

# **GENERAL EDUCATION (GNED)**

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## **GNED 100 - Foundations for College Students (1 Hour)**

This course is designed to enhance the essential academic skills needed to succeed in college level work when paired with a pre-designated 3 or 4 credit course. Students will review and actively practice these skills during the course. Skills will include: time and energy management, note taking, reading comprehension, habit and goal-setting, and study techniques.