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

Take one First-Year Seminar:
Sample seminar course list
- The Ultimate “How to Succeed in University (Not Without Trying)!” Psychology Course
- Privilege, Power, Difference, & Communication: Creating Social Change
- Communication and Cognition
- Power of Persuasion

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
| 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 |

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

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

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