

# ACADEMIC ADVISING

## Academic Advising

Central Office: Sweet Hall, First Floor

Phone: (650) 723-2426

Website: <http://advising.stanford.edu>

Email: [advising@stanford.edu](mailto:advising@stanford.edu)

Appointments: Visit <http://advising.stanford.edu> or call (650) 723-2426

Academic Advising upholds the mission, standards, and requirements of the University, introduces students to the full intellectual richness of undergraduate study at Stanford, supports students in their academic and intellectual pursuits, and instills within them a sense of identity within and belonging to our community of scholars at Stanford. Academic Advising is responsible for facilitating new students' transition to Stanford, academic advising, and academic policy and progress.

## Transitioning New Students

Academic Advising is responsible for the Approaching Stanford program, which guides new students through the process of coming to Stanford, from their admission to the University until the first day of class. This process culminates with New Student Orientation, which is required for all new first-year and transfer students. See the Approaching Stanford (<https://approaching.stanford.edu/>) website for additional information.

## First-Year and Transfer Student Policies

Stanford values the transition process as the foundation for thriving both academically and personally in our community. The following policies support this principle and apply to first-year and new transfer students:

- All first-year and new transfer students are required to attend New Student Orientation (NSO) and must be checked in by the first day of NSO in early September.
- First-year and new transfer students are required to live on campus in University housing for three consecutive quarters in their first year. Should behavior warrant a first-year student's removal from the residences, that student cannot enroll in classes until they have returned to the residential community. This requirement will be waived in Academic Year 2020-2021 due to COVID-19 and remote learning.
- When circumstances arise which make it advisable for a first-year to take a leave absence at any time during the first year, they are required to wait until Autumn Quarter of the following year to return to Stanford.
- First-year and new transfer students cannot enroll in the Summer Quarter prior to their first year unless they are participating in a VPUE-sponsored program. Exceptions are very rarely granted.

## Advising

Academic Advising pairs each first-year student with a professional academic advisor - usually an Academic Advising Director. Academic Advising Directors advise students broadly on their courses of study and long-term goals and can answer questions about academic policy. The Academic Advising staff also includes professional advisors in Sweet Hall who are both general and specialized academic advisors in the areas of pre-professional advising, returning student and transfer student advising, or coterminal advising, as well as advisors in the Athletic Academic Resource Center (<https://aacrc.stanford.edu>) (AACRC) who are general and specialized academic advisors assigned to all varsity student-athletes based on their sport.

Together with advisors at the Overseas Resource Center and the Haas Center for Public Service (<http://haas.stanford.edu/>), academic advisors help prepare students to compete for nationally competitive fellowships.

Academic Advising also administers the campus nomination process for several U.S.-based fellowships. See the Fellowships (<https://undergrad.stanford.edu/opportunities-research/fellowships/>) website for more information on fellowship opportunities.

Academic Advising also offers workshops and individual consultations on planning for graduate or professional studies (e.g., business, education, law, and medicine) and on general application procedures, including how to write personal statements, how to solicit letters of recommendation, and how to prepare for interviews. See the Planning for Graduate and Professional School (<https://undergrad.stanford.edu/advising/graduate-and-professional-school-general-considerations/>) website for more information.

See the Academic Advising website (<http://advising.stanford.edu>) for more information about academic advising, programming, and support for undergraduates.

## Academic Policy

Academic Advising oversees the implementation of University academic policies pertaining to undergraduates, including requests for exceptions to academic policy and monitoring academic progress. All academic advisors support students with an academic status (e.g., academic probation, provisional registration, or academic suspension). For more information about academic policies that academic advisors help students navigate, see the Academic Policies (<https://undergrad.stanford.edu/planning/academic-policies/>) section of the Academic Advising website.

## Leland Scholars Program

Offices: Sweet Hall, Garden Level

Mail code: 94305-3092

Email: [thelspteam@stanford.edu](mailto:thelspteam@stanford.edu) ([lendscholars@stanford.edu](mailto:lendscholars@stanford.edu))

Website: <http://lelandscholars.stanford.edu> (<http://lelandscholars.stanford.edu/>)

In recognizing the need to prepare first-year students for the academic, intellectual, social, and personal challenges they will face at Stanford, the Leland Scholars Program (LSP) facilitates the transition to college for incoming frosh who may be the first in their family to attend college or attended under-resourced schools or communities. Scholars participate in a four-week residential program in the summer prior to arrival on campus. This fully-funded program has a carefully crafted schedule of activities, coursework, discussions, and trips designed to support the transition to Stanford. During the academic year, Leland Scholars have access to additional advising and frosh seminars that sustain the community and reinforce the skills and strategies acquired during the program.

## Frosh 101

Offices: Sweet Hall, Garden Level

Mail code: 94305-3092

Email: [frosh101program@stanford.edu](mailto:frosh101program@stanford.edu)

Website: <http://frosh101.stanford.edu>

Frosh 101 and Transfer 101 (UAR 201) are discussion style courses designed to support first-year students transition to Stanford's dynamic campus. In Frosh 101 and Transfer 101, two upper-class students build community with first-year students as they lead weekly activities and conversations designed to help students:

- Establish meaningful friendships
- Gain advice from mentors
- Develop stress management tools
- Learn skills that enhance inclusion and belonging
- Grow empathy and perspective taking skills

- Make space for reflection and value setting
- Share your story and learn more about your peers through spotlights
- Co-create healthy, inclusive, communities of belonging and support with other Stanford students

## Courses

### UAR 12. ASSU Transitions Class. 1 Unit.

The ASSU Transitions course is designed with three priorities in mind:  
To equip elected student leaders with the tools to transform ideas into robust recommendations influencing University policy, practice, and procedure  
To build upon a network of administrative partners across campus who facilitate alignment between the ASSU's priorities and the University's priorities  
To synthesize the confluence of values and priorities in a one-page written document that outlines the following year's ASSU Action Plan.

### UAR 13. BEAM Career Education Virtual Internship Course. 2 Units.

The BEAM Virtual Internship Course provides students with the tools and guidance to understand and articulate how their internship experience aligns with and informs their academic and professional interests. Students must arrange the internship and provide a confirmation letter from the hosting institution. To supplement the internship, students will participate in class, complete weekly assignments, and deliver a final project. The classes and assignments provide the infrastructure that embeds the National Association of Colleges and Employers (NACE) Career Readiness Competencies (CRC) into the students Summer 2021 internship and future career planning. The course also adds the unique feature of a built in 360-degree assessment based on the NACE Career Readiness Competencies (<https://www.naceweb.org/career-readiness/competencies/career-readiness-defined/>). First designed in 2015 and updated in 2021, the NACE CRC's focus on those transferable skills that empower university students as they prepare for a range of job markets. Evaluations from the student and the supervisor, submission of weekly assignments, and completion of the final project are required to obtain credit. This class is open to all undergraduate students, with priority given to those who have not yet declared their major.

### UAR 20. Third Book Seminar. 1 Unit.

The third of the frosh Three Books program is *Between the World and Me*, by Ta-Nehisi Coates. This weekly discussion seminar will read and discuss Coates in depth, connecting it to other short writings on topics including the history of race in the United States, the Black Lives Matter protests, how race shapes education, reparations, the role of HBCUs, raising children in the midst of racial tensions. Open enrollment but preference to frosh.

### UAR 42A. LSP First Year Seminar. 1 Unit.

For freshmen who participated in the Leland Scholars Program and other students who identify as First Generation and/or Low Income (FLI). This seminar supports students in the first year in the areas of institutional engagement, academic empowerment, their sense of belonging to Stanford, and builds their cohort identity.

### UAR 42B. LSP First Year Seminar B. 1 Unit.

For freshmen who participated in the Leland Scholars Program and other students who identify as First Generation and/or Low Income (FLI). This seminar supports students in the first year in the areas of institutional engagement, academic empowerment, their sense of belonging to Stanford, and builds their cohort identity.

### UAR 43. Leland Scholars Program. 1 Unit.

This course is offered in August prior to start of fall quarter for participants of the Leland Scholars Program. This course focuses on supporting participants transition to Stanford by providing workshops and opportunities to help students enhance academic skills, develop insight into self, connect to Stanford's resources, and build relationship with their peers.

### UAR 44. Preparation for Success in University-Level Mathematics. 1 Unit.

In this course, we will explore fundamental mathematical concepts necessary for success in Calculus and higher level mathematics courses at Stanford University, with a focus on how such concepts are used in particular problem-solving contexts in Calculus and beyond. We will engage deeply with the mathematical concepts that form the foundation for problem-solving tools and techniques, so that students fully understand the how and why behind the methods, and are empowered to solve a broad range of problems in mathematics. Note: course offered in August prior to start of fall quarter, and only Leland Scholar Program participants will register.

### UAR 56. Building a Successful Academic Career. 1-2 Unit.

For frosh in expanded advising programs. Techniques for honing academic skills for college, and applying those skills to better define intellectual identity in academic pursuits. May be repeated for credit.

### UAR 71. Returning from Study Abroad. 1 Unit.

In this course, students will find the space to define their study abroad experience as well as articulate the ways in which their worldview perspectives may have shifted. Therefore, students will engage in deep mutual exchanges and personal introspection about their experiences abroad. Throughout the course, we will define their experience abroad while continually making-meaning as their new perspectives are supported and challenge amongst members of the Stanford community. Students will end the course by crafting action steps for moving forward with the ability to tell their study abroad story in compelling ways that can be applied to personal, social, academic, and professional realms of their lives.

### UAR 81. OXC: Casa Zapata Pre-Assignee Seminar. 1 Unit.

This residence-based seminar is focused on skills building, practical workshops, and theme presentations promoting the breadth of diversity of our Zapata community. Through the seminar, the pre-assignee group will connect to the Zapata community, develop as resources for the community, and engage in topics that are meaningful to them and their community. This is an OpenXChange offering.

### UAR 91. OXC: Ujamaa House Pre-Assignee Seminar. 1 Unit.

This one-unit seminar will expose students to various topics about the AfricanDiaspora. Upperclassmen Pre-Assignees will work closely with Ethnic ThemenAssociates/Resident Fellow to add breadth and depth to their presentations. To receive credit you must attend 7 Theme Programs (not including your own) and fill out Pre-Assignee Evaluations provided by Ethnic Theme Associates. Through the seminar, the pre-assignee group will connect to the Zapata community, develop as resources for the community, and engage in topics that are meaningful to them and their community. This is an OpenXChange offering.

### UAR 101A. Frosh 101: Cedro. 2 Units.

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer.

Same as: Neighborhood S

**UAR 101B. Frosh 101: Remote. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer. Please enroll in the time slot that works best for your schedule - students will be grouped in sections with others based on the time they sign up for.

**UAR 101C. Frosh 101 in Florence Moore. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer. Students who are assigned to the Florence Moore neighborhood complex should enroll in this course.

**UAR 101D. Frosh 101 in Lagunita. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer. Students who are assigned to the Lagunita neighborhood complex should enroll in this course.

**UAR 101E. Frosh 101 in Roble. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer. Students who are assigned to the Roble neighborhood complex should enroll in this course.

**UAR 101F. Frosh 101 in Stern. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer. Students who are assigned to the Stern neighborhood complex should enroll in this course.

**UAR 101G. Frosh 101 in Toyon. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer. Students who are assigned to the Toyon neighborhood complex should enroll in this course.

**UAR 101H. Frosh 101 in Wilbur. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer. Students who are assigned to the Wilbur neighborhood complex should enroll in this course.

**UAR 101I. Frosh 101 in Ethnic Theme Dorms. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer. Students who are assigned to the one of the Ethnic Theme Dorms (Casa Zapata, Muwekma-tah-ruk, Okada, Ujamaa) should enroll in this course.

Same as: ETD

**UAR 101J. Frosh 101 in Branner. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer. Students who are assigned to the Branner neighborhood complex should enroll in this course.

**UAR 101K. Frosh 101 in Gerhard Caspar Quad. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer. Students who are assigned to the Gerhard Caspar Quad neighborhood complex should enroll in this course.

**UAR 101L. Frosh 101 in Governor's Corner. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer. Students who are assigned to the Governor's Corner neighborhood complex should enroll in this course.

**UAR 101M. Frosh 101 in Okada. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer.

**UAR 101N. Frosh 101 in Otero. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer.

**UAR 101O. Frosh 101 in Potter. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer.

**UAR 101P. Frosh 101 in Rinconada. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer.

**UAR 101Q. Frosh 101 in Robinson. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer.

**UAR 101R. Frosh 101 in Roble. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer.

**UAR 101S. Frosh 101 in Toyon. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer.

**UAR 101T. Frosh 101 in Ujamaa. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer.

**UAR 101U. Frosh 101 in West FloMo. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer.

Same as: Gavilan



**UAR 101V. Frosh 101 in West Lag. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer.

Same as: Eucalipto | Granada

**UAR 101W. Frosh 101 in Lantana. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer.

**UAR 101X. Frosh 101. 2 Units.**

Frosh 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Frosh 101, approximately 10 frosh will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer. This course is intended for first year students who will not be physically on-campus in the Fall, but still wish to enroll in virtual sections. Same as: Misc

**UAR 194A. Frosh 101: Leader Training. 2 Units.**

This course will prepare students to lead Frosh 101, a discussion style course designed to help first-year students with their transition to Stanford's dynamic campus. This course will expose students to inclusive teaching practices and research on the impact mental health, diversity and inclusion and sense of belonging have on the experiences of undergraduates. This course is the first of two courses that Frosh 101 leaders will take. Prerequisite: only students who have applied and accepted to be Frosh 101 section leaders can enroll.

**UAR 194B. Frosh 101: Curriculum Leader Training. 2 Units.**

This course will provide Frosh 101 leaders with the content and facilitator training needed to lead a discussion style course designed to support first-year students in their transition to Stanford's dynamic campus. Prerequisite: EDUC 194A.

**UAR 201. Transfer 101. 2 Units.**

Transfer 101 is a discussion style course designed to help first-year students transition to Stanford's dynamic campus. In Transfer 101, transfer students will come together each week to learn more about your peers, yourself, and who you will be in this new environment. Upperclass students will lead you through activities and discussions that will serve to build the foundation for a strong community that is inclusive of diversity and promotes emotional and social wellbeing. This course will also create space for you to reflect on your values and goals as you make important decisions about how you will navigate all that Stanford has to offer.

**UAR 301. Reflecting on Your Education: Making Sense of Your Time at Stanford. 2 Units.**

In this seminar, designed for seniors graduating in the spring, you will reflect on your Stanford education. By delving deeply into Stanford's academic mission, the liberal arts model, and your own transcript, we will address a variety of questions through a personal and intellectual lens. Every transcript tells a story, both by what's there and what isn't - what story does yours tell? How do you take control of that narrative and articulate to others what your education has done for you? What are you getting from completing your Ways and 180+ units, and how did those academic experiences shape who you have become today? What do you share with other Stanford graduates and alumni? We'll tackle these questions, and together, we'll take a look at the bigger picture - what does it mean to get 'A Stanford Education'?