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

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

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

Choose one First-Year Seminar:
- 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

Take two arts/social science credits:
- 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

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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