**UNIV 240**

W 12:30 PM - 1:20 PM (86913)
Sakamaki B308

W 12:30 PM - 1:20 PM (88068)
Webster 103 [Personalized Academic Coaching]

**Topics:**
- Explore majors at UH Mānoa
- Sophomore Slump
- Academic planning for future semesters
- Preparation for after graduation

**Benefits:**
- Writing Intensive
- Gain the knowledge and skills to thrive in your first and second year
- Fulfill Mānoa Advising Center's mandatory advising requirement for one semester

**Qualifications for enrollment:**
- Be exploring your major
- Be a second semester freshman, or a sophomore (not first semester at UH Mānoa)

**For additional information, contact instructors Andrew Nguyen (andrewtn@hawaii.edu) or Leilani Takeuchi Harjati (ltakeuc@hawaii.edu)**

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**UNIV 340**

TR 10:30 AM - 11:45 AM (87371)
Sakamaki B308

**Topics:**
- Discuss skills, values, interests, abilities, goals, and identity, and how these components intersect with majors at UH Mānoa

**Benefits:**
- Writing Intensive
- Academic major and career planning
- Interpretation of Strong Interest Inventory by a certified professional
- Fulfill Mānoa Advising Center's mandatory advising requirement for two semesters

**Qualifications for enrollment:**
- Be exploring your major
- Be a sophomore or transfer student

**For additional information, contact instructor Eve Millett (millett@hawaii.edu)**

https://manoa.hawaii.edu/undergrad/exploratory/courses/