The transition from high school, or college, to SFU is significant. It is a big step in your academic career.

You are required to adapt to a new environment and learning styles that are different from what you have learned during your previous years in school.

Your grades may drop, don’t beat yourself up over this. Most students’ grades slip in first term and it’s normal.

**Just remember to ask for help when you need it!**

Your next important decision is what courses to enroll in for your first term.

You may choose to take a lighter course load in Term 1 to enhance your chances of success. This is perfectly fine. Only you can determine what courses/schedule will work best for you.

**RESOURCES**

- Take advantage of professor and TA office hours,
- Form/join a study group,
- Access free Science & Math Peer Tutoring, [https://www.sfu.ca/physics/contact/peer-tutoring.html](https://www.sfu.ca/physics/contact/peer-tutoring.html)
- Contact the Student Learning Commons for writing and study/exam help, [https://www.lib.sfu.ca/about/branches-depts/slc](https://www.lib.sfu.ca/about/branches-depts/slc)
- Access Health & Counselling professionals available to help you meet the challenges of achieving your academic and personal potential, [https://www.sfu.ca/students/health/counselling.html](https://www.sfu.ca/students/health/counselling.html)
- Learn the important deadlines such as the last day to drop a course & the financial implications, [https://www.sfu.ca/students/deadlines/fall.html](https://www.sfu.ca/students/deadlines/fall.html)
- Access to general University definitions: [https://www.sfu.ca/students/calendar/2018/spring/fees-and-regulations/enrolment/enrolment-definitions.html](https://www.sfu.ca/students/calendar/2018/spring/fees-and-regulations/enrolment/enrolment-definitions.html)
You may be missing some of your grade 12 sciences. If that is the case, you will need to complete the equivalent/s here at SFU:

BISC 100 = BIOLOGY 12, CHEM 111 = CHEMISTRY 12, MATH 100 = PRE-CALCULUS 12, PHYS 100 = PHYSICS 12

I recommend the completion of any missing high school equivalents in Term 1 or 2. Failure to complete these prerequisite course/s early can lead to enrollment difficulties in future terms and may delay your degree completion and graduation.

You may choose to do 3 to 15 units in Term 1. Many students choose to do 9 – 12 units. If you choose to take 15 units in your first term you must be exceptionally strong in sciences and very disciplined to manage this workload, 15 units is the equivalent of 45hrs/week workload.

If you have taken on too much, drop a course if necessary; but pay attention to the drop deadlines and financial implications. If you are a scholarship student or varsity athlete you may need to remain in a minimum of 12 units.

**SAMPLE PATHWAY:**

<table>
<thead>
<tr>
<th>Term 1</th>
<th>Term 2</th>
<th>Term 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>BPK 142-3</td>
<td>BISC 101-4</td>
<td>CHEM 281-4</td>
</tr>
<tr>
<td>CHEM 121-4</td>
<td>CHEM 122-2</td>
<td>Math 155-3</td>
</tr>
<tr>
<td>PHYS 100-3 *</td>
<td>MATH 154-3</td>
<td>PHYS 102-3</td>
</tr>
<tr>
<td>Elective course #</td>
<td>PHYS 101-3</td>
<td>BPK 143 or another elective</td>
</tr>
<tr>
<td>(Total 13 units)</td>
<td>(Total 12 units)</td>
<td>(Total 13 units)</td>
</tr>
</tbody>
</table>

* In this example, the student is missing Physics 12 so has to take PHYS 100 before doing PHYS 101 in Term 2.

# The student decides to take an elective course, e.g. a first year English or Psychology course to have a balance of science & non-science courses.

If this student wants to start a little slower, the student can choose to do 3 of the 4 listed courses, e.g. drop the elective course or CHEM 121. If the student drops CHEM 121 then she/he will do that in Term 2 instead of CHEM 122, pushing CHEM 122 to Term 3 & CHEM 281 to Term 4. This will make for a heavy Term 2 at 14 units, so the student can swap BPK 142 & BISC 101, doing BISC 101 in Term 1 & BPK 142-3 in Term 2.

If the first term goes well, the student can try 4 science courses in Term 2.

As well as the courses listed above, students should plan to complete all of the 1st & 2nd yr. core courses within the first 60 units of the degree: BPK 201, 205, 207; MBB 201 or 231; & STAT 201. For the Active Health & Rehabilitation Concentration: BPK 110, 140, & 241. For those interested in the Occupational Ergonomics Certificate: BPK 180

All required courses must be completed with a minimum grade of C-. After a student has completed 24 credits, a Science cumulative grade point average (CGPA) of not less than 2.50 is required for continuance in the major, additional information at: