

VUSC 0100: Adjusting to College Life and Personal Strengths

Students will work with one another to build cohort relationships while learning skills to navigate the newness of college life. Students will uncover their personal strengths and areas of opportunity through leadership assessments and learn how to adapt them to self-leadership. A handful of leadership theories will be introduced.

Discipline: [VUnited Scholars](#)

Clock Hours per Week: 1

Military Price: \$24,543.75