COLLEGE OF HEALTH & HUMAN SCIENCES

K-STATE 1 FIRST

ENROLL NOW!

Check out some of our fall 2026 CAT Communities and First-Year Seminar options on this brief overview page. View all of our 100+ options and get connected on our website, or work with your adacemic advisor to get enrolled! For more information:

Visit us on the web at **k-state.edu/first**
Email us at **kstatefirst@k-state.edu**
Call us at **(785) 532-1501**

You can be in one CAT Community *and* one First-Year Seminar. If considering a CAT Community, you should NOT have earned credit through transfer or AP courses in any of the three courses that make up the CAT Community, as all three are required.

Explore your options, select a CAT Community or First-Year Seminar that seems interesting to you, and your advisor can help you decide which option will be the best fit for you based on your interests, major, and future career.

CAT COMMUNITIES

RESIDENTIAL CAT

Honors Communnity: Well-being in Practice	PSYCH 110 General Psychology
	CHM 210 Chemistry I
	UHP 189 Well-being in Practice
	Residence Hall: Boyd

CAT COMMUNITIES

Child Development Around the World	ECED 310 Early Childhood
	ANTH 204 Intro to Cultural Anthropology
	DHE 195 Child Development Around the World
Exploring the Health Professions	HLTSC 100 Intro to the Health Sciences
	FNDH 132 Basic Nutrition
	DHE 195 Exploring the Health Professions
Nutrition and the Health Professions	FNDH 132 Basic Nutrition
	CHM 210 Chemistry 1
	DHE 195 Nutrition and the Health Professions
Pre-Physical Therapy	KIN 220 Biobehavioral Bases of Physical Activity
	FNDH 132 Basic Nutrition
	DHE 195 Pre-Physical Therapy





FIRST-YEAR SEMINARS

GENERAL EDUCATION

COURSE #	COURSE NAME	SECTION
COMM 130	Interpersonal Communication	A
COMM 323	Nonverbal Communication	A
DAS 100	Introduction to K-State Culture	A
DAS 100	Introduction to K-State Culture	C
DAS 100	Introduction to K-State Culture	D
DAS 100	Introduction to K-State Culture	F
ECON 110	Principles of Macroeconomics	H
ECON 120	Principles of Microeconomics	C
ENGL 100	Expository Writing 1	AF
ENGL 100	Expository Writing 1	AI
ENGL 100	Expository Writing 1 [CAT]	AK
ENGL 220	Fiction Into Film [FYS & CAT]	B
ENGL 287	Great Books	A
ENTOM 101	Insects and People	A
GWSS 105	Intro to Gender, Women, and Sexuality Studies	C
HDFS 110	Introduction to Human Development	B
HIST 112	World History From 1450	A
MATH 100	College Algebra	98
MATH 100	College Algebra	99
MC 110	Mass Communication in Society	A
PFP 105	Introduction to Personal Financial Planning	C
PHILO 100	Introduction to Philosophical Problems	A
PHILO 130	Introduction to Moral Philosophy	A
PHYS 122	Physics Today 1	A
POLSC 135	Introduction to Comparative Politics	A
SOCIO 211	Introduction to Sociology	D

HHONORS

COURSE #	COURSE NAME	SECTION
AGEC 121	Honors Agricultural Economics & Agribusiness	A
ANTH 210	Intro to Cultural Anthropology	A
COMM 109	Public Speaking (Honors)	A
ECON 111	Principles of Macroeconomics (Honors)	A
ENGL 297	Honors Introduction to The Humanities [FYS & CAT]	A
PSYCH 115	General Psychology (Honors) [FYS & CAT]	E

STUDENT SUCCESS

COURSE #	COURSE NAME	SECTION
EDCEP 111	Foundations of College Student Success (student athlete section)	A
EDCEP 111	Foundations of College Student Success	B
EDCEP 111	Foundations of College Student Success	C
EDCEP 111	Foundations of College Student Success	D
EDCEP 111	Foundations of College Student Success	E
EDCEP 111	Foundations of College Student Success (TRIO ESS section)	F
EDCEP 111	Foundations of College Student Success	K

WHAT OUR STUDENTS HAVE TO SAY:

K-State First has definitely been the guidance I really needed to grow from a struggling freshman to a motivated junior in my program. Without the CAT Community and the people and resources provided to me through it, I don't think I would've made it through my first year.

Before I came to college, I worried about whether I would make friends, find a group, or even if I would feel like a member of the Wildcat Family. As a student in a CAT Community, I found that I had a group of people I could feel comfortable with and even depend on for help in classes, someone to sit by, and a group that had the potential to become friends.