**K-State First** is the University’s first-year experience program, our way of helping students establish a great foundation for the rest of your college career. We offer first-year seminar courses, learning communities, and living-learning communities that are interactive, challenging, and supportive spaces where you will find your community of peers and professors who are interested in and excited about similar topics to you. Follow the steps below as you prepare for your advising appointment and for your success at K-State!

**EXPLORE YOUR OPTIONS**

You have the option of enrolling in one CAT Community and one First-Year Seminar course.

**CAT (CONNECTING ACROSS TOPICS) COMMUNITIES**

Students connect with each other and your academic interests through two general education courses, and a one-hour learning community course. In them you are taught and mentored by both an outstanding professor and an advanced undergraduate Learning Assistant who has been successful in the same courses. There are also Residential CAT Communities, or learning-learning communities, where you take the three courses together and live in the same residence hall or residence community as your peers, and Student Success CAT Communities which have an expanded focus on college student success skills such as time management, study skills, critical thinking strategies, and more. Visit [k-state.edu/first/cat](http://k-state.edu/first/cat) for a full list of options.

**FIRST-YEAR SEMINARS (FYS)**

Small, hands-on courses in a range of fields where you can ask questions, interact with professors, and feel comfortable in an academic environment. You receive personalized attention from exceptional faculty while earning general education credit for your degree. We also offer several sections of the Foundations of College Student Success FYS courses, which emphasize communication and critical thinking skills, academic and career planning steps, and goal setting. Visit [k-state.edu/first/fys](http://k-state.edu/first/fys) for a full list of options.

**DECIDE WHICH CAT COMMUNITIES & FYS COURSES ARE A GOOD FIT FOR YOU**

Select 2-3 CAT Communities and FYS courses that interest you and bring those ideas to your advising appointment.

**ENROLL IN YOUR K-STATE FIRST COURSES AT YOUR ADVISING APPOINTMENT!**

Work with your advisor to determine which CAT Community and/or FYS course best fits your interests and academic needs.

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**FOUR WAYS K-STATE FIRST HELPS STUDENTS TRANSITION TO COLLEGE:**

1. **Fosters campus community and feelings of belonging**
2. **Raises academic expectations with engagement and compassion**
3. **Empowers students with a strong sense of personal responsibility and social agency**
4. **Offers opportunities for diverse activities and interactions**

**STUDENTS LOVE THEIR K-STATE FIRST CLASSES FOR MANY REASONS:**

- Small class sizes
- Challenging and supportive learning environments
- Thought-provoking discussions & varied assignments
- Personable, flexible, accessible, well-prepared, and passionate instructors
- Caring, dedicated, and engaging peer mentors

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**K-STATE FIRST HELPS STUDENTS PERSIST:**

<table>
<thead>
<tr>
<th></th>
<th>General CAT &amp; FYS retention rates</th>
<th>First-Gen student retention rates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enrolled in CAT or FYS</td>
<td>89</td>
<td>86</td>
</tr>
<tr>
<td>Nonparticipant</td>
<td>84</td>
<td>79</td>
</tr>
</tbody>
</table>
ENROLL NOW!

Our fall 2024 CAT Communities and First-Year Seminars are categorized into major specific, general academic interests, and student success options on these at-a-glance pages. Work with your academic advisor to get enrolled today! 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 credit in any of the three courses that make up the CAT community as all three courses are required.

Explore your options, select 2-3 CAT Communities or First-Year Seminars that seem 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.

![Image of a person running]

**MAJOR SPECIFIC CAT COMMUNITIES**

**Animal Health & Nutrition**
- ASI 102 Principles of Animal Science
- CHM 210 Chemistry 1
- ASI 100 Animal Health and Nutrition
- Residence Hall: Haymaker

**APDesign**
- ENVD 250 History of the Designed Environment 1
- ENVD 203 Survey of the Design Professions 1
- ENVD 204 Studio Seminar
- Residence Halls: Goodnow, Marlatt, Wefald

**Engineering Futures**
- CHM 210 Chemistry 1
- MATH 220 Analytic Geometry and Calculus 1
- DEN 161 Engineering Problem Solving
- Residence Hall: Goodnow

**Computing Education for the 21st Century**
- GENBA 145 Business in Society
- ENTRP 340 Intro to Entrepreneurship
- GENBA 195 Business and Society

**Exploring the Health Professions**
- FNDH 115 Intro to Health and Nutrition Profession
- FNDH 132 Basic Nutrition
- DHE 195 Exploring the Health Professions

**Fashion and the Environment**
- FASH 245 Fashion Industry
- GEOG 121 Introduction to Physical Geography
- DHE 195 Fashion and the Environment

**Global Engineers**
- ECON 110 Principles of Macroeconomics
- LEAD 212 Intro to Leadership Concepts
- DEN 160 Engineering Orientation

**The Meat We Eat**
- CHM 210 Chemistry 1
- ASI 102 Principles of Animal Science
- GENAG 200 The Meat We Eat

**Next Gen Farmers and Ranchers**
- AGEC 120 Agricultural Economics and Agribusiness
- ASI 102 Principles of Animal Science
- GENAG 200 Next Gen Farmers and Ranchers

**Nutrition and the Health Professions**
- FNDH 132 Basic Nutrition
- CHM 210 Chemistry 1
- DHE 195 Nutrition and the Health Professions

**Pre-Law: The Law and Society**
- PHLO 160 Intro to Philosophy of Law
- POLSC 115 U.S. Politics
- DAS 195 ‘The Law and Society

**Pre-Physical Therapy**
- KIN 220 Biobehavioral Bases of Physical Activity
- FNDH 132 Basic Nutrition
- DHE 195 Pre-Physical Therapy

**Sales Expert in Progress**
- MKTG 400 Intro to Marketing
- SALES 542 Fundamentals of Professional Selling
- GENBA 195 CAT Community Connections

**Small but Mighty: How Insects Impact Your World**
- ASI 102 Principles of Animal Science
- ENTOM 305 Animal Health Entomology
- GENAG 200 How Insects Affect Your World

**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.

In every way, my freshman year exceeded all expectations. The smaller class size provided a great opportunity for me to meet friends on campus that were as excited and anxious about college as I was and that shared similar passions. With K-State First we have a support system to help every step of the way.

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.
### Residential CAT Communities

<table>
<thead>
<tr>
<th>Community</th>
<th>Courses</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Art and Creativity</strong></td>
<td>ART 180 2-Dimensional Art, ENGL 100 Expository Writing 1, DAS 195 Art and Creativity</td>
</tr>
<tr>
<td><strong>Be the Change: Social Justice &amp; Helping Professions</strong></td>
<td>GWSS 105 Intro to Gender, Women, &amp; Sexuality Studies, HDFS 110 Introduction to Human Development, DAS 195 Be the Change</td>
</tr>
<tr>
<td><strong>Crime and Justice in America</strong></td>
<td>CRIM 261 Criminal Justice Systems, SOCIO 211 Intro to Sociology, DAS 195 Crime and Justice in America</td>
</tr>
<tr>
<td><strong>Esports</strong></td>
<td>MKTG 496 Special Topics: Esports, CC 110 Introduction to Computing OR CIS 115 Introduction to Computing Science, GENBA 195 Esports Residential</td>
</tr>
<tr>
<td><strong>Exploring Scientific Research</strong></td>
<td>BIOL 198 Principles of Biology, CHM 210 Chemistry 1, DAS 195 Exploring Scientific Research</td>
</tr>
<tr>
<td><strong>The Honors Community: Breaking the Art/Science Divide</strong></td>
<td>PSYCH 110 General Psychology OR BIOL 198 Principles of Biology, ENGL 297 Honors Intro to the Humanities, UHP 189 Honors First-Year Seminar</td>
</tr>
<tr>
<td><strong>Identity, Pop Culture, &amp; Performance</strong></td>
<td>AMETH 160 Intro to American Ethnic Studies, THTRE 270 Introduction to Theatre, DAS 195 Identity, Pop Culture, &amp; Performance</td>
</tr>
<tr>
<td><strong>Leadership and Service</strong></td>
<td>LEAD 212 Intro to Leadership Concepts, SOCIO 211 Intro to Sociology, LEAD 195 Leadership and Service</td>
</tr>
<tr>
<td><strong>Name, Image, Likeness</strong></td>
<td>PFP 105 Intro to Personal Financial Planning, ENTRP 340 Entrepreneurial Mindset, GENBA 195 Name-Image-Likeness</td>
</tr>
<tr>
<td><strong>Psychology of Prejudice</strong></td>
<td>PSYCH 110 General Psychology, SOCIO 211 Intro to Sociology, DAS 195 Psychology of Prejudice</td>
</tr>
<tr>
<td><strong>Pre-Med</strong></td>
<td>BIOL 198 Principles of Biology, ANTH 315 Intro to Medical Anthropology, DAS 195 Pre-Med</td>
</tr>
<tr>
<td><strong>Sports in America</strong></td>
<td>BIOL 198 Principles of Biology, ANTH 315 Intro to Medical Anthropology, DAS 195 Pre-Med</td>
</tr>
</tbody>
</table>

### Student Success

<table>
<thead>
<tr>
<th>Community</th>
<th>Courses</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Find Your Fit</strong></td>
<td>COMM 106 Public Speaking 1, PSYCH 110 General Psychology, EPCEP 120 Academic and Career Decisions</td>
</tr>
<tr>
<td><strong>First in the Family</strong></td>
<td>LEAD 212 Intro to Leadership Concepts, PSYCH 110 General Psychology, LEAD 195 First in the Family</td>
</tr>
<tr>
<td><strong>Hope and Resilience Through Fandom</strong></td>
<td>PSYCH 110 General Psychology, ENGL 229 Fiction into Film, DAS 101 Hope and Resilience Through Fandom</td>
</tr>
<tr>
<td><strong>Strengths</strong></td>
<td>LEAD 212 Intro to Leadership Concepts, ANTH 204 Intro to Cultural Anthropology, LEAD 195 Strengths</td>
</tr>
<tr>
<td><strong>The Art of Healthcare</strong></td>
<td>BIOL 198 Principles of Biology, ENGL 295 Healthcare and Literature, DAS 195 The Art of Healthcare</td>
</tr>
<tr>
<td><strong>Innovate Yourself</strong></td>
<td>AMETH 160 Intro to American Ethnic Studies, COMM 322 Interpersonal Communication, DAS 195 Innovate Yourself</td>
</tr>
<tr>
<td><strong>Storytelling Unbound</strong></td>
<td>ANTH 204 Cultural Anthropology, ART 330 Digital Art, DAS 195 Storytelling Unbound</td>
</tr>
<tr>
<td><strong>A WellCAT State of Mind</strong></td>
<td>LEAD 212 Introduction to Leadership Studies, PSYCH 110 General Psychology, LEAD 195 A WellCAT State of Mind</td>
</tr>
<tr>
<td><strong>Writing Life</strong></td>
<td>ENGL 100 Expository Writing 1, LEAD 212 Introduction to Leadership Studies, DAS 195 Writing Life</td>
</tr>
</tbody>
</table>

*These CAT classes also count as the DAS 101: College of Arts & Sciences Orientation: Discover, Create, Thrive; Navigating Arts & Sciences at Kansas State University course credit.
First-year students can enroll in one of our FYS classes by talking with your academic advisor. The academic content of FYS classes is the same as other sections of the same course, but enrollment is limited to first-year students of 22 or fewer.

FYS classes emphasize communication, critical thinking, and community building. You benefit from a learning environment built around engagement, interaction, and application of concepts.

You can be in one CAT Community and one First-Year Seminar.

Note: [CAT Comm] = FYS section with some or all seats reserved for students in linked CAT Community. Specific sections are tentative at this time and will be updated online.

These courses emphasize success skills such as time management, study skills, critical thinking strategies, and more. As a place to ask questions about the University and practice the skills needed to succeed as a first-year student, these courses provide support for the transition into college life and the K-State community.

<table>
<thead>
<tr>
<th>COURSE #</th>
<th>COURSE NAME</th>
<th>SECTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>EDCEP 111</td>
<td>Foundations of College Student Success</td>
<td>A</td>
</tr>
<tr>
<td>EDCEP 111</td>
<td>Foundations of College Student Success (student athletes)</td>
<td>B</td>
</tr>
<tr>
<td>EDCEP 111</td>
<td>Foundations of College Student Success</td>
<td>C</td>
</tr>
<tr>
<td>EDCEP 111</td>
<td>Foundations of College Student Success</td>
<td>D</td>
</tr>
<tr>
<td>EDCEP 111</td>
<td>Foundations of College Student Success</td>
<td>E</td>
</tr>
<tr>
<td>EDCEP 111</td>
<td>Foundations of College Student Success</td>
<td>F</td>
</tr>
<tr>
<td>AGEC 121</td>
<td>Honors Agricultural Economics &amp; Agribusiness</td>
<td>A</td>
</tr>
<tr>
<td>COMM 109</td>
<td>Public Speaking (Honors)</td>
<td>A</td>
</tr>
<tr>
<td>ECON 110</td>
<td>Principles of Macroeconomics (Honors)</td>
<td>A</td>
</tr>
<tr>
<td>ENGL 297</td>
<td>Honors Introduction to The Humanities</td>
<td>A</td>
</tr>
<tr>
<td>PSYCH 110</td>
<td>General Psychology (Honors)</td>
<td>E</td>
</tr>
</tbody>
</table>

Each seminar is a special FYS of a regular, academic, general education (K-State Core) class. Each seminar focuses on a distinct, college-level academic subject. With their small size and community-focus, the First-Year Seminars (FYS) invite and encourage an active learning environment. The seminars devote significant portions of class time to hands-on learning, group discussions, problem solving, inquiry-based learning, and activities that provide you with opportunities to develop your critical thinking and communication skills. The FYS’s are also academic spaces that encourage you to collaborate, interact, and develop relationships with your peers and professors.