FYS - FIRST YEAR SEMINAR

FYS 110 First-Year Seminar (3 Credit Hours)
The Nor'easter FYS at the University of New England is designed to a) support first-year students' transition into the academic and social fabric of college and b) help them align personal growth with academic success. Centered around the This I Believe text, this seminar invites students to explore their own values, beliefs, and aspirations in the context of UNE's vibrant community. Through regular reflective writing, group projects, and guided discovery, students will engage in a journey of self-discovery and connection, examining the experiences and beliefs that shape who they are today and envisioning the path(s) they wish to pursue at UNE. More than an introduction to college, this course connects students with UNE's many resources and opportunities, helps them build the skills and perspective they need to thrive both inside and outside the classroom, and provides them the space to develop a meaningful foundation for their academic journey.
Equivalent to IHS 130.
Academic Level: Undergraduate

FYS 130 Intrerpro First Year Seminar (3 Credit Hours)
This First Year Seminiar (FYS) aims to construct a strong foundation for collegiate success and personal growth by cultivating connections between students, faculty, Student Affairs, and campus life programming. The course explores the physical, emotional, and social considerations for successful transition to college. Competencies essential for interprofessional collaborative practice are highlighted, including knowledge of health profession roles and responsibilities, communication, teamwork, and foundational skills. Through discussions, assignments, and self reflection, students examine their own development as learners and as individuals. This course is open to students in the major of applied exercise science, athletic training, dental hygiene, health wellness and occupational studies, nursing, nutrition, public health, social work, and pre-pharmacy.
Equivalent to IHS 130.
Academic Level: Undergraduate