Leaders 101, the Freshman Orientation Program

The Citadel requires that all incoming freshmen take a one-credit-hour college orientation course designed to help them make the transition from high school to college. Known officially as LDRS 101, this course teaches our freshmen proven techniques for successful studying and learning!

Students want...

- Practical instruction on the steps to academic success.
- Information that they can understand, that they can use quickly, and that works.
- Help when they discover that the strategies they used for studying in high school don't seem to work as well in college

The Leaders 101 class consists of four major parts:

1. **Permanent Skills**: Setting Goals, Controlling Your Time, Staying Focused, Increasing Your Memory, and Managing Stress.
2. **Enrichment Skills**: Improving Your Reading and Thinking visually.
3. **Note-Taking Skills**: Taking/Mastering Effective Notes.
4. **Test-Taking Skills**: Managing Test Anxiety & Answering Objective/Essay Tests

Freshmen also...

- **Attend** Fine Arts Performances,
- **Learn** how to use the Library, about Career Services, about the Honor Court, and in short, about all the resources available at The Citadel!
- **Understand** policies and procedures: cadet officers and professors explain rules/regulations of the College to the freshmen as well as answer questions in a discussion format.

In short, this class helps all freshmen adjust to the academic, emotional, and personal challenges of college life at The Citadel.

For more detailed information about this program and other freshman services and programs, please visit, [http://www.citadel.edu/root/leaders-101](http://www.citadel.edu/root/leaders-101).