



First Year Seminars (FYS) are seminars designed to support the success of new incoming freshman and transfer students at the university. Through these seminars, you will explore your academic, career and co-curricular options at Cal Poly. Your participation will assist you in developing enhanced study techniques and problem-solving skills, as well as enhancing your educational experiences as a first-year student.

WEEK	DATE	TOPICS
1	9/23	Introductions/Goal Setting/Time Management
2	9/30	College Session: Your college culture — Cal Poly success — campus resources
3	10/7	Financial Literacy
4	10/14	Self Advocacy and Health / Wellness
5	10/21	FYS Activities
6	10/28	College Session: Your college culture — Cal Poly success — campus resources
7	11/4	College Session: Winter 2012 Class Scheduling

These seminars are taught in an active classroom environment where, through peer activities and instructor guidance, you will learn about the following topics:

- Exploring your chosen major and your career plan
- Investigating vital campus and college resources
- Exploring how to be a successful university student
- Linking with your own college faculty and staff
- Accessing and managing electronic information, such as Cal Poly online resources and university registration tools
- Developing new and/or enhanced study skills to meet Cal Poly academic demands
- Studying and learning in groups
- Interacting in a multicultural environment

Seminars are on Fridays from 12:00 p.m. to 2:00 p.m. (First meeting @ Bldg. 33-286)

For more information on these seminars, visit <http://sas.calpoly.edu/fys> or call (805) 756-2301



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