

University 101 opens doors and minds

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Sex, drugs, and alcohol are just a few of the myriad of subjects covered in University 101, a course open to freshmen and transfer students that builds the academic skill and personal responsibility needed to achieve success at USC and in the years that follow graduation.

The central goal of University 101 is to help students become successful academically, socially, and personally, according to Dan Berman, the University 101 co-director for Instruction and Faculty Development.

"We want to prepare them for the challenges of the university," he said. "The central underlying theme is responsibility as students and human beings to make the best decision for themselves. Any incoming student has to face responsibilities they didn't have to face before. They have to become their own best selectors and judges of what they do."

The benefits of taking University 101 tend to be far-reaching. Berman said students who take the course tend to do better throughout their college careers.

"They [students] are learning and perfecting their academic skills and social adjustment skills," he said. "The graduation rate is higher for students who take the course than for those who don't. Students who take the course have higher grade point averages than those who don't. Their academic performance is definitely advanced. They

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Denise Wellman, director of USC Visitor Center, about University 101

are more involved with groups, they know the campus better and they know the institution better."

One of the instructors responsible for turning out successful students is Denise Wellman, director of USC's Visitor's Center. Wellman, who began teaching University 101 in 1979, still loves teaching the course.

"It's a great course to teach because it's a lot of fun," she said. "It gives you a wonderful perspective on the life of students. I have the opportunity to chat informally with students about things that are really important. You can put so much into it and have fun doing it and that makes a difference for the students. I have a strong desire to help people and I can do that through University 101."

Wellman feels that getting out of the classroom and experiencing what the University has to offer first-hand is an important aspect of the course.

"It's more fun to touch and feel and play with things, and you can't do that from a textbook," she said. "We all learn in different ways. University 101 provides us with the opportunity to walk out of the norm, out of the class and ex-

perience different things."

Familiarizing students with the campus and the services the university offers is one of the main goals of University 101.

"I don't want them to be passive learners," Wellman said. "I think they need the resources at USC to be successful learners. Plus, it's more fun. I've been here for twenty years, and everyday I find out something new about the university. The value of your degree is worth more if you know more about the university."

University 101 isn't all fun and games. Serious topics such as sexual assault and sex and the college student are covered during the course of the semester. So far, students have responded very well to these more controversial topics.

"I think students understand they need to talk about things we haven't talked about before," Wellman said. "It's not just about college, it's about life experiences. They realize this is big stuff. This is life development. Freshmen are an at-risk population. They believe they have all this freedom, so we need to help them understand the

risks that go with the freedom."

Wellman said the most important message students can get from University 101 is there is a lot for them to take advantage of at USC.

"There are a lot of people who want to help them be successful," she said. "Part of that is taking advantage of the opportunities here. We do a good job of making those available to students."

Berman said success in University 101 is dependent upon the students developing responsibility, and it is responsibility that he feels is the most important subject covered in the course.

"Responsibility is inherent in every aspect of the course," he said. "There needs to be an awareness that the choices we make have consequences. Everything we do affects other people."

If students get only one thing out of University 101, Berman hopes they will develop a stronger and truer sense of self.

"I hope they can be stronger in their own ways, but also be able to relate to each other and enjoy the differences in others," he said.

"I hope they can work together productively in a community of learners. I want them to discover their own strengths and abilities and build self-confidence on those abilities. They can use those strengths to benefit themselves and others. When students really bond and work towards success as a group, they succeed as individuals."

LET'S GET COOKIN'

This week, The Gamecock brings to you a new feature, Let's Get Cookin', that focuses on healthy cooking for college students. Whether you're snacking or preparing a five course meal, these recipes can be your ticket to a healthy, low-fat diet.

For a case of the munchies, you just can't beat the...

CRACKER POPCORN MUNCH
3 tablespoons margarine
3 tablespoons firmly packed light brown sugar
1/2 teaspoon curry powder
4 cups prepared hot-air popcorn
1 cup reduced fat Wheat Thins
1 cup reduced fat Better Cheddars snack thins
1 cup pretzel twists
3/4 cup seedless raisins

In small saucepan, heat margarine, brown sugar, and curry powder until melted. In large bowl, combine remaining ingredients. Stir in margarine mixture, toss to coat well. Spread mixture in to 15 1/2 x 10 1/2 x 1-inch baking sheet. Bake at 325 degrees for 15 minutes, stirring occasionally. Cool. Store in airtight container.

NUTRITIONAL INFORMATION: Per 1/4 cup serving: 62 calories, 2g total fat, 0g saturated fat, 0mg cholesterol, 92mg, 1g dietary fiber.

Or maybe you're in charge of dinner, and you want something everybody will remember. Try...

FAVORITE SPAGHETTI SAUCE
1 32-oz jar Prego spaghetti sauce with mushrooms
1 32-oz can whole tomatoes
2 teaspoons cinnamon
2 teaspoons chili powder
1/2 teaspoon black pepper, ground
1/2 cup zinfandel wine

Combine all ingredients in heavy saucepan and bring to boil; reduce heat and simmer for 5 minutes. Serves 11. Sauce can be divided into portions and frozen.

NUTRITIONAL INFORMATION: per 3/4 cup serving: 128 calories; 60 percent from carbohydrate, 7 percent from protein, and 27 percent from fat.

From "Shape" 1989, pg. 146



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