LEARNING SKILLS (LNSK)

**LNSK 103 – Foundations for Learning**  
3 credit hours  
This academic skills seminar is strongly recommended for first year and transfer students. Course topics include an interdisciplinary focus on reading, writing, and communicating at a college level. The course encourages students to build transferable critical thinking skills, set educational and career goals, and develop time management and financial competences. Students will learn to utilize university resources to achieve both academic and personal growth. Credits earned in this graded course may be counted as electives toward graduation.

**LNSK 117 – Freshman Seminar**  
1 credit hour  
The Freshman Seminar is designed to enhance students' skills and complement their academic programs, enabling them to be successful, engaged members of the academic community at UNK. The seminar is intended to help students transition from high school to college. Credit does not count toward any degree.