

# QU SEMINARS (QU)

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## QU 001. Academic Recovery.

**0 Credits.**

**Prerequisites:** None

## QU 100. The Grove Living Learning Experience.

**0 Credits.**

The Grove Learning Experience is a 15-week course designed to engage you in a year-long project based on the theme that you selected. You will participate in a special section of the First-Year Seminar (FYS) along with other students who are also engaged in the same theme as you, work closely with faculty and upperclass student mentors, and join in co-curricular experiences.

**Prerequisites:** None

## QU 105. Learning Strategies Seminar.

**1 Credit.**

The purpose of this course is to introduce students to evidence-based learning strategies and to help students become self-regulated learners who are capable of achieving their full academic potential. Students reflect upon the fundamental nature of learning and what types of learning activities best facilitate their learning process. Students also explore topics related to achievement motivation and growth mindset. The ultimate goal of this course is to help students not only develop a deeper understanding of these topics, but learn ways that the strategies and tools discussed in class readings and discussions can inform their personal study habits.

**Prerequisites:** None

**Offered:** Every year, Summer

## QU 109. Professional Development.

**1 Credit.**

Professional Development

**Prerequisites:** None

## QU 120. idesign: Creating Your Personal Journey at Quinnipiac and Beyond.

**1 Credit.**

In this highly interactive course, students will apply design thinking and career development theory to develop an intentional approach to their time at Quinnipiac and the tools to design a meaningful and purposeful life after Quinnipiac. Students will engage in self-assessment and reflection to develop and articulate a personal point of view on the future of their educational goals, professional goals, and personal goals. They will evaluate how work fits into their vision for their lives and sense of purpose. Students will develop an understanding of the value of design thinking and experiential education in the exploration and decision-making process. They will evaluate how to design their lives in the face of the rapidly changing landscape of work. Through readings, class discussions, and assignments, students will design a plan that will guide their career and academic decision making throughout the remainder of their Quinnipiac experience. The course is graded on a pass/fail basis.

**Prerequisites:** None

**Offered:** Every year, Spring

## QU 301H. Honors Global Community.

**3 Credits.**

This interdisciplinary seminar for juniors/seniors builds on experiences and learning from QU 101 and QU 201 and focuses on the political, social, cultural, ecological and economic systems that define the global community. The course challenges students to critically examine what it means to assume a role of informed citizenship and leadership in a global community. The topics can range from the Middle East to Oceanic America, from health care to understanding and combating poverty, depending on the specialty of the instructor. All sections address the common course questions: 1) What is the global community? 2) What is your investment in the global community? and 3) How do you/we balance personal allegiance or affiliation with membership in the global community?

**Prerequisites:** None

**Offered:** Every year, Fall and Spring

## QU 420. Integrative Capstone.

**3 Credits.**

**Prerequisites:** None

**Offered:** Every year, Fall and Spring