

2019–2020 Viewbook

A PREEMINENT FLORIDA UNIVERSITY

DR. KAREN L. LAUGHLIN DEAN OF UNDERGRADUATE STUDIES



Welcome to Florida State University! Florida State is a special place that blends the rich opportunities available at an innovative research university with the creative and welcoming culture of a small college. We are looking to the future with great excitement while also valuing our history and traditions.

Students are at the heart of our mission, and we are national leaders in promoting student success. Our goal is to see all students develop new talents and perspectives while focusing their ambitions as they move toward graduation. We do this by offering the right support at the right time.

We value the sense of community that connects students with each other, with our world-class faculty, and with diverse ideas and experiences designed to unleash the potential of every student. We know that one of the keys to success in college is engaging broadly with peers, professors, organizations, and activities that will anchor your studies and extend your learning beyond the classroom.

During your first semester at Florida State, our Engage 100 initiative will guide you toward a variety of experiences designed to connect and challenge you, paving the way for your future success.

Participating in small groups led by student mentors, faculty, and staff will help you make the most of your college experience while starting to develop the personal, social, and professional skills that will carry you toward graduation and beyond.

If you choose to become part of this vibrant community, I hope you take the opportunity to become involved in one or more activities that will help you define and develop your personal and academic goals. We encourage you to engage in research and leadership opportunities at Florida State, as well as explore and serve the community at home and abroad. We look forward to guiding you toward those programs and activities that will have the greatest impact on your development as a student and as a citizen of our rapidly changing world.

We know you have many college options to chose from, and we appreciate that you've taken the time to let us show you how you can grow as a student and a person in our welcoming and inclusive community.

QUICK FACTS

ABOUT FSU

Four-year graduation rate among public universities in Florida



Best Value in Public Colleges, *Kiplinger, 2019*



Retention rate, top 20 among public universities

One of the nation's elite research universities, Florida State University preserves, expands, and disseminates knowledge in the sciences, technology, arts, and humanities. We embrace a philosophy of learning that is strongly rooted in the traditions of the liberal arts and critical thinking. FSU's welcoming campus is located on the oldest continuous site of higher education in Florida, and our community fosters free inquiry and embraces diversity.



A BRIEF HISTORY of FLORIDA STATE UNIVERSITY

In 1851, state legislators provided for the establishment of two institutions of higher learning in Florida east and west of the Suwanee River. The purpose for these schools was to instruct men and women in the art of teaching all facets of a common school education, as well as to provide instruction in the mechanic arts; husbandry; agriculture; fundamental laws; and citizens' rights and duties. In 1856, when state representatives accepted Tallahassee Mayor Francis Eppes' offer of city-owned land and the Florida Institute's existing school building, Tallahassee became the western institution's permanent home.

Following the Civil War, the Florida Institute entered a period of growth and development. By 1897 it had become the first liberal arts college in the state, and in 1901 became Florida State College. In 1905, the Legislature reorganized Florida's educational system. The school became an all-women's college and was subsequently renamed Florida State College for Women. However, when World War II ended, returning veterans required additional educational resources. In 1947, the Governor signed an act of the Legislature returning FSCW to a coeducational institution and renaming it The Florida State University.

The 1950s and 60s brought further development and expansion with the addition of new colleges and schools, such as Business, Library Science, Social Welfare (later split into Social Work and Criminology), and Nursing. The 1970s and 80s saw the establishment of programs in African American Studies, Women's Studies, and the expansion and strengthening of the Liberal Arts Program.

In each succeeding decade, Florida State University has added to its academic organization and presently comprises sixteen independent colleges. Recent efforts have been focused on elevating the university's reputation as a preeminent research institution; successful completion of a \$1 billion fundraising campaign; advancing the university's academic and research mission; championing diversity and inclusion; becoming one of the most veteran-friendly campuses in the country; and welcoming the best and brightest students in the university's history.

For more information about Florida State's rich history, please visit heritage.fsu.edu.



THE SEMINOLE TRIBE OF FLORIDA

For almost 70 years, Florida State has worked closely, side by side, with the Seminole Tribe of Florida. The relationship, built on respect, is so mutually supportive that in 2005 the tribe took an unprecedented, historic step with a public declaration of support. The Seminole Tribe invited the university president at that time, T.K. Wetherell, to Big Cypress Reservation to receive a written resolution from the Tribal Council affirming its enthusiastic support for the university's use of the Seminole name, logos and images. Subsequently, Chief Jerry Haney of the Seminole Tribe of Oklahoma also publicly stated his support.

The council's action was recognition of Florida State's continued collaboration with the tribe to 1) include prominent participation by tribal members in many of the university's most meaningful events, and 2) seek advice and direction to ensure tribal imagery is authentic. The university continues to welcome these opportunities to expose our students, faculty, staff and alumni to the Seminoles' history and traditions and reflects what we value as an institution — multiculturalism and diversity. In return, the Seminoles' culture and lore are kept alive.

There are a number of examples that illustrate this collaboration: Florida State does not have a mascot. Instead, we have the honor of calling ourselves "Seminoles" in admiration of the only Native American tribe never conquered by the U.S. Government.

FSU students, alumni, faculty and staff know what an honor it is to be selected as the student to portray "Osceola," a great Seminole warrior, who rides the Appaloosa horse "Renegade" during football games. To be chosen, the student must maintain excellent grades and be of good character. The clothing the student wears depicting Osceola is sewn by the women of the Seminole Tribe.



Seminole Indian, Billy Bowlegs. Courtesy of Ah-Tha-Thi-Ki Museum (ATTK No. 2003.15.41)

Tribal members also travel to Tallahassee each year to crown the Homecoming chief and princess wearing authentic Seminole regalia.

It is a moving sight for graduates and their families when men from the tribe in brightly colored Seminole dress march in as the color guard at each university commencement ceremony.

Members of the tribe have also traveled to town to build a real "chickee," a thatched-roof Seminole dwelling at our lakeside student recreation area near campus.

The university established a scholarship program that pays the way for students from the reservations to attend Florida State. Many of them are the first in their families to attend college.

In 2006, the university honored the Seminole Tribe of Florida during a special Seminole Tribute weekend with the unveiling of a new set of large, bronze sculptures depicting a Seminole family.

To further enhance learning opportunities, the tribe also helped design a course for FSU students — the "History of the Seminoles and Southeastern Tribes," which focuses on Seminole history and traditions.

FSU considers it a great privilege to represent a group of people whose courage and spirit we admire and respect. Through the years, the administration has made it clear the university will not engage in any activity that does not have the approval of the Seminole Tribe of Florida.

The Seminoles do not just give a stamp of approval from afar—they are full participants in the activities of the university. Their leaders have publicly stated that they feel the FSU family is part of their family.

FIRST YEAR APPLICANTS

DEADLINES 2019-2020

Application & All Supporting Documents Due By: Decision Available Online:



Students who complete an application after November 1 will receive an admission decision on a rolling basis starting January 31, 2020. The final application deadline is March 1, 2020. November 1, 2019 is the priority deadline for admission and merit scholarship consideration.

Applicants who graduate from high school and who will receive an AA degree at the same time should submit a first year application.

To learn how to apply for admission go to *admissions.fsu.edu/freshman/apply*.

Application Timeline 2019–2020



NOVEMBER 1 PRIORITY APPLICATION

JANUARY 30

DECISION DAY

DEADLINE



FEBRUARY HOUSING CONTRACTS AVAILABLE





SPRING ACCEPTED STUDENT DAYS



2020

MAY 1 ADMISSIONS DEPOSIT & ORIENTATION REGISTRATION DUE

CLASSES BEGIN SUMMER: JUNE 22 FALL: AUGUST 24

GPA: 4.1–4.5 SAT: 1270–1390 ACT: 28–32

FALL

GPA: 3.7–4.3 SAT: 1190–1300 ACT: 25–29

SUMMER

SEMINOLE PATHWAYS

GPA: 3.6–4.0 SAT: 1140–1220 ACT: 23–27

TRANSFER APPLICANTS

DEADLINES 2019–2020

SUMMER - MAR1 FALL - JUNE1 SPRING - NOV1

Transfer admission is a holistic and selective process, and no single criterion guarantees admission. We consider all the information you submit with your application, and we carefully review your academic record to ensure you are prepared for the academic rigor at Florida State University. Some colleges and departments limit the number of students they admit to their programs; thus, it is important that you review the Academic Program Guide at **academic-guide.fsu.edu** for detailed information about program deadlines, required pre-requisite courses, audition dates, portfolio requirements, etc., before you start the application process. Students are expected to meet general university requirements and specific major requirements.

GENERAL UNIVERSITY REQUIREMENTS

- All transfer applicants must have satisfied the state of Florida's world language admission requirement by having earned two sequential units in one world language in high school **OR** successfully completed the second elementary/beginner college course in college.
- All transfer applicants must have demonstrated college-level proficiency in English and mathematics by having successfully completed (with a grade of C or higher) a minimum of three semester hours of approved college-level English composition AND successfully completed a minimum of three semester hours of approved college-level mathematics.
- All transfer applicants must be in good academic standing at their last institution (a minimum of 2.0 GPA or higher). Very few students are admitted with a GPA below 3.0.

MAJOR REQUIREMENTS

In addition to meeting the general university requirements, applicants must meet the specific requirements established for their desired major. The Academic Program Guide *academic-guide.fsu.edu* provides detailed major/ program descriptions, a term-by-term academic map for each major/program, and career information associated with different degrees.

To learn how to apply for admission, visit admissions.fsu.edu/transfer/apply.



FINANCES



"We are thrilled to be recognized as one of the best value colleges in the nation. Florida State's continued upward trajectory in these rankings reflects our commitment to high standards of academic excellence and our dedication to affordability, accessibility, and success for all of our students."

> -Sally McRorie, Provost and Executive Vice President for Academic Affairs

Florida State consistently delivers an affordable, high quality education. We offer many resources to help students navigate the financial aid process. Detailed information can be found at *financialaid.fsu.edu* and *studentbusiness.fsu.edu/faq*.

All admitted students are automatically considered for one of our merit-based scholarships. For more information, visit **admissions.fsu.edu**.

Florida State ranks in the **Top 10** of Kiplinger's annual list of *Best Values in Public Colleges*, moving up five spots to No. 9 from the publication's previous rankings. Introduced in 1998, *Kiplinger's Best College Values* list combines public and private universities and private

OUT-OF-STATE RESIDENT		
FLORIDA RESIDENT		
TUITION & FEES	\$6,516	\$21,683
HOUSING	\$6,680	\$6,680
MOST POPULAR MEAL PLAN	\$4,396	\$4,396
BOOKS & SUPPLIES	\$1,000	\$1,000
TOTAL	\$18,592	\$33,759

The totals above are based on Fall & Spring, 15 hours-per-semester. They do not include the cost of health insurance. Students who do not show proof of existing, comparable coverage may enroll in the school-sponsored plan at a cost of \$2,563/year.

liberal arts colleges into a single, comprehensive list of 400 institutions. Kiplinger also ranks the best values in private universities, private liberal arts colleges, and public colleges. The analysis is based on objective measurements of academic quality and affordability, such as student-faculty ratios, admission rates, graduation rates, cost, and financial aid. FSU also climbed one spot to No. 3 on Kiplinger's list of best values among public institutions for out-of-state students.



HOUSING ON CAMPUS

University Housing promotes student success by providing an environment that encourages engagement in both academics and leadership development. The staff, who live and work in the residence halls, foster lifelong learning by promoting responsible citizenship, scholarship, appreciation of differences, wellness, and campus involvement. Eighty-five percent of first year students choose to live on campus. Those who select this option typically transition successfully into college life making higher grades, completing more classes, and returning for their second year at higher rates.

To complete a housing contract, students must first be admitted to FSU. Students who submit a contract early will have the most flexibility in housing options. Visit **housing.fsu.edu** for complete details and to take a virtual tour of our residence halls.







SEMINOLE DINING

In early 2017 Florida State partnered with Sodexo, embarking on a shared goal of dramatically elevating the dining experience on campus for students and visitors alike. There are 28 dining options available on FSU's campus, including the addition of "1851," which houses four micro-restaurants and a convenience store attached to Azalea Hall. Visit **seminoledining.com** for more information.



CAMPUS DINING OPTIONS



OUR HONORS PROGRAM

Honors students are expected to focus on areas of personal growth in intercultural communication, service, research, entrepreneurship, and leadership while at FSU. Our honors students can be found all over campus doing everything from conducting ground breaking research with faculty, to competing for National Fellowships, to serving on the executive boards of the many student organizations. Learn more at *honors.fsu.edu*.

Reasons to Participate in Our University Honors Program:

- Smaller Classes: Honors courses are generally limited to 25 students, and honors seminars to 15 students.
- Access to Faculty: Professors of all disciplines are committed to bringing undergraduate students into their laboratories, studios, and theaters not only to learn, but to engage with researchers at the highest level of scholarship. These teachers often become your mentors and advisors.
- **Specialized Advisors:** Our experienced honors advisors will work with you on an individual basis to achieve your unique academic and professional goals.
- "Head-start" on Medical or Law School: You can apply to earn a place in the Honors Medical Scholars Program or the Honors Legal Scholars Program, two professional-track programs that are open only to students in the University Honors Program.
- **Early Registration:** University Honors students have the special privilege of being able to register for courses at the same time as seniors.



HONORS IN THE MAJOR

Honors in the Major students complete a research thesis or creative project in their major area of study under the guidance of a faculty committee. You will work with this committee to select a topic; develop a prospectus; complete a written document based on your research or creative project; and orally defend your thesis before your committee. This process normally takes two to three semesters, during which you will register for six to nine hours of 4000-level thesis credit. Once you have completed and successfully defended your project, you will graduate "with honors" in your major, a distinction that is announced during commencement and designated on your official transcript.

GARNET & GOLD SCHOLAR SOCIETY

Participate in the Garnet & Gold Scholar Society, which recognizes students who excel within and beyond the classroom in the areas of Leadership, Internship, Service, International Study, and Research. An undergraduate student who meets the criteria in three of the five areas and completes a Synthesis Reflection will qualify to graduate as a member of the Garnet and Gold Scholar Society. Learn more at *garnetandgoldscholar.fsu.edu*.



of FSU undergraduates conduct out-of-class research with faculty members.



THE CENTER FOR UNDERGRADUATE RESEARCH & ACADEMIC ENGAGEMENT (CRE)

Engaging students in research, innovation, and scholarship is the hallmark of a great research university. Through their participation in research and creative endeavors, undergraduate students become better thinkers, innovators, and problem solvers, cultivating the depth of understanding needed to make a positive difference in the world.

The CRE is leading a growing movement to involve FSU students in the highest levels of academic engagement, helping students take advantage of the very best a major research university like FSU has to offer. Explore further at **cre.fsu.edu**.

UNDERGRADUATE RESEARCH OPPORTUNITY PROGRAM (UROP)

Florida State University provides students an engaging community with the flexibility and funding opportunities to explore their full range of interests. Our award-winning professors focus on student success with opportunities to conduct undergraduate research. Learn more at **cre.fsu.edu/programs/urop**.



BEYOND GRADUATION

"Whether you're deciding on a career choice, developing employability skills, or applying for a career opportunity or graduate school, The Career Center at FSU stands ready to

prepare you for success."

-Myrna Hoover, Director



For additional information, visit career.fsu.edu.



CAREER CENTER SERVICES

CAREER ADVISING

Speak with a Career Advisor to plan your career, gain information, and discover majors and occupations that fit your skills and interests.

FSUSHADOW

Connect with employers, community partners, alumni, and friends of the university for one-day job shadowing experiences to provide career exposure in a wide variety of fields and industries.

PROFESSIONOLE MENTORS

Want to talk with someone who has the job you want? Search ProfessioNole Mentors, a database of alumni and friends of FSU who want to share career information and insight with you.

CAREER-RELATED WORKSHOPS

Gain employability skills and insight as you begin your job or internship search. The Career Center offers a series of professional development workshops throughout the semester.

HANDSHAKE

Use this online resource to connect with employers, view job listings, and apply for part-time, full-time, and internship positions.

GRADUATE SCHOOL

If you are deciding if graduate school is the right fit, visit The Career Center for resources and information to help you carefully consider your options.



#1 FSU has the highest percentage of alumni giving back of any university in Florida.



MAJORS

COLLEGE OF ARTS & SCIENCES

Actuarial Science Anthropology Biochemistry Biological Sciences

Biological Science Cell and Molecular Biology Ecology, Evolution, and Environmental Science Marine Biology Physiology and Neuroscience Plant Sciences Pre-Professional Health Sciences Zoology Biology/FSU-Teach

Chemical Science

Chemical Sciences/FSU-Teach

Chemistry

Chemistry Environmental Chemistry

Classics

Classical Archaeology Classical Civilizations Classics and Religion Greek and Latin

Computational Biology

Computational Biology—Biology Computational Biology—Computer Science Computational Science

Computer Criminology

Computer Criminology—Computer Science Computer Programming &

Applications

Computer Science

Computer Science Computer Science (BA) East Asian Languages and Cultures

Chinese/Business Chinese and Japanese Chinese Language and Culture Japanese/Business Japanese Language and Culture English Creative Writing

Editing, Writing, and Media Literature

Environmental Science

Environmental Science Environmental Science and Policy Environmental Science/FSU-Teach

French

French French/Business French and German French and Italian French and Russian French and Spanish

Geology German

German German/Business German and Italian German and Russian German and Spanish Greek History Interdisciplinary Humanities Humanities Women's Studies Italian Italian Italian/Business Italian and Russian Italian and Spanish Latin

Mathematics

Applied and Computational Mathematics Biomathematics Mathematics Mathematics/FSU-Teach

Meteorology Applied Geosciences/FSU-Teach Meteorology

Middle Eastern Studies

Neuroscience Behavioral Neuroscience Cell/Molecular Neuroscience

Philosophy Physical Science

Physics Physics and Astrophysics Physics and Materials Psychology

Religion

Religion Religion and Classics **Russian** Russian/Business Russian and Spanish **Spanish**

Spanish Spanish/Business

COLLEGE OF BUSINESS

Statistics Accounting Finance Management Human Resource Management Management Management Information Systems Marketing Marketing Professional Sales Retail Management Real Estate Risk Management—Insurance

COLLEGE OF COMMUNICATION & INFORMATION

Communication and Digital Media Studies Digital Media Production

Media/Communication Studies **Professional Communication** Advertising Public Relations

Communication Science and Disorders

Information Technology Information Communication and Technology Information Technology

COLLEGE OF CRIMINOLOGY & CRIMINAL JUSTICE

Computer Criminology Computer Criminology—Criminology Criminology

COLLEGE OF EDUCATION

Elementary Education English Education Social Science Education Special Education Special Education Teaching Sport Management Visual Disabilities Visual Disabilities

Visual Disabilities Education Visual Disabilities Studies

COLLEGE OF ENGINEERING

Chemical & Biomedical Engineering Biomedical Engineering Chemical—Biomedical Engineering Chemical Engineering Chemical—Materials Engineering Civil Engineering Civil Engineering Environmental Engineering—Civil Computer Engineering Electrical Engineering Industrial Engineering Mechanical Engineering

COLLEGE OF FINE ARTS

Dance History and Criticism of Art Art History Interior Design Studio Art Studio Art Studio Art Studio Art (BA) Theatre Acting Music Theatre—Theatre Theatre

COLLEGE OF HUMAN SCIENCES

Athletic Training Dietetics Exercise Physiology Family and Child Sciences Food and Nutrition Food and Nutrition

COLLEGE OF MEDICINE

Interdisciplinary Medical Sciences Community Patient Care Health Management, Policy and Information

Clinical Professions

COLLEGE OF MOTION PICTURE ARTS

Motion Picture Arts Animation and Digital Arts Motion Picture Arts—Production

COLLEGE OF MUSIC

Music Education

Choral Music Education Instrumental Music Education Music Education

Music—Liberal Arts

Commercial Music Jazz Music—Liberal Arts Sacred Music

Music Performance

Brass Performance Guitar Performance Harp Performance Music Theatre—Music Organ Performance Percussion Performance Piano Pedagogy Piano Performance String Performance Voice Performance Woodwind Performance **Music Theory and Composition** Music Composition Music Theory

Music Therapy

COLLEGE OF NURSING

Nursing Nursing—Accelerated BSN Nursing—Veterans BSN

COLLEGE OF SOCIAL SCIENCES & PUBLIC POLICY

African-American Studies Asian Studies Asian Studies Asian Studies/Business Economics Environment and Society Geography Environmental Studies Geography International Affairs Latin-American & Caribbean Studies Latin-American & Caribbean Studies Latin-American & Caribbean Studies

Latin-American & Caribbean Studies/Bus Political Science

Russian and East European Studies Social Science Sociology

COLLEGE OF SOCIAL WORK

Social Work Social Work

DEDMAN SCHOOL OF HOSPITALITY

Hospitality Management

Hospitality Management & Tourism Global Club Management & Leadership

JIM MORAN SCHOOL OF ENTREPRENEURSHIP

Entrepreneurship

Commercial Entrepreneurship Retail Entrepreneurship Retail, Merchandising & Product Development Social Entrepreneurship

For the most up-to-date listings of undergraduate programs, combined degree programs, major requirements, and major comparisons, please refer to **academic-guide.fsu.edu**.

KEY: All degrees are in GARNET, and majors or tracks within degree programs are in BLACK.

Selecting A Career Path

ADVISING FIRST

Our mission is to provide a network of professional, academic advisors and college-life coaches who support students as they establish and realize their personal, academic, and career goals at Florida State University. The primary focus of our program is to assist and guide students so they are retained at the University from the time of enrollment through graduation. With expertise on university policies, resources and opportunities, and extensive training in effective guidance, our Advising First professionals promote students' progress and growth throughout their academic careers. Through the relationships with advisors and/or coaches, our students are empowered to take personal responsibility and ownership of their educational endeavors. To learn more about Advising First's opportunities, visit **advisingfirst.fsu.edu**.

OUR EXPLORATORY MAJOR

If you haven't decided on a major, we have staff to support and help you determine what you want to study. During freshman orientation, you'll confer with an advisor to choose your first-semester schedule. During the second week of classes, you'll attend Exploratory Launch, where your advisor will provide information about how to succeed as you evaluate your options. During your New 'Nole Advising appointment, you'll assess your values, interests, and skills, which will produce a short list of majors and recommended activities. Various programmed events will keep you on track. Advising First has two locations: The Center for Exploratory Students and the Center for Academic Planning. Staff will guide you through the Students Taking Exploratory Paths to Success Program (STEPS), where you're guided through the three phases of exploration: self, major, and career. This process provides opportunities to develop greater self-awareness, discover the many options offered at the university, and declare departmental majors with confidence. For more information visit **advisingfirst.fsu.edu/exploratory**.



DR. APRIL JACKSON, ASSISTANT PROFESSOR, URBAN & REGIONAL PLANNING

It's a privilege to shape young minds and push them to connect classroom learning with real-world experiences. I enjoy mentoring students and helping build long-term university/community partnerships in Tallahassee. I love to see our students graduate to pursue their dreams as change agents, promoting greater equity, inclusion, and cultural competency as planning practitioners wherever they go.

DR. JILL PABLE, INTERIOR ARCHITECTURE & DESIGN

I get to work with engaging, passionate students who are driven to change the world through the potential of thoughtful built environments with their projects and research. It is exciting and so satisfying to see a student's understanding evolve and then see them use their degree to work with paradigm-changing design firms, moving our culture and profession forward.



DR. STEPHANIE PAU, ASSISTANT PROFESSOR, GEOGRAPHY

Teaching allows me to communicate the relevance of my work. I love how passionate FSU students are about environmental sustainability and that they bring different ideas to the table about achieving those goals. Florida's identity is closely linked to our unique natural ecosystems, and students' current choices, behavior, and actions will determine our planet's future. It's a privilege to be educating informed citizens and future leaders.

Why Do Faculty Enjoy Teaching at FSU?



DR. ELIZABETH FOSTER, DIRECTOR, IMS PRE-HEALTH ACADEMIC PROGRAMMING

FSU is a big university and a small college experience all in one. Students learn a lot of information about their favorite disciplines in large classes, and I enjoy encouraging them to connect that information to their other courses, service learning, and eventually to their future careers.

PROFESSOR LANSING LEWIS, ENTREPRENEUR-IN-RESIDENCE, JIM MORAN SCHOOL OF ENTREPRENEURSHIP

FSU offers significant resources to support and educate its students. With these resources, both students and faculty members have the utmost confidence that their potential and dreams are within reach. But what makes FSU such a rewarding place to teach is that the University is aligned with our city's and state's goals, and that alignment, when combined with an entrepreneurial mindset, enables future successes to be realized.

PROFESSOR CARRIE ANN BAADE, DEPARTMENT OF ART

I appreciate working with students from diverse backgrounds and experiences, and I'm proud that our world-class education is so affordable when compared to any other school of our national ranking. I'm also enthusiastic about all the great resources and opportunities that an elite, research-one university can offer students and faculty. Our students can obtain the best liberal arts education while working with award-winning instructors and enjoying the advantages of small class sizes.

CAMPUS INITIATIVES

THE STUDENT RESILIENCE PROJECT

The Student Resilience Project is a program required for all incoming freshmen and transfer students. It's a web-based, research-informed toolkit developed to encourage students' wellness by helping them learn to manage stress in healthy ways and increase their sense of belonging on campus. The website features videos, skill-building activities, resources, and information, including podcasts by campus experts.

Why is this project necessary?

- Students need assistance building stress management and healthy coping skills.
- More tools are needed to respond to the mental health needs of incoming students.
- Stress, anxiety, sleep problems, and depression are common in young adults and are barriers to their academic success.
- Childhood adversity and trauma are common, and unresolved trauma makes students more vulnerable to stress.
- It is an FSU priority to increase students' sense of belonging and connectedness, safety, and well-being.

Learn more at **strong.fsu.edu**.

ENGAGE 100

Engage 100 is designed to connect, engage, and challenge students during their first semester at FSU, as well as pave the way to future success in college. These small, mentor-guided group experiences are centered on a particular topic or curriculum that will assist students in thriving in our university community. We hope every student will participate in an Engage 100 experience.

What will you gain from participating in an approved experience?

- You'll join a formal community and form meaningful peer relationships;
- Develop personal, social, and professional awareness and skills;
- Engage in an activity that aligns with your academic and personal goals;
- · Learn how to continue to be engaged throughout your college career; and
- Learn how to enhance your FSU experience.

Please visit **engage100.fsu.edu** to learn more and find your experience.

FRESHMAN INTEREST GROUPS (FIG)

A Freshman Interest Group is a pre-packaged cluster of high-demand freshman courses linked by a theme or academic program. Enrolling in a FIG makes the registration process easy because you can register for most of your classes simultaneously. Advantages in registering for a FIG include:

- Taking classes with the same 20–25 students, so even a lecture class will seem small
- Taking courses that fulfill general education requirements
- Meeting students with similar interests
- Forming your own FSU community

Enrolling in the FIG Colloquium HUM1920 is especially advantageous, as this course is designed to provide students a set of experiences that will introduce them to the academic culture at FSU.

Visit fig.undergrad.fsu.edu to explore the choices.



FIND WHAT MOVES YOU

FSU prioritizes total wellness, and we strongly encourage activities that promote lifelong health. Visit *campusrec.fsu.edu* for more information.





LEACH STUDENT RECREATION CENTER

Exercise your options with hundreds of machines, weights, and a 16-lane indoor pool facility and spa.



INTRAMURAL SPORTS PROGRAM

Keep playing in one or more of 40 individual and team intramural sports.



THE FSU RESERVATION

Enjoy the great outdoors in our own backyard. Located on scenic Lake Bradford, The "Rez" is an ideal place to get some R & R.



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A A MASS





OUTDOOR PURSUITS

Snorkel, raft, hike, surf . . . FSU's outdoor adventure program specializes in wilderness fun. Develop your skills on an exciting excursion!

EXPLORE FLORIDA'S CAPITAL



Tallahassee is Florida's vibrant capital city. While growing, it retains its small town charm and hospitality. Learn more at *visittallahassee.com*.

DISCOVER FLORIDA'S COAST

St. Mark's Lighthouse

THE SEMINOLE CREED

TRUTHFULNESS

I will be honest and truthful at all times and work for personal and institutional integrity at Florida State University.

RESPECT

I will show respect for others, the University, the community, and myself.

EXCELLENCE

I will pursue excellence in my learning and living in the University and beyond.

FREEDOM OF SPEECH & INQUIRY

I will support academic freedom, including the right of dissent and freedom of speech.

DIVERSITY

I will learn from and about those who are different and work to make the University inclusive.

JUSTICE

I will treat others in a fair manner and strive to make the University a community of justice.

CITIZENSHIP

I will act as a responsible citizen in the University and beyond, participating in those activities fostering citizenship.

DISCOVERY

I will take time for adventure, discovery, fun, excitement and friendship.

STAY CONNECTED



admissions.fsu.edu | 850.644.6200 | admissions@fsu.edu Florida State University | Office of Admissions | 282 Champions Way, Tallahassee, FL 32306-2400 Virtual Campus Tour: *visit.fsu.edu*

