

The First-Year Seminar Wolf Experience Map

As a part of the First-Year Seminar course (XIDS 2002), each student must complete **ONE activity** in **each of the FIVE categories** below. Each of the five categories is worth **3% of your overall course grade (for a total of 15%)**. Any incomplete categories will receive no credit. Specific instructions on how to complete each category are below:

Wellness

To complete: a) Attend and **SWIPE YOUR STUDENT ID** at the Health and Wellness Fair on Thursday September 13th from 11:00am – 2:00pm in the Campus Center Ballroom.

b) OR, RSVP for the following event via Orgsync, and attend

Suicide Prevention: Question, Persuade, Refer	Tuesday, September 18 th from 4:00 – 5:00pm OR 5:00 – 6:00pm	Campus Center (CC) Ballroom 108.1
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c) OR, Attend and **SWIPE YOUR STUDENT ID** at **ONE** of four Health and Wellness workshops below

Title	Date	Location
Charting Your Course (Goal Setting)	Tuesday, August 21 st from 4:00-6:00pm (Drop in anytime)	Campus Center (CC) Ballroom 108.1
Setting Your Destination: Adulting 101	Tuesday, August 28 th from 4:00 – 5:00pm OR 5:00 – 6:00pm	CC Ballroom 108.3
Traveling with Friends: It Matters (Healthy Relationships)	Tuesday, October 9 th from 4:00 – 5:00pm OR 5:00 – 6:00pm	CC Ballroom 108.3
Avoiding Road Rage: There's an app for that! (Stress Management)	Tuesday, November 6 th from 4:00 – 5:00pm OR 5:00 – 6:00pm	CC Ballroom 108.3

Writing

To complete: a) Participate in **ONE** Writing Center appointment (located in the Technology Learning Center, room 1201) to get assistance with a paper in any course,

- To make an appointment
 - call 678-839-6513,
 - visit TLC 1201, or
 - email writing@westga.edu
- When you schedule your appointment you will need:
 - The course and assignment you need help with
 - Your student ID/917#
 - Your preferred appointment date/time

b) OR, Attend and **SWIPE YOUR STUDENT ID** at **ONE** of the five Writing Center workshops below

Title	Date	Location
What is the Writing Center and how can it help you succeed?	Monday, August 27 th from 12:30 – 1:30pm	1305 Technology Learning Center (TLC)
	Tuesday, August 28 th from 12:30 – 1:30pm	1305 TLC
	Wednesday, August 29 th from 5:00 – 6:00pm	1305 TLC
	Tuesday, September 11 th from 12:30 – 1:30pm	1305 TLC
	Wednesday, September 12 th from 5:00 – 6:00pm	1305 TLC

Please direct all questions about events, grades, or participation to FYP@westga.edu.

Active Learning

To complete: a) Participate in **ONE** academic coaching session in the Center for Academic Success (located in the University Community Center (UCC) 200),

- To make an appointment
 - Visit <https://www.westga.edu/student-services/cas/academic-coaching.php> and click "Schedule a Coaching Appointment"

b) OR, Attend and **SWIPE YOUR STUDENT ID** at **ONE** and of the for academic skills workshops below

Title	Date	Location
Popsicles and Planning	Thursday, August 23 rd from 12:30 – 1:30pm	Campus Center (CC) Ballroom 108.3/4
Nachos and Notetaking	Thursday, September 20 th from 6:00 – 7:00pm	Center Pointe Suites (Residence Hall) Multi Purpose Room
Cookies and Communication	Tuesday, October 16 th from 2:30 – 3:30pm	CC Ballroom 108.3/4
Tacos and Testing Skills	Wednesday, November 14 th from 6:00 – 7:00pm	Oaks (Residence Hall) Multi Purpose Room

Global Citizenship

To complete: a) Attend and **SWIPE YOUR STUDENT ID** at **ONE** of the following five events below

Title	Date	Location
Student Organization Fair	August 21 st and 22 nd from 11:00am – 2:00pm	Grassy Triangle
Town Hall: Protect the Pact: Get to Know Your Neighbor	August 28 th at 7:00pm	Campus Center (CC) Ballroom 108 1-4
What Do You Want to Know About Voting?	Wednesday, September 12 th from 12:30 – 1:30pm	1305 Technology Learning Center (TLC)
The Business Costs and Benefits of Inclusion – Nzinga Shaw, Chief Diversity Officer of the Atlanta Hawks	September 25 th at 7:00pm	CC Ballroom 108 1-4
Thinking and Speaking a Better World	October 16 th at 7:00pm	CC Ballroom 108 1-4

Financial Literacy

To complete: a) Participate in **ONE** individual financial literacy appointment with a Financial Aid Counselor (Office of Financial Aid, Parker Hall, 2nd floor),

- To make an appointment
 - Visit <https://tinyurl.com/yawnahnw>

b) OR, Attend and **SWIPE YOUR STUDENT ID** at **ONE** of the four financial literacy sessions below

Title	Date	Location
Loans, Grants, and Refunds – Oh, my! What Does Financial Aid Mean for Me?	Thursday, August 30 th from 12:30 – 1:30pm	1305 Technology Learning Center (TLC)
Budgeting & Banking for First-Year Students	Wednesday, September 19 th from 12:30 – 1:30pm	1305 TLC
Using Credit and Debt to Your Advantage	Tuesday, October 16 th 12:30 – 1:30pm	1305 TLC
When "Venmo Me" Isn't Enough: Learn how to have a constructive conversation about money with the people in your life, like your roommates, friends, and family	Monday, November 12 th from 5:30 – 6:30pm	1305 TLC

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