



FYE COURSES: WEEKLY SNAPSHOT (WEEK 6)

FYE110: The Empowered Learner

- **Topic:** Managing Stress & Digital Wellness.
- **Discussion Board:** Are you constantly online? How does this impact your stress, sleep, or energy?
- **Assignment:** Create a You@Post account and complete the “De-Stress 101” module. Write a reflection on 3-5 strategies on stress management you learned from this activity.

FYE120: Effective Communication Skills

- **Topic:** Listening & Feedback.
- **Discussion Board:** In the scenario provided, what advice would you give a classmate on using feedback for growth? Share your own experiences using feedback.
- **Assignment:** Write a short professional biography about yourself, including academic background, career interests, and professional goals. Discuss where you could use your bio outside the classroom.

FYE130: Tech Tools & Digital Citizenship

- **Topic:** Visual Communication/MS PowerPoint.
- **Discussion Board:** No discussion board this week.
- **Assignment:** Complete the MindTap activities to apply what you have learned about using MS PowerPoint.

FYE140: College Writing: Finding Your Voice

- **Topic:** Culture & Community.
- **Discussion Board:** What does the phrase *inclusive writing* mean to you? How has your background, family, and community shaped you and your writing?
- **Assignment:** Write a persuasive letter to the editor on a topic that you feel strongly about. Discuss the topic and present a call to action.

IDS101: Personal Development and Wellbeing

- **Topic:** Health & Wellness.
- **Discussion Board:** How do you recognize and prevent burnout? Reflect on a time when a small change to your physical routine made a significant, positive impact.
- **Assignment:** Reflect on your current physical wellness habits. How do these affect your mood, concentration, and time management? Create a plan that includes goals on improving your well-being.