

FRST: FRESHMAN STUDIES (FRST)

FRST 101. Freshman Studies. (0 Credits)

Freshman Studies (FRST 101) is a course designed primarily to (1) facilitate students' transition to college citizenship and (2) to help students gain an understanding of the main aims of higher education. FRST 101 is a key foundational course that provides students with knowledge and skills they will need throughout their college career, synthesis and analysis of information, critical thinking, intellectual curiosity, life-long learning, and personal responsibility. Students will also become thoroughly familiar with VSU's mission, principles, history, traditions, policies, and procedures.