Welcome to Discover FCAT, 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 FCAT!

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.
For Indigenous Students: Get involved with any of the suggested opportunities below, as well as opportunities specific to support Indigenous Students.

**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 Breath courses!
- Participate in Student Learning Commons’ (SLC) Academic Success Learning and Writing workshops at the Indigenous Student Centre (ISC).
- 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 to connect about your course load and plan for the upcoming term(s).
- Consider exploring other programs (i.e., Joint Major/Minor/Ext min) to enhance your degree.
- Volunteer as an SLC Learning and Writing Peer Educator at the ISC.
- Meet with a Career Educator to explore possibilities of what you can do with your degree.

**YEAR 3**
- Meet with your academic advisor and start 300 level courses including the upper division Writing course in your major.
- Start taking upper division minor courses if you’re exploring this route.
- Attend a faculty/staff/student mixer to get to know your network outside the classroom.
- Participate in a service learning course/opportunity to gain relevant experience in your field of study.
- Volunteer an a SLC Learning and Writing Peer Educator at the ISC.

**YEAR 4+**
- Finish your upper division courses, including two 400-level courses, and meet with your academic advisor to review graduation requirements.
- Participate in a service learning course/opportunity to gain relevant experience in your field of study.
- If applicable, begin looking into graduate programs to continue your educational journey.
- Volunteer an a SLC Learning and Writing Peer Educator at the ISC.

**Get Involved In Your Community**

**YEAR 1**
- Join Peer Cousin Mentorship Program to connect to a senior SFU Indigenous student
- Attend a welcome event to meet other students and faculty members.
- Connect with your program’s student union and/or the First Nations Student Association (FNSA).
- Attend the annual SFU Indigenous Day event hosted by the FNSA in September.
- Sign up for the Student Ambassador Program to explore volunteer opportunities that build complementary skill sets.
- Volunteer at the ISC Honouring Feast to support your graduating peers and contribute to the community in the spirit of reciprocity.
- Apply to live in the Indigenous Student Cultural House (ISCCH), a Living and Learning Community within SFU Residence and Housing.

**YEAR 2**
- Become a Peer Cousin Mentor to help support new Indigenous students.
- Volunteer for the annual SFU Indigenous Day event hosted by the FNSA in September.
- Volunteer at the ISC Honouring Feast to support your graduating peers and contribute to the Indigenous community in the spirit of reciprocity.
- Take on a leadership position within your club(s)/student union to help plan events, represent student needs, and strengthen skill sets.
- Run for FNSA Board of Directors to contribute to the Indigenous community.
- Reach out to the external Indigenous community to support Indigenous youth programming by volunteering with the Urban Native Youth Association (UNYA).
- Apply for a Co-Curricular Record opportunity to gain skills and experience.
- See a Career Educator for guidance on how to articulate your involvement on your resume or in your portfolio.
- Consider applying for the SFU Service Awards in recognition of your volunteer contributions to the community.

**YEAR 3**
- Take on a leadership position within your club(s)/student union to help plan events, represent student needs, and strengthen skill sets.
- Take an online course on Intercultural Communication and receive Co-Curricular credit.
- Participate in a Tandem Language Exchange Program to learn or share a language.
- Participate in a Semester in Social Entrepreneurship.
- Participate in a Peer Education program to support and educate your peers on different topics that enhance global skills.

**YEAR 4+**
- Become a Peer Cousin Mentor to help support new Indigenous students.
- Volunteer for the annual SFU Indigenous Day event hosted by the FNSA in September.
- Volunteer at the ISC Honouring Feast to support your graduating peers and contribute to the community in the spirit of reciprocity.
- Run for a position on the Simon Fraser Student Society (SFSS) Board of Directors to represent the student voice and needs.
- Take on additional co-curricular positions to build a portfolio and enhance skill sets.

**Become a Global Citizen**

- Attend a Study Abroad information session to learn about studying in a different country.
- Attend cultural activities and events at the ISC to connect in a cultural way.
- Join or attend an event hosted by a cultural club, Global Student Centre, or The Interfaith Centre on campus.
- Apply to be a part of the Engaged Global Citizenship Living Learning Community in Residence.
- Consider learning a new language or strengthening a current language.
- Consider applying for field school or an exchange program to explore international learning opportunities.
- Attend cultural activities and events at the ISC to connect in a cultural way.
- Participate in cultural exchange through the Global Community Mentorship and/or GPS buddy program.
- Consider taking a course with an international/global focus.
- Consider going on exchange at another institution or participate in field school while earning credit towards your degree.
- Take an online course on Intercultural Communication and receive Co-Curricular credit.
- Participate in the Tandem Language Exchange Program to learn or share a language.
- Participate in a Semester in Social Entrepreneurship.
- Participate in a Peer Education program to support and educate your peers on different topics that enhance global skills.
**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 below.

**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.
- Visit with Elders at the Indigenous Student Centre and the ISC Indigenous Counsellor Tanu Gamble for support and guidance.
- Participate in ISC cultural workshops (ie. drumming and singing on the big drum, drum-making workshops, beading, quillwork, regalia making, leather work, mini-button blanket making, cedar weaving, moccasins, plant identification walks, medicine making, powwow dance, and more).

**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 - 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 (ie. counselling, medical services, group programs and 24 hour crisis support).
- Complete the online canvas course, *Bouncing Back: Building Resilience* to develop skills that will help you navigate challenges along your university journey.
- Connect with ISC Indigenous Counsellor Tanu Gamble for support.

**Make Space for your Health & Well-being**

**Experience**

**Year 1**
- Volunteer for or participate in the FCAT Undergraduate Conference to gain conference experience.
- Attend a Co-op Program workshop to learn more about the process and opportunities.
- Explore experiential learning opportunities: work study, internships, field schools, and more.
- Meet with a Career Educator to create a strategy for skills development.

**Year 2**
- Visit a career fair/event to identify career possibilities and meet industry professionals (ie. Careers in Communication, The Big Fair).
- Enroll in a co-op work term to gain work experience in a field of interest.
- Apply for experiential learning opportunities (ie. work study, internships, field schools).
- Meet with a Career Educator to reflect on how your academic, community, and other experiences contribute to your skills development.

**Year 3**
- Enroll in a co-op work term to gain work experience in a field of interest.
- Attend FCAT CNMIE workshops to develop essential skills for future work/volunteer opportunities.
- Attend Careers in Communications (CIC) to network and learn from industry professionals.
- Submit a proposal to present and practice sharing your work at the FCAT Undergraduate Conference.
- Participate in a Semester in Dialogue or Semester in Alternate Realities, project-based interdisciplinary programs that bridge the classroom and community.
- Explore ways to develop relationships with industry professionals and learn more about possible career paths by setting up information interviews or attending career events.
- Meet with a Career Educator to create a strategy for skills development and to get guidance on conducting an effective and pro-active work search.

**Level Up**

**Year 4+**
- Volunteer for or participate in the FCAT Undergraduate Conference to gain conference experience.
- Attend a Co-op Program workshop to learn more about the process and opportunities.
- Explore experiential learning opportunities: work study, internships, field schools, and more.
- Meet with a Career Educator to create a strategy for skills development.

**Build Your Professional Toolkit**

- Volunteer for or participate in the FCAT Undergraduate Conference to gain conference experience.
- Attend a Co-op Program workshop to learn more about the process and opportunities.
- Explore experiential learning opportunities: work study, internships, field schools, and more.
- Meet with a Career Educator to create a strategy for skills development.

**Explore all the Discover FCAT Program Plans here:** http://bit.ly/discoverFCAT