

ACADEMIC ADVISING (AVS)

AVS 100. Transition Seminar. 1 Credit Hour.

Please see Syracuse University's college catalog for the course description of FYS 101.

AVS 101. Thriving in College. 1 Credit Hour.

This course is designed to help students create greater success in college and beyond. Participants will reflect on their educational experiences, study specific empowerment traits that can lead to self-actualization, and discuss strategies to aid in the learning process. AVS 101 will help students strengthen their academic abilities and acquire the skills necessary to see themselves as scholars. It will also prepare students for the rigor of their college courses. Beyond this, students will take part in activities that allow them to engage in the broader campus community. Offered in a condensed format (first half of the semester and/or second half of the semester) 2 times per week for 7-8 weeks.

AVS 102. Dolphins Changing Minds. 1 Credit Hour.

This course is designed to help you to develop greater resiliency in your physical and mental health. As an active learner and participant, you will study and practice evidence-based strategies that will increase your capacity to cope with the various challenges that you will encounter in college, and beyond. It will prepare you for the rigor of Le Moyne College by laying a strong foundation for your overall well-being. Beyond learning what the research tells us about resiliency and health, students will practice these strategies while reflecting on the impact they have on their day-to-day lives. The value of self-leadership and accountability is highlighted throughout the course. This is a Pass/Fail course.