



# US 101US: First-Year Seminar



US 101US Webpage

To graduate from MSU, every student is required to take a core University Seminar (US) course.

## Are you a Veteran or Non-Traditional Student?

**For our Veteran and Non-Traditional Students**, we offer a special section of US 101US each Fall, geared specifically towards the needs of Vet and Non-Traditional students and taught by an instructor with experience working with these student groups.

## Why should you choose US 101US- First Year Seminar as your US Core?

US 101US focuses on the transition to college. **For Vet and Non-Trad students** this means helping them figure out how to get back into the swing of school, since for many of our students in these groups, it has been a while since high school.

- **How is the class organized?**
  - Unit 1- Build a toolbox to navigate the expectations of your classes and get the most out of your time at MSU
  - Unit 2- Think about and discuss topics at the college level
    - Topics related to social justice, including the importance of intentional language and MMIWG/P
  - Unit 3- Students pick their own social justice topic, research it, and present their work
    - Learn how to research and explore a topic that is important or impactful to you
  - Unit 4- Students reflect on what they have learned during the semester
  - For more info, view US 101US Course Curriculum Page, accessed via this QR code →
- **What's the Goal?**
  - Small classes provide students a space where they are the focus. Student will:
    - Explore new experiences, ideas, and challenges
    - Interact with their peers and be guided by experienced faculty, dedicated to student success
  - Learn the expectations of and strategies for college-level academic work
  - Class is ideal for both decided and undecided major students
- **When/Where?**
  - Mondays, Wednesdays, and Fridays from 10-10:50 in Gaines Hall, Rm. 144



If you would like more information about the course and/or curriculum or if you would like to be enrolled for Fall 2024, please call (406) 994-3532 or email us at [seminar@montana.edu](mailto:seminar@montana.edu).

## Meet your instructor:

My name is Tara Sewell-Lasater, and I am the Director of US 101US: First Year Seminar at Montana State University. I am the instructor for the Veteran and Non-Trad Section of First Year Seminar. I come from a military family and am married to a combat veteran. I would be honored to help guide you through your first semester here at MSU, not as someone who has served myself, but as someone who is familiar with the rigors of returning to college after a long break.

This course is a great opportunity to meet with other new Veteran and Non-Trad students starting at MSU. Previous students have shared that they look forward to our class because of the open discussions we have and that they get to spend time with students who have similar life experiences, different from those of the traditional freshman.

I look forward to meeting you, please reach out if you have any questions. Thank you,

Tara Sewell-Lasater — [Tara.SewellLasater@montana.edu](mailto:Tara.SewellLasater@montana.edu)

