other. You will develop a network of fellow classmates and other helpful members of the university community. The course is offered in multiple delivery styles including: once a week, twice a week, and a hybrid of once a week and online. This course is open to all first-year students, and you can **register on PatriotWeb at orientation**. The courses are listed as "UNIV" under "University Studies" on PatriotWeb.

THE ISSUES DISCUSSED IN THE CORE CURRICULUM OF THE UNIVERSITY 100 COURSES INCLUDE:

- Academic success
- Adjusting to college
- Stress management and wellness
- Global citizenship
- Study skills and note taking
- Major and career exploration
- Time and money management
- Alcohol and drug education
- Introduction of campus resources
- Getting involved on campus
- College-level writing and public speaking

DID YOU KNOW...

The average end-of-the-year GPA of students enrolled in University 100 is higher than those of students not enrolled in the course.

Students who take University 100 are more likely to have a successful overall college experience.

Over 40 sections of University 100/150 are offered in the fall, including

- Introduction to Mason – General Sections
- Special Populations
 - College Specific – CHHS, CHSS, Education
 - First Generation
 - Off Campus
 - Out of State
 - STEM: Science, Technology, Engineering, and Mathematics
- University 108 - Project Peak
- University 150 - Living Learning Communities*
 - Arts
 - Engineering & Computing

*To register and learn more about the University 150 LLCs, visit llc.gmu.edu.



“University 100 really helped me learn the practical skills necessary for success.”

*Alexandra, '08, Fourth-Year Medical Student,
George Washington University*

transitions.gmu.edu