Welcome to Discover DANCE BFA, a sampling of the variety of opportunities available to you as a student, displayed by the different categories of involvement and the suggested time to explore these opportunities. Pick and choose what feels right for you.

These are all suggestions, so follow a path you set for yourself or break out of the typical and create your own map! It's up to you where you want to go, what you want to do, and how you are going to shape your time here at SFU. You are joining a network of students and alumni who are working on exciting and new cutting-edge projects and initiatives, and effecting industry and social change.

Each opportunity you explore is a stepping stone to build your skills, experiences, strengths, and interests. Taking small steps and trying new things help guide your interests and develop the skills you need to get where you want to go. And it’s okay if you don’t know where you want to go yet! You’re in the best place to figure it out.

Get started now and Discover DANCE BFA!

How to get started?

1. Think about why you’re here and what you want to get out of your first year.

2. Take a look at the circles below. Try 1 or more to help you figure out what’s fun, what you’re good at, and what you want to keep exploring.

   - Identify an opportunity that you like doing in any of the categories of involvement.
   - Sign up to get involved with an opportunity that helps explore something you are interested in.
   - Identify a person on campus that you can reach out to for support.
   - Try something new that positively contributes to the SFU community and enhance your own or someone else’s experience.

3. Take a look at the FCAT programs plans and select the one that applies to you. Or download the blank document and customize it.

*This is intended to provide a sample of suggested opportunities to consider. Each person may have a different experience. Feel free to contact your academic advisor for more information.*
**DISCOVER DANCE BFA Program Plan**

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**Plan for Academic Success**

**YEAR 1**
- Meet with your first-year advisor and refer to your program checklist to enroll in the right courses. Don’t forget to start your Breadth courses!
- Visit the Student Learning Commons for learning and writing workshops.
- Join or create a study group and get peer-to-peer support in your academic and student life.
- Visit your professor or teaching assistant during their office hours to get more one-on-one support.

**YEAR 2**
- Meet with your academic advisor and refer to your program checklist to enroll in your courses. How are the Breadth courses going?
- Take a look at your degree requirements to review your progress so far.
- Consider exploring other programs (e.g., Joint Major/Minor) to enhance your degree.

**YEAR 3**
- Meet with your academic advisor and refer to your program checklist to enroll in your courses. Don’t forget an upper division Writing course in your major and continue your Breadth course(s).

**YEAR 4+**
- Finish your upper division courses based on your program checklist. Meet with your academic advisor to review graduation requirements.
- If applicable, begin looking into graduate programs to continue your educational journey.

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**Get Involved in Your Community**

- Attend a welcome event to meet other students and faculty members.
- Connect with the Dance Student Union (DSU) to participate in or help plan events and opportunities.
- Consider purchasing an SCA Student Series pass to see a wide range of SCA performances.
- Attend a student showcase in a different SCA area and meet future collaborators.
- Consider participating in the Dance informal or Ascension, an interdisciplinary performance and showcase.
- Join SCA on Facebook and Twitter to find out about the latest updates and events.

- Consider applying to be part of the Student Choreographer’s Show and the Dance repertoire.
- Create a new work and show it in the fall/spring informal showing.
- Consider dancing for an upper level student or peer in a choreographic work.
- Take on a leadership position with the DSU or a club to help plan events, represent student needs, and strengthen skill sets.
- Take on additional co-curricular positions to build a portfolio and enhance skill sets (at all campuses).

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**Become a Global Citizen**

- Join or attend an event hosted by a cultural club or the Interfaith Centre on campus (at all campuses).
- Sign up for the SCA newsletter for weekly updates about shows and performances.
- Consider learning a new language or strengthening a current language.
- Consider taking a course with an international/global focus.
- Participate in cultural exchange through the Global Community Mentorship program (at all campuses).
- Consider participating in a field school (e.g., Berlin Field School) during the summer term while earning credit towards your degree.
- Take an online course on Intercultural Communication and receive Co-Curricular credit.
- Research Study Abroad opportunities to explore international learning opportunities.
- Take the opportunity to learn about what a territorial acknowledgement means and why it is important to decolonize spaces with the acknowledgement of Indigenous peoples and the land we reside on.
- Build your Indigenous cultural competency about First Nations, Inuit and Métis peoples by identifying Indigenous related educational opportunities and attending cultural events. Educate yourself by reading the SFU Aboriginal Reconciliation Council’s (SFU-ARC) report, the Truth and Reconciliation Commission Calls to Action Report, and the United Nations Declaration on the Rights of Indigenous Peoples.
- Visit SFU’s Museum of Archaeology & Ethnology and the Bill Reid Gallery to further develop cultural awareness.
Meet with the SCA Professional Development Coordinator or a Career Educator to learn about employment opportunities in your field and consider enrolling in SCA’s internship courses, CA 306 or 406.

Attend FCAT CMN8 workshops to develop essential skills for future work/volunteer opportunities.

Submit a proposal to present and practice sharing your work at the FCAT Undergraduate Conference.

Consider accessing resources at the Scotiabank Dance Centre for grant writing and professional training options.

Attend performances at another post-secondary school to gain new perspectives.

Meet with the SCA Professional Development Coordinator or a Career Educator to create a strategy for skills development.

Meet with the SCA Professional Development Coordinator or a Career Educator to create a strategy for skills development and to get guidance on conducting an effective and pro-active work search.


**SPACE** serves as an easy to remember acronym that outlines the five core components of positive mental health. SFU cares about your well-being - explore the programs and services available at all campuses.

**Social connection:** Connect with others.
- Join an SFU club to connect with like-minded students, attend a Peer Health Education outreach, or explore your creative self at a Creative Collective event.

**Physical health:** Move your body, get enough sleep and eat good food.
- Create a fitness schedule that aligns with your school schedule and personal interests - Did you know SFU has a partnership with the City of Vancouver Parks and Recreation? Check out program offerings by SFU Recreation.

**Awareness:** Know yourself and your surroundings.
- Complete the SFU Wellness Quiz to reflect on every dimension of your wellness and be linked with relevant SFU resources.

**Contribution:** Give back and be part of something bigger than yourself.
- Be a part of creating a Healthy Campus Community at SFU by volunteering with the Health Peers or Student Health Advisory Committee.

**Emotional health:** Invest in your emotional well-being.
- Visit the Health and Counselling website to learn more about the services available to support your well-being (e.g. counselling, medical services, group programs and 24 hour crisis support).
- Complete the online course, *Bouncing Back: Building Resilience* to develop skills that will help you navigate challenges along your university journey.
- Schedule fun down time!