

University Skills

Section 26

Complementary University Credits (CUC)

Complementary University Credits are additional to the Faculty degree and certificate requirements stipulated in the University Undergraduate Calendar. These credits are not assessed in any GPA calculation and are not transferable to any degree or Faculty certificate.

Courses (Complementary University Credit)**UNSS 200 *Self-Management Strategies* (1.5 credits)**

Prerequisite: Faculty recommendation. Based on the principle of self-efficacy, this course is an introduction to self-management and self-assessment, exploring personal goal setting, time and stress management, mindfulness and motivation. Students gain an in-depth perspective of their individual strengths, develop strategies to deal with personal challenges, and enhance their motivation through exploring career directions. Each student works on an individual project designed to foster self-monitoring and self-reflection within the context of working towards success. A final portfolio compiled by each participant documents individual progress through the term. Successful completion of this pass/fail course depends on excellent attendance and timely completion of all assigned work.

NOTE: This course does not count for credit in any University program.

UNSS 201 *Successful Study Strategies* (1.5 credits)

Prerequisite: UNSS 200 and Faculty recommendation. This course focuses on enhancing each student's potential for academic success through developing strategies for active learning. Students explore techniques to enhance their understanding and retention of course material, including the principles of effective note-taking, active reading, preparing for exams and improving memory and concentration. Students are encouraged to apply these strategies in their other courses; for this reason, it is strongly recommended that this course be taken in conjunction with at least one other course. A final portfolio compiled by each participant demonstrates study strategies applied to discipline-specific coursework and reflects on the student's progress through the term. Successful completion of this pass/fail course depends on excellent attendance and timely completion of all assigned work.

NOTE: This course does not count for credit in any University program.
