Welcome to Discover CMNS 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 CMNS!

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 CMNS
Program Plan

Plan for Academic Success

YEAR 1
- Meet with your first year advisor and plan to complete 30 credits including CMNS 110 and CMNS 130.
- Visit the Student Learning Commons for learning and writing workshops.
- Visit your professor or teaching assistant during their office hours to get more one-on-one support.
- Join the CMNS First Year Experience (FYE) Mentorship program to connect to a senior student and other first year students.
- Attend a welcome event to meet Communication Student Union (CMNSU) your fellow students, and faculty members.
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- Sign up for the Student Ambassador Program to explore volunteer opportunities that build complementary skill sets.
- Join CMNS on Facebook, Twitter, and Instagram to find out about the latest updates and events.

YEAR 2
- Meet with your academic advisor and finish taking your 200 level courses. How are the Breadth courses(s) going?
- Explore other programs (i.e., Joint Major/Minors/Ext min) to enhance your degree.
- Join or create a study group and get peer-to-peer support in your academic and student life.
- Meet with your academic advisor and finish taking your 200 level courses. How are the Breadth courses(s) going?
- Explore other programs (i.e., Joint Major/Minors/Ext min) to enhance your degree.
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YEAR 3
- Meet with your academic advisor and start 300 level courses including the upper division Writing course in your major. Wrap up the Breadth course(s).
- 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.
- Meet with your academic advisor and start 300 level courses including the upper division Writing course in your major. Wrap up the Breadth course(s).
- 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.

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.

Get Involved in Your Community

- Attend a Study Abroad information session to learn about studying in a different country.
- Join or attend an event hosted by a cultural club, the 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.
- Apply for a Co-Curricular Record opportunity to gain skills and experience.
- Attend shows put on by the students in the School of Contemporary Arts to explore student work.
- Apply to become a mentor to support first year students.
- Take on a leadership position within your club(s)/CMNSU to help plan events, represent student needs, and strengthen skill sets.
- Consider applying for the SFU Service Awards in recognition of your volunteer contributions to the community.
- 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.

Become a Global Citizen

- Consider applying for field schools or an exchange program to explore international learning opportunities.
- Participate in cultural exchange through the Global Community Mentorship and/or SFU’s 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.

- 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.
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 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.
- Meet with a Career Educator to create a strategy for skills development.

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.
- Schedule fun down time!

EXPLORE EXPERIENTIAL LEARNING OPPORTUNITIES: work study, internships, field schools, and more.
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Experience the FCAT Undergraduate Conference to gain conference experience.
- Attend a Co-op Program information session to learn about how to get paid work experience in your field.
- Explore experiential learning opportunities: work study, internships, field schools, and more.
- Meet with a Career Educator to create a strategy for skills development.