

## Welcome First-Year Students!

Beginning this fall 2011 semester, a **first-year experience class is a core curriculum requirement for all first-year students.**

These courses are designed to help students transition into the university community of scholars and become successful life-long learners.

**The first-year experience requirement may be filled by taking one of the following courses\*:**

1. **FYEX 101 – Freshman Seminar**
2. **FYEX 102 – Interest Group**
3. **Philosophy 100 -- Introduction to Liberal Arts Study (Required for Provisional Students)**
4. **A course (if offered) in the major that has been designated as fulfilling first-year experience core-curriculum competencies**

\*Please note that your summer advisor will guide you as to which first-year experience option is most appropriate for you. Also note that some students may be required to take both Philosophy 100 and a first-year experience course designated in their chosen major.

## First-Year Experience Class Information

### **FYEX 101 Freshman Seminar:**

These one-credit classes meet at a variety of days and times as listed in your class schedule. The course addresses the core curriculum competencies of wellness, information literacy, critical thinking, experiential and life-long learning. A text and a copy of the Shepherd University common reading are required.

**FYEX 102 Interest Group: See inside brochure for detailed descriptions.** These one-credit classes meet from 3:15-4:30 PM on Tuesdays (exceptions are: “Friday Night at the Movies,” “Transfer Students: Learning the Shepherd Way,” and “So You Want to Be in Pictures?” as noted in the class descriptions). In addition to active, participatory experiences that enhance learning, students will complete a wellness activity and an information literacy activity. These classes run 13 weeks and end with a Celebration Party. Classes with less than five students enrolled may be cancelled. A copy of the Shepherd University common reading is required. There will be a \$10 fee for the Interest Group (FYEX 102) classes. If you enroll in an Interest Group class, this fee will be added to your tuition bill.

**PHIL 100 – Introduction to Liberal Arts Study:** These three-credit classes meet at a variety of times and days as listed in your class schedule. This class is for students who are entering Shepherd University provisionally. The course addresses the core curriculum competencies of wellness, information literacy, critical thinking, experiential and life-long learning. A copy of the Shepherd University common reading is required and some courses may require a text. Your summer advisor will help you determine if this is the class for you.

# Shepherd

UNIVERSITY

## The First Year Experience Program



# FYEX

Fall 2011 FYEX 102 Listing

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# FIRST YEAR EXPERIENCE INTEREST GROUPS

Fall 2011 1 Credit Each FYEX 102

**GRILLIN' N' CHILLIN'** - Learn creative ways to cook using a grill. Research outdoor cooking techniques, plan a menu, experience unique grilled recipes, and overcome unforeseen hurdles so that you can master the art of grillin' while maintaining your cool. Our final exercise will be to prepare and host a special cookout event.

**30547 FYEX 102 01**

**ON THE BEAT: SU Student Police Academy** -

Explore the many aspects of law enforcement training, including but not limited to: self defense tactics, firearms, traffic stops, and keeping a positive mindset in stressful situations. Become more sensitive to your surroundings and hone your observation skills by learning to be an accurate witness.

**30543 FYEX 102 02**

**FRIDAY NIGHT AT THE MOVIES\*** (\*note: this group meets at a different time than other IGs: alternating FRIDAYS 4:30 -7:30pm for the movie dates, & 4:00-5:00pm for the discussion dates) Every other week students will go to a movie at a local theater and the following week will be a discussion regarding the movie. We will see 5 movies and transportation will be provided.

**30539 FYEX 102 03**

**YOGA: It's Not Just for Pretzels Anymore-**

Tapping into a 2,000 year old art, yoga helps you relax and recharge when life seems to be swirling around you in a tempest of to-do lists. Explore and unwind in a laid-back environment where the main assignment will be to relax and let go. Please wear loose, comfortable clothing in which you can move freely.

**30613 FYEX 102 04**

**TREASURE THE MEMORIES-** Your first year of college is filled with many memories you won't want to forget. Why not preserve them in a scrapbook? See how this crafty trend can help make your first year at college more relaxing and memorable. No experience necessary!

**30540 FYEX 102 05**

**HIKING** - Do you love the great outdoors? This class will tap into the joy of hiking and challenges of backpacking. Discover great hikes in and around the Shepherdstown area, including the Appalachian Trail. Learn more about gear, "leave no trace ethics," and how to have a safe and unforgettable hiking experience. Beginner and experienced hikers welcome!

**30541 FYEX 102 06**

**PARANORMAL U.** - Shepherd University has many legends and ghost stories. Is there any truth to them? Become legitimate ghost hunters and paranormal researchers by learning basic scientific ghost hunting techniques and doing historical research that could validate or refute these legends. Take a chance and step into the unknown.

**30542 FYEX 102 07**

**WEIGHT TRAINING 101** -Learn proper safety lifting exercises & about the muscles focused upon in exercises. Weightlifting is an important part of being physically fit and can help you look and feel great. Learn the proper approach to this physical activity that can be enjoyed for a lifetime.

**30538 FYEX 102 08**

**SO YOU WANT TO BE IN PICTURES\*** - (\*note: this group meets at a different time than other IGs: TUESDAYS from 12:25-1:40pm) If you are interested in acting, directing and film, you are in the right place. We will explore the freshman experience by making a documentary. Come have fun with us during this creative process. No previous experience in acting, directing or film making is required. Just bring your imagination!

**30544 FYEX 102 09**

**MIDDLE EASTERN HAND PERCUSSION** - Learn to play various hand drums and specific rhythms. We'll have the opportunity to play with other drummers from the region. Experience the meditative and fun aspects of playing drums.

**30611 FYEX 102 10**

**STORIES OF SHEPHERD** - The grounds and buildings of Shepherd's campus have so many stories to tell. Learn about these stories through different time periods of Shepherd's history such as the "City Block" and the "Big Bang of the Sixties." The stories will be told through tours of the campus, old photographs, old "Picket" articles and Shepherd yearbooks.

**30546 FYEX 102 11**

**TRANSFER STUDENTS: Learning "The Shepherd Way"** - (\*note: this group meets at a different time than other IGs: THURSDAYS from 3:15-4:30pm) Transfer students have unique informational needs. Learn about the services Shepherd provides to give you a boost into social and academic success on campus! Examples include: Scarborough Library Essentials, Campus Life, Career Decisions and Services, Financial Aid, Academic Advisement and Advisor Relations.

**\*Open only to transfer students. 30688 FYEX 102 12**

**THE BOOK OR THE MOVIE?** Novels have been the catapult for many a movie since the beginning of film, leading to that inevitable question - was the book better than the movie? In this class we will read selections of novels and then explore their cinematic presentation. Discover how reflecting on books and their subsequent films can create greater meaning for both!

**31219 FYEX 102 13**

**OH, THE PLACES YOU'LL GO** - Do you find yourself wondering what you want to do with your life? This class will help you explore various majors, research careers, and learn how your personal strengths can be best applied to a major while meeting your career goals. Our goal is to help you find your dream job!

**31222 FYEX 102 14**

## **\*\*MORE INFORMATION\*\***

**Interest Groups meet every Tuesday from 3:15-4:30pm (unless otherwise noted)** for 13 weeks beginning August 23rd and ending with a Celebration Party on November 15th. In your interest group you may also address helpful topics including time management, learning styles and relationships while exploring your interest. Classes with less than 5 students enrolled may be cancelled. **There will be a \$10 fee for the Interest Group (FYEX 102) classes. If you enroll in an Interest Group class this fee will be added to your tuition bill.**