What is Find Your Fit?
Our campus Find Your Fit (FYF) program is UofL’s Quality Enhancement Plan (QEP), a multi-year initiative to improve student learning and the educational environment. FYF is our opportunity to foster a campus-wide conversation about the undergraduate student experience and success in the crucial second year of undergraduate studies.

At the heart of this initiative is the design, implementation, and assessment of a new three-credit elective seminar, ECPY 302: Personal and Academic Inquiry. This small seminar experience is designed to enhance the academic and personal success of our undecided and pre-unit second-year students, a population we refer to on our campus as “exploratory students.”

As we help our students “find their fit” academically and align their goals with a career path, our QEP project is poised to have long-term implications for how we support our students inside and outside the classroom.

“I THINK THIS CLASS IS GREAT FOR PEOPLE WHO ARE FEELING ‘STUCK.’ LIKE THEY ARE ‘STUCK’ IN THEIR MAJOR, WHAT THEY REALLY WANT TO DO, AND JUST CHOICES ABOUT SCHOOL IN GENERAL.”
— FYF STUDENT, SPRING 18

What are the Find Your Fit outcomes for students?
There are four outcomes that guide the new seminar experience:

- Students will demonstrate informed decision-making marked by identifiable measures of reflective learning, independent inquiry and critical thinking.
- Student will report an increase in their sense of academic and social belonging or fit as measured by the pre- and post-FYF assessment scale.
- Students will report an increase in their sense of decidedness as measured by the pre- and post-Personal and Academic Inquiry assessment scale.
- Students will report an increase in their sense of self-regulated behavior as measured by the pre- and post-FYF assessment scale.

For more information, visit: louisville.edu/findyourfit
What are benefits for students enrolled in the Find Your Fit seminar?
• Students design and complete an original inquiry project around a topic of interest related to each unique seminar’s theme.

• Students get personalized support as they engage with an instructional team including a faculty member, librarian, and advisor, along with members of the Career Development Center, as they complete major and career discernment activities.

• The small seminar atmosphere fosters high touch learning environment and peer sharing and support.

Who teaches the Find Your Fit seminar?
Faculty from across campus are recruited to teach the seminar and receive ongoing training and support, along with the advisor and librarian who work with them on each section’s instructional teams, in the unique pedagogies and approaches that are integral to the seminar.

How do I get more information?
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