

# ESP/IESP Arts & Social Sciences Stream

## First-Year Seminar (1.0 credit)

- ◆ a regular first-year credit course in an upper-year seminar style
- ◆ taught by ESP/IESP **Instructors**
- ◆ introduces intellectual skills expected of university students
- ◆ offered in a small class environment; teamwork and mentoring are a focus
- ◆ provides **peer mentor** support to students in their transition to university
- ◆ available in a variety of seminar topics

### Choose one First-Year Seminar:

#### Sample seminar course list

|  |
|--|
| Communication in Humans and Other Animals                                  |
| The Creative Self  |
| Passion Turned into Academics  |
| Power and Culture  |
| The Power of Persuasion  |
| A Procrastinator's Guide to the Psychology and Science of Academic Success |
| IESP: Introduction to Indigenous Studies                                   |

## Elective Courses (2.0 credits)

- ◆ intro courses across a variety of disciplines, enrolled with other first-year students
- ◆ evaluate students according to same standards as other first-year students

### Take two arts/social science credits:

#### Sample elective course list

|   |   |
|---|---|
| Introduction to Anthropology  | → |
| Introduction to Child Studies   | → |
| Introduction to Communication & Media Studies                                   | → |
| Introduction to Criminology & Criminal Justice                                  | → |
| Cognitive Science: Mysteries of the Mind / Philosophy: Mind, World & Knowledge  | → |
| Introduction to Environmental Studies / Geography: Global Environmental Systems | → |
| Introduction to Human Rights  | → |
| Introduction to Indigenous Studies  | → |
| Introduction to Legal Studies   | → |
| Introduction to Political Science   | → |
| Introduction to Psychology  | → |
| Introduction to Sociology   | → |
| Introduction to Social Work   | → |
| Introduction to Women's and Gender Studies                                      | → |

## Workshops (non-credit)

- ◆ structured study sessions that help develop the skills and habits needed to succeed at university
- ◆ led by **workshop facilitators** who attend the course lectures each week
- ◆ review and reinforce weekly course material
- ◆ guide you in formulating effective study, test-taking and essay writing strategies

### Take two workshops:

#### One workshop to support each elective course

|   |
|---|
| Introduction to Anthropology  |
| Introduction to Child Studies   |
| Introduction to Communication & Media Studies                                   |
| Introduction to Criminology & Criminal Justice                                  |
| Cognitive Science: Mysteries of the Mind / Philosophy: Mind, World & Knowledge  |
| Introduction to Environmental Studies / Geography: Global Environmental Systems |
| Introduction to Human Rights  |
| Introduction to Indigenous Studies  |
| Introduction to Legal Studies   |
| Introduction to Political Science   |
| Introduction to Psychology  |
| Introduction to Sociology   |
| Introduction to Social Work   |
| Introduction to Women's and Gender Studies                                      |

*80-90% of students with good workshop attendance succeed in earning admission to a degree!*

## Academic Advantage Coaching

- ◆ one-on-one sessions with expert **academic coaches**
- ◆ prepares students for essays, presentations and tests
- ◆ helps students acquire skills in time management, organization, studying, reviewing, presenting and writing

## Academic Advising

- ◆ ongoing, individualized support from **academic advisors**
- ◆ direction in setting academic goals and plans
- ◆ guidance in deciding a major/minor
- ◆ aid in applying to a degree program
- ◆ support with academic or personal difficulties
- ◆ help in deciphering academic rules and regulations
- ◆ assistance in registration or withdrawal from courses
- ◆ advice in locating the right person, service, or resource at the university

Built into your weekly schedule

Available as needed