



**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.**

*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
- ◆ Investing 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 groups
- ◆ Interacting in a multicultural environment

**Seminars are on Fridays from 12:00 pm to 2:00 pm in bldg 08-123.  
Bring your Academic Portfolio to each session.**

WEEK	DATE	TOPICS
1	9/25	Introduction and Time Management
2	10/02	Time Mgt. Follow-Up & Campus Resources
3	10/09	Career Services
4	10/16	College Specific Policies
5	10/23	Money Management & Financial Aid
6	10/30	Life Transitions & Adjusting
7	11/06	Class Scheduling (Computer Lab)
9	11/13	Health & Wellness

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

