The guide below can be used to assist you with your planning first-year course selection. Use the table below and the academic timetable to help develop your plan. It is recommended you select your required courses first, and then choose your electives based on your interests and future goals. For complete program requirements, see the Dalhousie Academic Calendar at www.dal.ca/calendar or ask your advisor.

The Dal Coordinated Arts Program (DalCAP) provides first-year students in the Faculty of Arts and Social Sciences with an option to select their courses through a multidisciplinary, coordinated, and structured set of courses. These courses provide a solid grounding for engagement with the challenges facing our world while providing an excellent entry point for most Majors in the Arts and Social Sciences.

Choosing your DalCAP Courses:
Pick any two of the 6-credit hour DalCAP courses per term (from the lists below), and any other 3-credit-hour course of your choice as an Elective.

### Fall term
- **English or Creative Writing:** ENGL/CRWR 1030.06 Reading & Writing Stories
- **Sustainability:** SUST 1000.06* What is Sustainability?
- **Spanish:** SPAN 1035.06 Accelerated Beginning Spanish
- **German:** GERM 1010.06 Intermediate French
- Plus one 3-credit hour course of your choice

### Winter term
- **History - HIST 1510.06** The History of the Future
- **French - FREN 1045.06** Intermediate French
- **Political Science/Sociology & Social Anthropology**
  - POLI/SOSA 1500.06 Global Politics and Society
- **Plus one 3-credit hour course of your choice**

**Pick two DalCAP courses per term.**

**Note:** Students intending to major in Philosophy are encouraged (but not required) to add an introductory Philosophy course. The DalCAP program isn’t suitable as a first-year for Music or Theatre students.

### MY COURSE PLAN:

<table>
<thead>
<tr>
<th></th>
<th>Fall</th>
<th>Winter</th>
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<tbody>
<tr>
<td>DalCAP Course 1</td>
<td>6 credit hours:</td>
<td>DalCAP Course 3 (6 credit hours):</td>
</tr>
<tr>
<td>DalCAP Course 2</td>
<td>6 credit hours:</td>
<td>DalCAP Course 4 (6 credit hours):</td>
</tr>
<tr>
<td>Elective</td>
<td>(any 3 credit hour course of your choice)</td>
<td>Elective** (a 3 credit hour course of your choice)</td>
</tr>
<tr>
<td><strong>First Year Interest Group (FIG) - Arts:</strong></td>
<td></td>
<td>*<em>SOSA 1002.03 or SUST 1400.03</em> are recommended if you have not taken already taken a SOSA or SUST course this year.</td>
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<tr>
<td>FIGA __________.00</td>
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**PRO TIP:** The reduced number of courses is complemented by coordination among the DalCAP instructors to minimize conflicts in assignment deadlines.
REGISTRATION NOTES:
In first year, you may take a maximum of 15 credit hours in each of the fall and winter terms. You may choose to register for fewer credit hours, depending on your anticipated academic workload and other commitments. In order to be considered a full-time student, however, you must take a minimum of 9 credit hours per term. Every BA student must complete, before graduating, the General Degree Requirements, including 6 credit hours each in the Humanities, Social Sciences, and in Life or Physical Sciences, plus 6 credit hours in an approved writing requirement, and in an approved language requirement. The CAP program meets all of these requirements.

FIRST YEAR INTEREST GROUPS - FIGS:
A First-Year Interest Group, or FIG, is a great opportunity to meet other first-year students with similar interests or goals. Led by senior students, groups will meet once a week during the fall term to explore interests, build connections, and learn tips for success! Visit www.dal.ca/figs for information about what FIG courses are being offered or ask your Advisor for details.

NOTE: We encourage all BA students to schedule an advising meeting with one of the Faculty’s Undergraduate Advisors toward the conclusion of the Fall term for degree planning support. A full list of Undergraduate Advisors and their contact information is available here: www.dal.ca/faculty/arts/programs/academic-advising.html

QUESTIONS? Visit the Dal CAP website or talk to an advisor at the Bissett Student Success Centre 902-494-3077 or advising@dal.ca