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 FILM 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.
Get Involved in Your Community

1. Attend a welcome event to meet other students and faculty members.
2. Connect with the Film Student Union (FSU) to participate in or help plan events and opportunities.
3. Consider purchasing an SCA Student Series pass to see a wide range of SCA performances.
4. Attend Film screenings by other Film cohorts.
5. Attend a student showcase in a different SCA area and meet future collaborators.
6. Join SCA on Facebook and Twitter to find out about the latest updates and events.
7. Participate in FSU’s 5 Hour Film Festival.
8. Volunteer on student film sets to gain valuable experience.
9. Find ways to collaborate with students in other disciplines to hone your skills and broaden your perspectives.
10. Take on a leadership position with FSU or a club to help plan events, represent student needs, and strengthen skill sets.
11. Run for a position on the Simon Fraser Student Society (SFSS) Board of Directors to represent the student voice and needs.
12. Consider applying for the SFU Service Awards in recognition of your volunteer contributions to the community.
13. Take on additional co-curricular positions to build a portfolio and enhance skill sets.
14. Consider learning a new language or strengthening a current language.
15. Participate in cultural exchange through the Global Community Mentorship program.
16. Consider participating in a field school (ie Berlin Field School) during the summer term while earning credit towards your degree.
17. Take an online course on Intercultural Communication and receive Co-Curricular credit.
18. Research Study Abroad opportunities to explore international learning opportunities.
19. 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.
21. Visit SFU’s Museum of Archaeology & Ethnology and the Bill Reid Gallery to further develop cultural awareness.
Make Space for your Health & Well-being

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 film industry and community events (ie. VIFF Industry Hub, DOXA Industry program) to build your professional network.
- Attend another post-secondary school screening to gain new perspectives.
- Meet with the SCA Professional Development Coordinator or a Career Educator for guidance on how to articulate your involvement opportunities on your resume or in your portfolio.
- Meet with the SCA Professional Development Coordinator 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.
- Explore grant writing and professional training options on or off campus.
- Explore ways to develop relationships by connecting with Vancouver’s artists’ community at exhibitions, talks, gallery openings, art institutions, and museums.
- 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.