



HELLO
OUR NAME IS



CAS 111

The Fresh-MORE Experience

A one-credit college success course to help freshmen & sophomores!

Topics:

- Exploring majors at UH Mānoa
- Academic advising
- Academic planning
- Preparation for after graduation
- Sophomore Slump
- Real life skills
- Health and wellness
- Career exploration

Benefits:

- Gain the knowledge and skills to thrive in your first-and-second year
- Learn more about the majors available at UH Mānoa
- Fulfill Mānoa Advising Center's mandatory advising requirement for Fall 2016
- **Writing Intensive**

Qualifications for enrollment:

- Be exploring your major
- Be a freshman (not first semester at UH Mānoa) or sophomore

For additional information or course override, contact instructors:

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