



University Studies 1

Ace the UCLA College-to-Career Transition

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Visiting hours: by appointment
1 unit, Pass/No Pass Only

Course Description

University Studies 1 is a 6-week summer session asynchronous online 1-unit course open to continuing UCLA students. The objectives of the course are to introduce students to the value of a research institution, its transferable skills, and how they can most effectively maximize their time at UCLA to prepare them for the College-to-Career transition. It will give students the opportunity to reflect upon what they have accomplished both inside and outside of the classroom and how they may market the skills and strengths they have cultivated. The course will feature modules highlighting the transferable skills they may acquire through coursework and co-curricular high impact practices; how to foster meaningful relationships with their diverse community of scholars; to demonstrate awareness of career readiness competencies; how to assess their values, skills, interests, and strengths; and how to navigate the College-to-Career transition.

Students must complete each module to proceed to the next one. They will be required to complete a quiz and submit a self-reflection before they may proceed to the subsequent module.

Students will have opportunities to engage with the instructor and their peers through discussion boards at least 3 times during the 6-week session. There will also be 2 live sessions with the instructor and a Career Center content expert to answer student questions and to provide live feedback. Students will be invited to a social event at the Career Center to foster connection and resource utilization at the end of the summer session.

Learning Outcomes

- Express the value of a research 1 institution, including its transferable skills.
- Identify university campus resources and describe their services.
- Demonstrate how to approach undergraduate education with intention.
- Reframe and express the relationship between majors, transferable skills, and career.
- Demonstrate awareness of career readiness competencies.

- Identify the dimensions of the College-to-Career Transition.
- Assess academic growth, and personal and professional development through self-reflection.

Course Materials/Required Readings

All readings and video lecture presentations are uploaded to Bruin Learn

Grade Calculation

This course is 1 unit. Pass/No pass grading only. Students need to earn at least 73% in the course to earn a Passing grade.

Quizzes (30%)

There will be 6 quizzes, 1 for each module.

Self-Reflection Assignments (50%)

Self-reflection is the act of thinking for an extended period by and reflecting upon experiences to learn from them. Self-Reflections must be at least one-page, double-spaced, typed, and uploaded to Bruin Learn.

Final project/personal action plan and letter to your future self (20%)

Description of Modules

Module 1

The Bruin Community and Overview of Course

Module 1 will feature short lecture videos that prompt students to reflect upon how they have transitioned into a research university and how they have navigated their transition by embracing both challenges and opportunities for growth. This module will highlight the connection between “sense of belonging” (Strayhorn) and student learning and engagement. Moreover, it will demonstrate the value and goals of the course, provide an overview of the themes and student learning outcomes, and will outline the course requirements.

- **Reading:** Strayhorn, T. L. (2018). *College students' sense of belonging: A key to educational success for all students*. Routledge. **Read Introduction and Chapter 1, pp. 1-9.**
- **Quiz on Bruin Learn**
- **Self-reflection assignment:** *What do you hope to gain from this course? what do you hope to accomplish at UCLA and beyond?*

Module 2

The Value of a Research 1 University

Module 2 will feature video lecture presentations that demonstrate what it means to attend a highly selective and rigorous R1 institution, including its opportunities and value. In addition, it will highlight the transferable skills obtained by attending a research institution, whether or not they pursue formal research opportunities.

- **Reading:** Andreatta, B. (2011). *Navigating the research university: A guide for first-year students*. Cengage Learning. **Read: Chapter 1, pp. 1-17**
- **Quiz on Bruin Learn**
- **Self-reflection assignment:** *Identify the skills you hope to develop and hone. How might you develop these skills at UCLA?*

Module 3

Intentional Engagement in Curricular and Co-curricular Opportunities

Module 3 will feature short lecture videos that introduce students to curricular and co-curricular opportunities at UCLA and will invite students to consider what meaningful engagement looks like for them as individuals, with the goal of fostering more intentional engagement with the university. This module will also highlight the importance of meaning making and drawing connections between what they learn inside and outside of the classroom, and how they may market transferable skills.

- **Quiz on Bruin Learn**
- **Self-reflection assignment:** *What opportunities would be most meaningful to you and why?*
- **Self-reflections 1, 2, and 3 are due at the end of week 3 and must be uploaded to Bruin Learn.**

Module 4

The Relationship between the Major, Self, & Career

Module 4 will feature short lecture videos that highlight the ways in which students effectively partner with academic advisors to pursue a major or course of study. It will debunk the myth that a specific major will directly correlate to a specific career path and demonstrate the transferable skills students may obtain in any UCLA major. This module will also introduce students to the Career Center and the career education process.

- **Reading:** Burnham, T., & Phelan, J. (2022). *The Secret Syllabus: A Guide to the Unwritten Rules of College Success*. **Read Chapter 2, Not Having a Career Plan on Day 1 is Usually Better than Having One, pp. 11-24.**
- **Quiz on Bruin Learn**

- **Self-reflection assignment:** *How can the skills you obtain at UCLA translate to the skills required in career? How can academic advisors and the Career Center support you on your journey?*

Module 5

Early Career Engagement & Career Readiness Competencies

Module 5 will feature short lecture videos that focus on career readiness competencies and invite students to reflect upon their values, skills, interests, and personality. This module will feature how the Career Center may support them during their time at UCLA to prepare them for their next chapters.

- **Reading:** <https://www.theforage.com/blog/skills/transferable-skills> and the NACE Career Readiness Competencies handout (2021)
- **Quiz on Bruin Learn**
- **Self-reflection assignment:** *Reflect on your skills, values, strengths, & experiences. Consider some of the examples given in the NACE Career Readiness Competencies for a Career Ready Workforce. What experiences in your life have led to the development of some or all these Career Readiness competencies? How do you apply your competencies in your current life? (Or, alternatively, how do you rank your level of competency in the different categories?).*

Module 6

The College-to-Career Transition

Module 6 will feature short lecture videos that introduce students to the literature on the College-to-Career Transition (CTC) and define the dimensions of the CTC Transition (social, emotional, and professional transitions).

- **Reading:** Murphy, K. A., Blustein, D. L., Bohlig, A. J., & Platt, M. G. (2010). The college-to-career transition: An exploration of emerging adulthood. *Journal of Counseling & Development, 88*(2), **Read ppg. 174-181.**
- **Quiz on Bruin Learn**
- **Final project: personal action plan and letter to future self**
- **Self-reflections 4, and 5, and the final project are due at the end of week 6 and must be uploaded to Bruin Learn.**

University Policies

Academic Integrity

UCLA is a community of scholars. In this community, all members including faculty, staff and students alike are responsible for maintaining standards of academic honesty. As a student and member of the University community, you are here to get an education and are, therefore, expected to demonstrate integrity in your academic endeavors. You are evaluated on your own merits. Cheating, plagiarism, collaborative work, multiple submissions without the permission of the professor, or other kinds of academic dishonesty are considered unacceptable behavior and will result in formal disciplinary proceedings usually resulting in suspension or dismissal. See the [Dean of Students website](#) for more information.

Accommodations for Students with Disabilities:

The University is committed to supporting students with disabilities. Students needing academic accommodations based on a disability should contact the Center for Accessible Education. When possible, students should contact the CAE within the first two weeks of the term as reasonable notice is needed to coordinate accommodations. For more information, visit www.cae.ucla.edu.

If you are already registered with the Center for Accessible Education (CAE), please request your Letter of Accommodation in the Student Portal. If you are seeking registration with the CAE, please submit your request for accommodations via the CAE website.

For more information, please visit the CAE website, visit the CAE at A255 Murphy Hall, or contact us by phone at (310) 825-1501.

Resources for Students

UCLA provides resources if you are feeling overwhelmed and need personal and/or academic assistance.

Please see the [Red Folder REV2020 web](#) for more information.

Title IX

Advocacy and Confidential Services

Please note that Title IX prohibits gender discrimination, including sexual harassment, domestic and dating violence, sexual assault, and stalking. If you have experienced sexual harassment or sexual violence, you can receive confidential support and advocacy at the CARE Advocacy Office for Sexual and Gender-Based Violence, 205 Covell Commons, Los Angeles, CA, 90095, care@careprogram.ucla.edu, (310) 206-2465. Counseling and Psychological Services (CAPS) provides confidential counseling to all students and can be reached 24/7 at (310) 825-0768.

Reporting and Non-confidential Services

Your professor is required under the UC Policy on Sexual Violence and Sexual Harassment to inform the Title IX Coordinator should he become aware that you or any other student has experienced sexual violence or sexual harassment. In addition, you can also report sexual violence or sexual harassment directly to the University's Title IX Coordinator, 2255 Murphy Hall, titleix@equity.ucla.edu , (310) 206-3417. Reports to law enforcement can be made to UCPD at (310) 825-1491.