Hairlines indicate preferred cropping/cutting.

Provides supervised practical and professional experience for students via internships!

Mentor!

Learn to be a leader, receive mentor training, and become a UVU leader.

SLSS 205G - Global Trends and You

Explore what the world will be like in the next 30 years due to the influence of 7 revolutions. This course satisfies UVU GI requirements, and will help you with critical thinking, diversity, and college success skills.

SLSS 2100 - Major and Career Exploration

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SLSS 1100 - Stress Management: Hardiness

Feeling overwhelmed? Develop effective coping and stress management skills with the holistic approach of this course.

SLSS 1195 - Speed Reading

Take your college reading to a new altitude by increasing your speed and comprehension.

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