A. Core Course (0.5 credit)
- taught by an Instructor with the Centre for Initiatives in Education; home of the ESP/AESP
- introduces intellectual skills expected of university students
- peer mentors aid as guides to the university and ESP/ AESP experience
- is a regular first-year credit course

Choose one Core class:
- Selected Topics in Popular Culture

B. Elective Courses (2 x 0.5 credits)
- first-year Intro courses across a variety of fields
- regular Carleton courses
- in same class with other 1st year students
- same exams and assignments
- graded according to same standard

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

<table>
<thead>
<tr>
<th>Course</th>
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<tbody>
<tr>
<td>Introduction to Anthropology</td>
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<tr>
<td>Introduction to Criminology</td>
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<tr>
<td>Introduction to Political Science</td>
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<tr>
<td>Introduction to Psychology</td>
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<tr>
<td>Philosophy: Mind, World &amp; Knowledge</td>
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</tbody>
</table>

Two workshops:
A workshop to support each elective course

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C. Workshops (non-credit)
- one workshop with each elective course
- structured study session to help you develop the skills and habits needed to succeed in the course
- led by workshop facilitator who attends the course lectures each week
- reviews and reinforces weekly course material
- guides you in formulating effective study, test-taking and essay writing strategies

D. Academic Advantage Coaching
- one-on-one sessions with expert academic coaches who focus on what you need to learn, when you need to learn it
- get help preparing for essays, presentations and tests
- acquire skills in areas like time management, organization, study, review, presenting and writing

E. Academic Advising
- meet with advisor for support in setting academic goals and plans
- help in deciding a major/minor
- aid in applying to a degree program
- help with academic or personal difficulties
- aid in deciphering academic rules and regulations
- register or withdraw from courses
- help locate the right person, service, or resource in the university

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