E100: Designing Your Caltech Experience (2-1-0)

Designing Your Caltech Experience employs design thinking to help students develop a constructive and effective approach to finding and designing their own optimal experience at Caltech. This course is about getting more out of, rather than cramming more into, your Caltech undergrad journey. It offers a framework, tools, and, most importantly, a community of peers to share experiences and ideas. Students will utilize small group discussion, in-class activities, field exercises, personal reflection, and individual coaching. Course topics include the purpose of college, selecting an option, educational wayfinding, and how to navigate campus culture and resources.

Open to freshman and sophomores from all options.