

COLA TESTIMONIALS

I enjoyed my COLA class very much. I got to know my adviser, which was very helpful to me, and I also got to interact with a small group of my fellow students. Since it was my first semester at UVA and most of the introductory classes are quite large, the small, personal environment was quite welcoming.

My COLA class experience was wonderful. Not only did I get in touch with a great advisor, I made many long lasting friends that I still have today. I learned a lot about an interesting topic, while receiving advising advice. I honestly would have been pretty lost without one on one help advising.

Enrolling in a COLA seminar helped me target my interests more efficiently early on in the process. The real benefit of a COLA class is that students can develop a close relationship with a faculty member in an area that they are interested in early on, which is a tremendous benefit. It also introduces students to resources that I know many of my non-COLA friends didn't know about until well into their second or even third years at the University. Best of all, the COLA provides an opportunity for these benefits in a non-stressful academic environment that allows students to explore a subject that the professor is passionate about that is usually off the beaten path of academia.

I felt that with all of the confusion and stress transferring from high school to college brings, COLA really helped me sort through issues. These weren't major life issues but simply how to make the most of my time, how to pick a major, what organizations to get involved in, etc. I really feel like it kept me focused and grounded in my first semester.

Enrolling in the COLA seminar was one of the best decisions I made. I instantly bonded with the professor, and he was a good advisor for me. As far as the class itself is concerned, I learned how to read and interpret scientific literature, primary sources or otherwise, in a more skeptical and thorough manner. I learned to think like a scientist, which I would not have gained had I only taken large introductory science courses with an emphasis on memorization. I was challenged and grew from it.

I would like to encourage first year students to take the COLA class. Since everything is new for the first-year, first semester students, COLA class was the time for me to get to know well about the school, faculty and friends. Furthermore, because the class size was smaller than any other classes I took, it was easier to build a relationship with the professor and other classmates. I also liked having my professor as an advisor because since we met weekly, she could easily understand my situation in academics and social life.

My COLA seminar was easily one of my best experiences in the College of Arts & Sciences. It was wonderful to know my adviser in an academic setting, and I highly recommend the continuation of COLA classes.

I loved my COLA class! Not only was it an interesting class/topic, but it allowed me to get to know my first year adviser on a more personal level. I'm one of few out of my friends who has taken a COLA and many of them said they have only met their advisers once. I still am able to list mine on recommendations and it has had a positive impact on me being able to turn to someone like her. I think all first years should be encouraged to take a COLA.