

Fall 2017

First Year Seminar Series: Freshmen

Educational Opportunity Program

Fridays 1-2 p.m. in 192,106 Phone: (805) 756 2301 Email: fys@calpoly.edu

Instructor: Jon Diaz and Cassie Pitkin Office location: 52-E7

First Year Seminar (FYS) Expectations\*:

1. Be on time to all eight seminars
2. Set up a meeting and meet with an EOP counselor during fall quarter
3. Complete two activities outside of the seminar and turn in reflections by October 27

\* Failure to meet these expectations will result in a hold on your registration until you have met with an EOP counselor to discuss the lack of communication

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| Week | Topic | Due this week |
| #1: September 15 | Introduction: Reflection, goal setting, growth mindset |  |
| #2: September 22 | Time management and communication: weekly and quarterly planning, Student Ombuds Services | Bring syllabus for each class |
| #3: September 29 | Diversity and inclusion: intentional discussion with Women’s Basketball team | Study plan (handed out in previous class) |
| #4: October 6 | Financial Aid and personal budget: maintaining a budget and lingering FAFSA questions | Statement of inclusivity |
| #5: October 13 | Career exploration and StrengthsQuest: how to get the most out of your major or explore change of major process | StrengthsFinder Insider Report |
| #6: October 20 | Reflection: looking back on your Cal Poly journey so far | A draft of your resume |
| #7: October 27 | Registration: how to register for classes in regards to your specific situation | Printed copy of flowchart and curriculum sheet |
| Reflections for two outside activities due October 27 | | |
| #8: November 3 | Recharge social: almost done with your first quarter! |  |