

Momentum for the Journey



Welcome to ISTU 101: Momentum! This course lays a strong foundation for a successful transition to college by increasing critical thinking, curiosity, goal setting, and motivation. It provides an orientation to our university, the Moodle Learning Management System, digital library services, and other support services. You will be introduced to the concept of Christian faith integration, a strengths approach to learning, and opportunities to develop practical skills and strategies for addressing the challenges of college.



This course is designed to cultivate essential knowledge, skills, and attitudes that can inspire hope through learning. As a university that is driven by hope, we believe that what and how our students learn makes a significant difference in how they live meaningful lives. We want graduates who have hope for a better vocational future and who have an ultimate hope in the work that God is accomplishing in and for the world.



In this class, we will provide opportunities for the cultivation of hope in how we approach foundational practices for college success. This week, for example, you will complete the orientation to the online learning environment by finishing the activities in the NSO100 New Student Orientation. We will then explore how learning works, and the discussion forum will provide an opportunity to share insights and conversations based on our personal experiences. You will have your first weekly success coaching appointment, and by the end of the week you will have submitted your first reflective journal entry. Let's work together to create momentum for your journey!