



What is the NMHU Freshman Experience Program?

Success, Support, Fun, & Friends!

As a Highlands freshman, you will make friends and have fun in the Freshman Experience Program! The program's learning communities link classes that you need so you get started right away and make connections. A learning community (LC) is a group of students who enroll in classes together to explore a common interest. Learning is easier in an LC because the instructors work together to address the common interest from different perspectives and you gain hands-on experience by attending events that allow you to learn outside the classroom. Your learning community will help you learn on a deeper level while making friends and having fun!

What is Freshman Forum?

Freshman Forum (1 credit) is a course focusing on *your* success. While forming your own definition of success, you will explore topics such as the psychology of learning, motivation, and stress, while also exploring the history and culture of higher education. You will use fun self-assessments, a variety of other resources, and reflective journal writing to create academic and life plans.

Freshman Forum (FF) also provides you a group of people who will support you in the struggles common to the college experience, as well as be there to help you celebrate your many successes. FF will ease your transition to college and provide you with skills you will use the rest of your life. You will apply the principles learned in FF to the content of your other courses - setting you up for success in college right away!

A common experience & a support network

- ▣ Common Experiences:
 - common experience for the LC
 - common experience for freshmen
- ▣ Support Network:
 - instructors of the two main core/major classes
 - instructor of Freshman Forum
 - LC peers
 - Peer Mentor
 - the LC's assigned staff advisors

Some details

- ▣ Setup:
 - Students must enroll in all courses listed as part of the LC.
 - Instructors work together for student success (integration of content and support services, regular meetings about student success, experiential learning)
- ▣ Freshman Forum (UNST 101) is graded A-F and counts towards the 120 for graduation (as elective credit), and is required of all freshmen.

Intended Outcomes

- ▣ Social Integration (feeling supported and connected)
- ▣ Academic Integration (building relationships with faculty and planning ahead to graduation)
- ▣ Academic Skills (critical thinking, making connections, transfer of knowledge, active learning, etc.)
- ▣ Adaptive Personal Skills (developing a growth mindset, taking personal responsibility, being self-aware, valuing the learning process, etc.)

Capturing Comets: Highlighting connections between astronomy and art

COMETS1 or COMETS2

ART 100, Introduction to Art with Todd Christensen
PHYS 110, Survey of Astronomy (and lab) with Joseph McCaffrey
UNST 101, Freshman Forum with Joseph McCaffrey

In "Capturing Comets," we will explore the historical and ongoing connection between art and astronomy. As students of art, we learn about artistic elements and a variety of artists and subjects, including artists whose subject was the night sky. As students of astronomy, we learn the concepts of modern-day astronomy while taking notice of the long-standing connection between the artist and celestial objects.

This learning community, taught by Professors Joseph McCaffrey and Todd Christensen, is a great match for you if you are interested in **fine arts, media arts, astronomy, or physics**. Off-campus learning may include a field trip to Star Axis.

Teachers for Tomorrow: Education as transformation

TCHRS1 or TCHRS2

GNED 201, Introduction to Teaching with Michael Immerman
GNED 251, Field-based I with Michael Immerman
ENGL 111/106, Freshman Composition with Juan Gallegos
UNST 101, Freshman Forum with Juan Gallegos

In "Teachers for Tomorrow," we will investigate the rewarding world of teaching by combining field-based observations of real classrooms, discussions of relevant issues in teaching, and the analysis of teacher and student narratives. Students enrolled in this learning community will use writing to reflect on their histories as students, while engaging with the historical, philosophical, and sociological foundations of education to negotiate their emerging identities as future teachers.

This learning community, taught by Drs. Michael Immerman and Juan Gallegos, is a great match for you if you are interested in **teaching**. This learning community incorporates **visits to classrooms at a variety of educational levels**.

Secrets Exposed: Economics and how the world turns

SECRETS

ECON 217H, Honors Principles of Microeconomics with William Taylor
MATH 140H, Honors College Algebra with Carlos Martinez
UNST 101, Freshman Forum with Carlos Martinez

In "Secrets Exposed" we explore the everyday lives of ordinary and extraordinary people and consider how the decisions they make affect their lives and the lives of others as they study, work, play, and manage natural resources, businesses, healthcare facilities, research labs, and other organizations. We will investigate how economics impact the health of people and the world through such questions as why the price of vaccines and other medications can be so high and why market failures lead to environmental problems like pollution and deforestation. This learning community integrates these real-life stories with economic analytical tools, building and using relatively simple algebraic and geometric models.

This learning community, taught by Professors William Taylor and Carlos Martinez, is a great match for you if you are interested in **mathematics, business and economics, natural resources management, healthcare, biology, chemistry, political science, law, or sociology**. *Students majoring in biology or chemistry who plan to take BIO 211 and/or CHEM 211 in the first semester should choose this learning community*. This learning community plans to participate in a field trip to the state capitol, where we will meet with legislators and the staff of the Legislative Finance Committee.

Run for your Life: Balancing nutrition with physical performance

RUN1 or RUN2

PE 100, Fit for Life with Joe Schmalfeldt (afternoon) or William Hayward (morning)
HLTH 213, Nutrition for Exercise and Sport with Kathy Jenkins
UNST 101, Freshman Forum with Nichole Martinez

In "Health Living," we will explore the link between nutritional patterns and physical activity in improving health and physical performance. Not eating well can affect physical performance as much as a poor workout.

This Learning Community, taught by Professors Kathy Jenkins, Joe Schmalfeldt, Bill Hayward, and Nichole Martinez, is a great match for you if you are interested in **Exercise Science, Physical Education, Recreation and Sport Management, Coaching, Health Education, Health Promotion and Wellness, or Pre-Professional Allied Health**. Field trips may include hiking Hermit's Peak and other outdoor recreational activities.

Get with the Rhythm: The harmony of music and poetry

RHYTHM

MUS101, Rudiments of music with Andre Garcia-Nuthmann
ENGL 135, ST: Literature, Poetry, Lyrics with Stephen Weatherburn
UNST 101, Freshman Forum with Stephen Weatherburn

In "Get with the Rhythm," we explore the connections between music and poetry in terms of rhythm, voice, sound, and words. As students of music, we examine the fundamentals of music theory and form: rhythm, melody, and harmony. As students of literature, we develop our close reading and analytical strategies, focusing on the musical aspects of verse: rhyme, alliteration, and rhythmic patterns. As Learning Community students, we explore how the lyric creates emotion in a harmonious relationship between words and melody.

This learning community, taught by Professors Andre Garcia-Nuthmann and Stephen Weatherburn, is a great match for you if you are interested in **music, the English language, literature, or poetry**. Off-campus fieldtrips to musical and/or spoken word performances are integral elements of this Learning Community experience.

Artificial Worlds: Bridging computer science and literature

WORLDS

CS 135, ST: NetLogo Modeling and Simulation of Artificial Worlds with Gil Gallegos
ENGL 135, ST: Literature and Technology: Artificial Worlds with Peter Buchanan
UNST 101, Freshman Forum with Gil Gallegos

In "Artificial Worlds," we explore how constructed realities like artificial intelligence, immersive online environments, and cybernetic enhancement blur the boundaries between man and machine, human and nonhuman, reintegrating the artificial with its original sense, the artful. As students of literature, we examine how works of (science) fiction challenge our preconceptions about what it means to be human in artificial worlds. As computer scientists, we construct models of complex systems (artificial worlds) using programming languages and mathematics to describe the system. These models allow us to predict or watch the emergent behavior of the artificial world, and we can either speed up or slow down the simulation within the programming environment, allowing us as to play with many parameters and create very novel artificial worlds.

This learning community, taught by Drs. Gil Gallegos and Peter Buchanan, is a great match for you if you are interested in **computers, robotics, engineering, mathematics, literature, gaming, computer science, or science fiction**. Off-campus learning may include visits to the Santa Fe Institute and the Sandia National Labs (Robotics-Vehicular Range).

Identity and Community: Reading, understanding, and developing cultural awareness

IDENTITY

NAHS 124, Introduction to Native American/Hispano Cultural Studies with Eric Romero
ENGL 135, ST: Literature and Culture: Borderspaces with Juan Gallegos
UNST 101, Freshman Forum with Eric Romero

In "Identity and Community," we investigate the question "Who am I?" As we read voices of authors from different backgrounds, you will explore your own voice. As we investigate individuals and groups over time and across continents, you will discover answers to your questions about personal and cultural identity.

This learning community, taught by Drs. Eric Romero and Juan Gallegos, is a great match for you if you are interested in **identity and cultural issues, literature, and developing voice**. Off-campus learning may include visits to the National Hispanic Cultural Center and the Indian Pueblo Cultural Center and/or a trip to Chaco Culture National Historical Park. Students may also participate in Native ceremonies.

Criminal Justice in the 21st Century: Exploring options for a better society

CI

SOC 152, Introduction to Sociology
SOC 231, Criminal Justice Systems with Gloria Gadsden
UNST 101, Freshman Forum with Maxine Salas

In "Criminal Justice in the 21st Century," we learn to think critically about how governments uphold social control. As we study criminal justice, we investigate crime and criminal behavior, law, law enforcement, courts, corrections, and forensics. As we study sociology, we explore the theoretical and practical insights for understanding society and the systems created within it.

This learning community, taught by professors Gloria Gadsden and Maxine Salas is a great match for you if you are interested **criminal justice or sociology**. Off-campus learning may include field trips to local correctional or law enforcement facilities.

Speaking in Pictures: Speech and the history of film

MOVIES

MART 261, History of Motion Pictures with Stuart Gelzer
SPCH 124, Beginning Speech with Cynthia Riley
UNST 101, Freshman Forum with April Kent

In "Speaking in pictures" we will highlight the connections between the historical development of motion pictures -- which "spoke" powerfully to audiences around the world long before movies themselves contained any sound -- and the vocal and physical art of self-presentation and communication through the act of public speaking.

This learning community, taught by Professors Cynthia Riley, Stuart Gelzer, and April Kent, is a good match for you if you are interested in **movies, cinematography, videography, media arts, theatre, or any other of the creative arts**. Off-campus learning may include visits to live or filmed performances.

Body Express: The art of communication through signed and spoken language

ASL

LANG 109, American Sign Language I with Carol Litherland
SPCH 124, Beginning Speech with Cynthia Riley
UNST 101, Freshman Forum with Ryan Means

In "Body Express," we will develop conversational proficiency in American Sign Language while honing communication skills appropriate for both the Deaf and hearing communities. In American Sign Language I, you will be immersed in a signed and Deaf-friendly environment where you will learn vocabulary, grammar and cultural understanding useful for the beginning signer. In Beginning Speech, you will practice methods of communication using your whole body, not just your voice, exploring different styles of public and private discourse. These courses work together to help you feel more comfortable with speaking in public and communicating through a different language and culture. As a part of the immersion experience, you will have a Deaf instructor for Freshman Forum who will help you navigate the transition to college.

This Learning Community, taught by Professors Carol Litherland, Ryan Means and Cynthia Riley, is a good match for you if you are interested in **American Sign Language, Deaf Culture, languages, communications or public speaking and performing**. Out-of-class experiences may include attending the "Feast for the Eyes" ASL storytelling event at the New Mexico School for the Deaf and other events in the Deaf community.

Preserving Culture: Language acquisition and speech

SPANISH

SPCH 124, Beginning Speech with Patricia Crespin
SPAN 101, Beginning Spanish I with Carmen Vidal-Lieberman
UNST 101, Freshman Forum with Carmen Vidal-Lieberman

In "Preserving Culture," we will explore language and culture as we build confidence in communicating in two languages. In Beginning Spanish I, you will be immersed in a Spanish environment where you will learn vocabulary, grammar, and cultural understanding. In Beginning Speech, you will practice methods of communication, including voice, body language, and facial expression as you explore a variety of issues that are culturally-significant to Spanish-speaking communities. These courses work together to help you feel more comfortable with speaking in public and communicating through a different language and culture.

This Learning Community, taught by Professors Carmen Vidal-Lieberman and Patricia Crespin, is a good match for you if you are interested in **languages and culture, Spanish, or communications**. Out-of-class experiences may include visits to plays or poetry readings in Spanish. *This learning community is appropriate for students with minimal or no understanding of the Spanish language.*

QUESTIONS
&
DISCUSSION



Requirement

-All first-time freshmen are required to enroll in a learning community.

-First time freshmen who are former dual credit students with 15 or more credits can take a stand-alone Freshman Forum if no learning community works within their course needs (waiver of LC requirement; not a waiver of Freshman Forum requirement).

-Transfer students with 15-29 credits will be required to take a stand-alone Freshman Forum unless transferring in credits for a freshman transition course.

-Transfer students with less than 15 credits will be required to enroll in a learning community, which includes a Freshman Forum course. They can transfer in a freshman transition course as additional elective credit, but they are still required to enroll in an LC, including the Freshman Forum class (not a waiver of Freshman Forum or LC).

Stand-alone Freshman Forum

2862 UNST 101, Freshman Forum
R 9-9:50 with Casey Applegate-Aguilar