

## What FYEX courses can you take?

- **Personal Learning Skills: Critical Thinking (FYEX 1131)**  
Get better at thinking critically, from avoiding logical fallacies to understanding media
- **Personal Learning Skills: Stress Management (FYEX 1131)**  
Learn to manage and alleviate stress in your academic and personal life
- **Personal Learning Skills: Digital Literacy (FYEX 1131)**  
Learn to use technology to support academic and professional success.
- **Academic & Personal Effectiveness (FYEX 1132)**  
Grow your knowledge of NMSU's campus and yourself as you learn strategies for studying, time management and goal-setting
- **Speed Reading (FYEX 1134)**  
Develop tools to improve reading rate and comprehension.
- **Financial Literacy (FYEX 1117)**  
Learn financial principles to help you manage your money, budget and save for the future.
- **Preparing for the GRE (UNIV 300)**  
Learn what to expect, and practice mastering the verbal, quantitative and analytical writing sections of the G.R.E.



### First Year Initiatives (FYI)

Office of the Provost  
Guthrie Hall 109

New Mexico State University  
MSC 5278

**Dr. Patrick Turner, Director**  
**(575) 646-7926**



## New Mexico State University



## FYEX Courses

"Academic and Professional Success"



**BE BOLD. Shape the Future.**  
**New Mexico State University**

## Why enroll in FYEX courses?

The transition from high school to college can be challenging. The foundational skills taught in FYEX courses will prepare you to thrive!

Our courses are offered both in traditional classrooms and in online formats. You will connect you with other students to develop academic, personal and professional skills.



## What types of activities will you enjoy in FYEX courses?

- Rich dialogue with classmates and instructors
- Get to know NMSU campus, including staff and resources
- Public Speaking opportunities
- Enjoy creative approaches to learning
- Financial Wellness activities
- Collaborate with peers

## What major topics will you learn?

- **Study and Learning Skills for Collegiate Work**  
You will learn strategies for successful time management, listening, note taking, textbook research, and public speaking.
- **University Structure and Campus Resources**  
You will learn how to navigate the university structure and ways to communicate effectively with professors and staff.
- **Library Research**  
You will learn how to utilize online research tools and become familiar with NMSU's Zuhl and Branson libraries.
- **Health and Wellness**  
You will participate in presentations on healthy choices, alcohol awareness, and relationships.
- **Financial Education**  
You will learn to navigate topics of financial wellness, including budgets, credit, student loans, and financial aid.
- **Diversity and Value Exploration**  
You will examine issues surrounding diversity and explore personal value systems.
- **Preparation for Graduate School**  
You will be ready to start on the next step of your academic journey.



## What will you gain from FYEX courses?

- Learn how to study, apply learning skills, and how to take tests to achieve success in your courses.
- Experience campus activities and organizations, and resources.
- Explore your talents and career interests.
- Collaborate with classmates on group projects.
- Practice techniques to manage stress and anxiety.
- Explore your creative abilities and apply critical thinking to solve problems.
- Be presented with opportunities to build relationships and make friends.