

EXPLORATIONS IN ARTS AND SOCIAL SCIENCES

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ELECTIVE STREAM

Those of you following the Elective Stream take a different combination of classes.

<i>First Year: Fall</i>	First Year: Spring
EXPL 110-3 Organising Society EXPL 120-3 Experiencing Society <i>And one of</i> CRIM 101 Intro to Criminology CRIM 131 Intro to the Criminal Justice System ECON 103 Principles of Microeconomics ECON 105 Principles of Macroeconomics EXPL 130 Global Development: Issues and Patterns WL 100 Intro to World Literature WL 102 Literature Across Cultures WL 104 Modern World Literature <i>Optional:</i> 1-2 electives at any campus.	EXPL 150-3 Introduction to Research Approaches in the Social Sciences EXPL 160-3 Introduction to Research and Interpretation in the Arts <i>And one of</i> CRIM 104 Sociological Explanations of Criminal and Deviant Behaviour CRIM 131 Intro to the Criminal Justice System ECON 103 Principles of Microeconomics ECON 105 Principles of Macroeconomics WL 101 Writing Global Migration WL 103 Pre-modern World Literature Plus 1 elective at SFU Surrey (30-40 electives are offered in the Arts and Social Sciences). <i>Optional:</i> 1 elective at any campus



PART OF THE SFU COMMUNITY

Explorations students are full-standing members of the SFU community. In addition to your Explorations experience, you have the option of taking courses offered at any of our SFU campuses (Burnaby, Vancouver, and Surrey).

For students who are drawn to the SFU Surrey Campus experience, the Faculty of Arts and Social Sciences offers a wide range of elective courses that you can take in order to qualify for your selected major.



“I love the small class sizes and the interaction with professors”

FACULTY

JEN MARCHBANK

Jen is the Director of the Explorations program. Jen has extensive experience in cohort programmes and student support. She received her PhD in Politics from Strathclyde University, UK. Jen's research currently focuses on the experiences of 'mail order' brides and government policies on care. She is the author of *Introduction to Gender: Social Science Perspectives, Women, Power and Politics: Comparative Studies of Childcare* and co-editor of *States of Conflict: Gender, Violence and Resistance*.

SEAN MARKEY

Sean is an Assistant Professor in Explorations and an Associate with the Centre for Sustainable Community Development. He received his PhD in Geography from Simon Fraser University in 2003. Sean's research concerns issues of local and regional sustainable development. He is the principle author of *Second Growth: Community Economic Development in Rural British Columbia*. In addition to his academic experience, Sean continues to work with municipalities, non-profit organizations, Aboriginal communities and the business community to promote and develop sustainable forms of local economic development, including serving on the Steering Committee for the Vibrant Surrey initiative.

SASHA COLBY

Sasha is an Assistant Professor who received her PhD from the University of Sussex in Brighton, UK in 2005. She is currently completing a book about the relationship between archeology and literature (English and French) in the late nineteenth and early twentieth centuries. An article on this subject has recently been accepted by *Comparative Literature and Culture* (Purdue University). Sasha has written and directed six musical comedies which have addressed and raised money for a variety of environmental and social causes. Her most recent play, a drama about modernist poet H.D., debuted at the Vancouver Fringe Festival in 2006 and appeared in Europe in Summer of 2007.

"We know the professors care about us."

BLAIR DAVIS

Blair received his PhD from the department of Communication Studies at McGill University in Montreal in 2007. His current research interests include the intersections of the film aesthetics and economics; 1950s B-movies; genre film studies; and the relationship between film and new technologies. He has essays featured in the anthologies *Caligari's Grandchildren: German Horror Film Since 1945*, *Horror Film: Creating and Marketing Fear*, and *Reel Food: Essays on Film and Food*. He is co-editor of, and contributor to, a manuscript currently in submission on director Akira Kurosawa entitled *Kurosawa, Rashomon and Their Legacies*.

STUDENT SERVICES

Simon Fraser University and the Surrey Campus offer a wide range of support services to help you get settled into campus life, meet new people through clubs and campus events and ensure that you are maximizing your learning potential. The SFU website at <http://students.sfu.ca> offers a wide range of information on topics such as the following:

LEARNING SUPPORT

- Program advising
- Co-op opportunities
- Library
- Personal Counseling
- Yosef Wosk Student Learning Commons

STUDENT AND REGISTRAR SERVICES

- Course information
- Academic calendar
- Tuition and fees
- U-Pass and ID Cards
- Phone: 778-782-7400

STUDENT LIFE

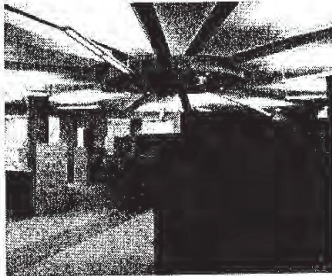
- Recreational services
- Residence and housing
- Simon Fraser Student Society
- Student groups and clubs
- Volunteer Opportunities

HEALTH AND COUNSELLING CENTRE

- Personal Counselling
- Academic Issues & Family Issues
- Stress & Social situation concerns
- A registered clinical counselor can help with any concerns you may have while attending SFU Surrey, Phone: 778-782-8022

SURREY CAMPUS SERVICES

- Computing Services
- Library
- Parking and transit, & Maps
- Safety and Security
- SFU Bookstore
- The Surrey Community
- Connect, weekly e-newsletter



FRASER VALLEY REAL ESTATE BOARD ACADEMIC LIBRARY SFU SURREY

At the heart of the Surrey campus, the Library provides access to a unique facility combining Library, Learning Commons and Media services. The Library is a hub of activity - a place where Explorations students come to find information and assistance, and a place to study and collaborate.

The People

- A staff of library technicians, learning support specialists, librarians and library assistants available to assist you

The Space

- Group-, quiet- and silent-study rooms
- Over 50 computers plus scanners, printers and photocopiers
- Screening room for DVDs and videos
- Games room with a range of gaming platforms

The Collections

- 16,000 plus books, journals, DVDs, videos, CDs, and games on site
- Access via delivery to the 2.5 million titles at the other SFU Libraries
- Access via the web to over 1.5 million online books, journals, databases and images - anytime, anywhere

HELP! TOP 5 QUESTIONS ABOUT THE LIBRARY & ITS SERVICES

How do I get a Library card?

Your SFU Surrey ID card is also your Library card. Your Library barcode is on the bottom of the card and begins with 2934500...



Where can I ask for help?

If you have a question about how to do library research for an assignment, drop by the Reference Desk, email us at lib-surrey@sfu.ca, or call:

778-782-7411

Questions can also be asked online using the SFU Library's *Ask Us* services. The SFU Library provides real time, interactive online reference service as well as e-mail reference service.



Where can I study in the SFU Surrey Library?

There are carrels, tables, and a silent study room for individual study in the library, as well as bookable team rooms for group study.

Can I get materials from other SFU libraries?

Yes! Using the [Library catalogue](#), you can request that materials from the Bennett Library (Burnaby campus) or from the Belzberg Library (SFU Vancouver campus) be delivered to SFU Surrey for you.

There is no charge to SFU students for this service. To initiate the transfer, search for the book or journal title in the [Library catalogue](#), click on the *Request* button, and fill in the form. Generally, the book or article will arrive in two working days and can be picked up at the check-out desk of the library chosen as the pick-up location.

Where are the readings my professor assigned?

Your professor may have put certain required or recommended readings or multimedia resources on "reserve" at the library. These are available in the reserves room near the Circulation Desk. Click on the [Reserves](#) link on the Library website to get a list of these materials by course number or instructor's name.

SUCCEEDING AT UNIVERSITY

Academic success takes planning and determination. In Explorations we realize that the approaches that you used so successfully in school or college might not transfer immediately to university study. Cynthia Wright, Co-ordinator of the Yosef Wosk Student Learning Commons offers support year round. She is also offering specially designed workshops. We strongly recommend you attend these.

Student Learning Commons

The Yosef Wosk Student Learning Commons (YWSLC) is an academic success centre providing friendly and knowledgeable assistance with writing, learning skills, math, and more. Come in to see a Peer Educator to discuss how to write a better paper, or how to be more effective in your study habits. Services are free, so come take advantage of them.

During the Fall term we will be offering the following lunch-hour workshops. Drop by the YWSLC in room 3695 (in the library) for a schedule, or visit us at <http://learningcommons.sfu.ca/surrey/> to register.

- Math Study Tips You'll Be Glad You Have
- Managing your Time as a Student
- Top Ten Things to Know About University Writing
- Sentenced? Solving Common Sentence Problems
- Effective Note Taking for University
- Reading for University
- How to do things with Punctuation
- Polishing Your Paragraphs: Achieving Better Clarity and Flow
- Working with Word
- Procrastination
- Managing & Overcoming Stress
- Introductions: Should you Start with a Quote?
- Totally Excel-lent
- In Conclusion: How Not to End Your Paper.
- Powerpoint Presentations that POP
- Tell us Who Said It: Incorporating Source Material into Your Paper
- Exam Strategies

TIME MANAGEMENT

Academic success is greatly aided by good time management.

SOME USEFUL POINTS IN TIME MANAGEMENT

1. Develop a weekly timetable, covering all your waking hours - between, say, 7 am and midnight, including weekends. Begin by deciding how many hours sleep you expect to need throughout the week. Block in those hours as sacrosanct. Remember, if you go to a late-night party, you'll need to make up those lost hours of sleep - probably at weekends.
2. Block in all lecture, tutorial or seminar hours. These are hours when you know you need to be somewhere on time - so build in margins for travel.
3. Next, allow time for relaxation and refreshment. It's a good idea to block in regular periods of exercise or time with friends. You'll enjoy your work more if you balance it with fun.
4. Finally, you are left with unallocated time which you must distribute equitably among your different courses. Set aside to prepare for these classes.

Your planning diary and your weekly schedule are simply management tools - they work for you, not the other way round. In other words, by planning and scheduling, you organize your present time in order to have future time. In that way, you can take time out of timetable for that unexpected event - the party invitation or concert or visiting speaker - without disturbing your study for survival and success.

There's much more to effective time management. To succeed, you must meet your deadlines. If you fail to complete assignments on time, you may lose marks.

Learn to adjust your priorities as early assignments are submitted and others are still to be done. Don't procrastinate, start your projects/assignments early, even if it is just to get the reading done. Getting the reading done early will give you time to think about your project, ask questions, and develop your ideas.

Good time management is about prioritizing your FOCUS and avoiding procrastination.

STUDYING EFFECTIVELY

All too often, students engage in study that only results in shallow or superficial learning- for example, the rote learning of names, dates, superficial factual data and characteristics that you hold in your short-term memory just long enough to pass an examination and that are then rapidly forgotten, because they have not been internalized.

Deep learning, however, stays with you. In Explorations, you are encouraged to develop deep learning by internalizing and applying ideas and issues. After each session think about:

1. What did I know and think about on this topic before class?
2. What do I now know and think about the topic?
3. How might I apply what we discussed?

HINTS FOR EFFECTIVE WORKING

Set Priorities

You must keep up with the full range of your classes - but where do you begin? There's always a strong temptation to put off the most difficult task or the least congenial assignment. Resist that temptation by turning it on its head. Tackle your most difficult assignments first! Avoid negative study habits - like telling yourself you'll begin that essay when you've taken notes from one more book. And then, just one more. Begin to structure your ideas today - and then decide whether you need to do more reading.

When faced with an essay it is important to evaluate how much reading you need to do to prepare for it. Some students read and research too little, because they've put it off. Others read too much and find they have too little time to write. Recognise that reading can be a form of procrastination. Evaluate what you need to read and the time you need to write your essay well.

Get Started!

There's nearly always something else you could do, rather than study. Try making a 'clean start' - say, on the hour - and don't give up until you've completed a reasonable work stint. Regular breaks for exercise and oxygen are good; frequent interruptions are bad - because you waste time re-focusing on your subject-matter after each interruption.

Be Realistic!

Want to feel guilty and down? No, of course not. So, set yourself realistic and attainable targets. This means you need to plan. Don't think "I'll do this even if it takes all night." Plan your work realistically with reasonable targets for each period of time.

Then, enjoy a sense of achievement. Feel good about yourself, reward yourself in some way. After a break, you should feel energetic and confident enough to tackle another assignment.

Don't Be Too Hard on Yourself

Think clearly about your objectives: what precisely do you want to do? Write down your objectives, it helps you concentrate. Having clarified your objectives, and provided yourself with the necessary resources, make a start. Recognize your achievements, however modest. If you begin to punish yourself mentally (or even physically - for example, by denying yourself that reward), you simply add to your own anxieties, reduce your performance standards and damage your chances of survival and success.

Study in Groups

Remember, studying is hard work but it is also rewarding. Share your enjoyment and your frustrations with your peers - they are probably feeling and facing the same things you are. Use your work groups outside of class, study together, set goals together. Studying can be both an individual and social process.