First-Year Opportunities

College Transition
Learn and apply college-level academic skills
The College Transition (CT) program helps first-year students make a smooth transition to college-level academics. CT options bundle an academic course that counts toward the General Education Program with a CT Seminar, taught by University staff, and a CT Workshop, led by a successful undergraduate UI student. In the Seminar, students learn about study skills, time management, test preparation, goal setting, and using university resources. In the Workshop, they apply those skills to their shared General Education course and refine their lecture notes, discuss readings, and create study materials. There are 44 CT options attached to the following General Education courses: Human Biology, Contemporary Environmental Issues, Media Uses and Effects, Media History and Culture, Introduction to Sociology, Elementary Psychology, General Chemistry I, and Principles of Chemistry I.

Click here to learn how to add College Transition options. Click here to learn more details about CT.

Courses in Common
Make a big university feel like home
CIC is an opportunity for students to enroll in two courses together with about 20 other first-year students. This is a great way to meet other students, form study groups, and ease the transition to college. All pairings include a small, discussion-based course (Rhetoric or Creative Writing Studio Workshop) that is paired with a general education course.

Click here to learn how to add Courses in Common options. Click here to learn more details about CIC.

Explore Iowa
Get to know campus and beyond
Explore Iowa is a one-of-a-kind experience that allows students to explore the University of Iowa and beyond. Students attend concerts, plays, museum showings, food festivals, and sporting events, among other events, and reflect on these experiences both in class and in writing. A lecture series accompanies the class, exposing students to experts in a variety of fields, including the FBI, astronomy, national politics, and University organizations. Small discussion sections are led by Peer Mentors, undergraduate students who have been through the Explore Iowa experience already.

Click here to learn how to add Explore Iowa. Click here to learn more about Explore Iowa.

First-Year Seminars
Explore a special topic in a small class
First-year seminars are classes taught by faculty and staff members to a small group of first-year students (fewer than 20). Faculty choose the theme of the seminar because it is related to their research, it’s something that has always fascinated them, or it provides a glimpse into their academic areas.

Click here to learn how to add First-Year Seminars. Click here to learn more about First-Year Seminar options.