**Oregon/Washington Joint Meeting on The First-Year Experience and Guided Pathways, Portland, Oregon, 11/3/18**

**First-year seminar learning outcomes**

At the successful completion of the first-year seminar, students will be able to:

1. Determine a career pathway.
2. Create an education plan based on your identified career pathway.
3. Apply research-based learning strategies.
4. Demonstrate information literacy and critical thinking skills.
5. Identify strategies for building resilience.
6. Engage in strategies for creating a sense of belonging as a member of the college community.

**Course Content Areas**

* Career exploration
* Culture of higher education
* Growth mindset
* Strategies for resilience
* Social capital/networking
* Academic planning/understanding degrees and programs
* Soft skills-time management, goal setting, decision making, interpersonal, communication
* Technology
* Financial literacy
* Self-exploration and reflection
* Cultural competency
* Information literacy
* Critical thinking
* Learning strategies- memory, reading, test-taking, note-taking, study strategies, metacognition