ESP 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 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

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 courses:
- Sample elective course list

Take two workshops:
- One workshop to support each elective course

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

Student Leadership & Mental Health
Psychology of Academic Motivation and Success: A Procrastinator’s Guide
Privilege, Power, Difference, & Communication: Creating Social Change
Communication and Cognition
Academic Literacy: A Research Survival Course
Power of Persuasion

Take two arts/social science courses:
- Sample elective course list

Take two workshops:
- One workshop to support each elective course

Academic Advancing 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

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