

# ESP Arts & Social Sciences Stream

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

## 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

## 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

## 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

### Choose one First-Year Seminar:

*Sample seminar course list*

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*

Introduction to Socio-Cultural Anthropology & Current Issues in Anthropology	Introduction to Socio-Cultural Anthropology & Current Issues in Anthropology
Cognitive Science: Mysteries of the Mind	Cognitive Science: Mysteries of the Mind
Foundations & Current Issues in Communication & Media Studies	Foundations & Current Issues in Communication & Media Studies
Introduction to Criminology and Criminal Justice	Introduction to Criminology and Criminal Justice
Introduction to Film Studies	Introduction to Film Studies
Introduction to Human Rights	Introduction to Human Rights
Introduction to Legal Studies I & II	Introduction to Legal Studies I & II
Philosophy: Mind, World & Knowledge	Philosophy: Mind, World & Knowledge
Neuroscience of Mental Health & Neurological Diseases	Neuroscience of Mental Health & Neurological Diseases
Political Science: Politics in the World & Democracy in Theory/Practice	Political Science: Politics in the World & Democracy in Theory/Practice
Introduction to Psychology I & II	Introduction to Psychology I & II
Introduction to Social Welfare & Social Work	Introduction to Social Welfare & Social Work

### Take two workshops:

*One workshop to support each elective course*

## 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*