A First Year Seminar is an academically rigorous foundational course for first year students. The course is designed to introduce critical thinking skills, orient students to the academic community and campus life, and equip incoming freshman with other skills necessary to be a successful student. Fostering intellectual inquiry and self-assessment, this course will help students begin the process of taking responsibility for their education, career choices, and personal development.

Upon completing this requirement, students will be able to:

- Describe the importance of a liberal education and the ways in which academic study is structured at UWSP.
- Describe the importance of critical thinking and information literacy and apply the associated skills.
- Identify and apply appropriate note-taking, test-taking, and time-management strategies to their academic studies.
- Describe the importance of co-curricular involvement and how it enhances their academic study at UWSP.
- Identify and utilize UWSP programs, resources, and services that will support their academic studies and co-curricular involvement.
- Develop a plan that demonstrates their responsibility for their own education, specifically how it relates to their interests, abilities, career choices, and personal development.