

BARNARD

Welcome to Barnard's Class of 2023!

We are delighted to welcome you to Barnard, and we all look forward to working with you during your first year in college. This *Academic Guide to Your First Year at Barnard 2019-2020* will help you begin to plan for your arrival on campus and for your first semester of coursework.

In these pages, you'll find:

- ✓ Information on the Barnard curriculum, and what it means to pursue a liberal arts degree
- ✓ Information on academic advising at Barnard
- ✓ Guidelines for selecting your courses for the fall
- ✓ Information on college policies, academic requirements, and course placement
- ✓ Advice from people on campus about questions that new students often have
- ✓ "Insider Tips" from current Barnard students
- ✓ Links to detailed information online on how to sign up for courses and which courses are recommended for first-year students

Please read the *Guide* carefully and let us know if you have any questions by emailing us at first-year@barnard.edu or calling us at (212) 854-2024. Then complete the two required processes that will enable you to register for classes in consultation with an adviser when you arrive on campus:

- Any time between June 1 and June 15:** Fill out the Adviser Questionnaire you will receive via email.
- During the week of July 15 – July 19:** Complete the required online course registration procedure.

We look forward to meeting you very soon!

Sincerely,

Everyone in the First-Year Dean's Office

Ask the experts:

Q: Decisions? Decisions! Decisions... It feels as if going to college is just one decision after another. I am not sure I am able to make all these decisions. Suppose I make the wrong one?

A: Starting college may seem as if a floodgate of academic and co-curricular options has opened, and while that can be exciting, it can also be quite overwhelming. I suggest that you consider the following points as you approach the many decisions that lie ahead:

- **Be informed** — Read as much as you can about the options ahead of you. Speak with your adviser, Class Dean, professor, or any other member of the staff or faculty that might be knowledgeable about the subject. Ask friends for their opinions but be diligent about confirming policies with administrative staff.
- **Be clear** — Ask clarifying questions in order to fully understand all your choices.
- **Look ahead** — Consider the possible end result of each of your options. Is there a specific result you are seeking or will more than one option help you achieve your goal?
- **Be open** — Don't delete possibilities just because you are not as familiar with one option as you are with another. You came to college to grow and change, so try an unfamiliar path every now and then. You might be pleased with where it will take you.
- **Keep an eye on the clock and calendar** — Be very mindful of specific deadlines so that you don't have to make decisions in haste or miss out on valuable opportunities.
- **Be kind to yourself** — Avoid being dramatic about the process of decision-making and instead, be realistic about your choices. The lack of a decision is also a decision.

Certainly, there may be moments when you will feel alone in your decision-making but know that you are not by yourself. You have hundreds of classmates who are likely struggling with similar decisions and will welcome the opportunity to discuss them with you. You have an abundance of campus resources at your fingertips that will aid you in arriving at the right decision for you. Don't hesitate to ask for help because it is not a sign of weakness but rather a sign of great strength and wisdom!

Wishing you great adventures and much success!

—*Dean of the College*

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Getting ready for your first year at Barnard

Try to stay in touch with the people you meet during NSOP by grabbing meals together throughout the year.

— Isabelle Knapp '20

It might take a bit to find your people and really feel like the campus is yours—for me, I didn't start feeling that way until the second semester. Stick with it, because you *will* find your people, your place on this campus, and your place in this city. Don't compare your experiences to those around you—we are all experiencing Barnard differently, and that is part of what makes it wonderful!

— Clare DiMaiolo '21

During NSOP, try to get into some kind of rhythm—whether that's which shower stall you use or what time you eat—it will help you feel more comfortable and at ease, especially when classes start.

— Elena Taeyaerts '21

Although the fall semester is months away, we're already beginning preparations for your arrival on campus. We in the Dean of Studies Office will be advising you throughout the summer as you begin to think about your academic life at the College and prepare a **course schedule** – sometimes called an “academic program” – for your first semester. We will also be matching you with your pre-major academic adviser.

Before Barnard students conclude each spring semester, they each create a plan for the following fall semester so that they can reserve places in upcoming courses and review their degree progress. Then, when they begin the fall semester, they can reconsider their preliminary schedule and either confirm it or change it. We want you to have a similar opportunity to **plan in advance** and then have time to consider or change that plan when you arrive in the fall. That means that you have some work to do right now:

Read this *Academic Guide to Your First Year at Barnard 2019-2020*. It contains information about what courses you must take, what courses you might take, and what steps you will take to enroll in fall courses.

- ✓ **Any time between June 1 and June 15:** Fill out the Adviser Questionnaire. You will receive an email at your Barnard email address on June 1, with a unique link to fill out a survey about your background, interests, goals, and ideas about your education and future.
- ✓ **During the week of July 15 – July 19:** Log onto <https://my.barnard.edu> and select the courses you hope to take this fall. There will be a second opportunity August 12-16, but since registration is first-come, first-served, we strongly recommend that you register during the first opportunity. If you will not have internet during either summer course selection period, please call the Dean of Studies Office at (212) 854-2024 for assistance.
- ✓ If you have AP test scores or IB test scores/diplomas, have them sent to Barnard as early as possible.
- ✓ If you have questions along the way, feel free to email us at first-year@barnard.edu or call us at (212) 854-2024

Ask the experts:

Q: In high school, I didn't really have to study much. Now I'm worried I'll be surrounded by geniuses and I won't know anything. What if I can't hold my own?

A: I can assure you that your desire to challenge yourself and your strong work ethic are qualities that stood out in your application. Each student who was admitted deserves to be here, and we have every confidence that you can succeed at Barnard! In the first year, finding a sense of balance will be key to your success. There will be many new things competing for your attention, like enticing courses, extracurricular clubs, museums, bookstores, and new friends. Deciding how to partition your time takes time, so I encourage you to move forward one step at a time. Remember that you have many advisers available to assist you. Don't be shy in seeking out their help!

—Jennifer Fondiller, Vice President for Enrollment

Important message from Barnard's Primary Care Health Service

New York State Health Law requires that all incoming students submit a record of their measles, mumps, and rubella immunizations, plus a signed Meningitis Response Form. These forms can be accessed via the Primary Care Health Services website for new students at <https://barnard.edu/primarycare/newstudents>.

Please note that students will not receive a housing assignment or be allowed to check in to the Residence Halls until their health information has been received and approved by Primary Care Health Service. Students who fail to submit the required forms will not be allowed access to the campus.

Questions about these requirements, as well as general questions about student healthcare insurance, should be directed to the Department Manager of the Primary Care Health Service, Elliot Wasserman, by phone at (212) 854-2091 or by email at ewasserman@barnard.edu.

Listen to yourself and your body. Don't be afraid to take a break, think over things, Netflix, call your parents! Keep yourself healthy and aware. Your health is important.

— Sarah Miller '19

Your mental health is the most important thing. Don't be afraid to be selfish with it.

— Phanesia Pharel '21

Ask the experts:

Q: I'm not moving very far from home to come to Barnard. Is there any reason I should use the Primary Care Health Service, instead of just going to my home doctor?

A: Absolutely. The Primary Care Health Service (PCHS) offers a full range of primary health services for acute and chronic illness and for well-woman gynecological care and health education, right on campus. As a first-year living in the Quad, you will be just a few minutes away from PCHS, located in lower level Brooks Hall. There is no charge for the care, and your number of visits to Primary Care is unlimited. PCHS also has walk-in appointments available every day, Monday through Friday, during the school year. We operate a small dispensary stocked with commonly prescribed medications for which there are discounted fees. Beyond providing easily accessible care, the PCHS serves another important function: to help you become an advocate for your own health. For many women, college is a first chance to take control of their own health care: in partnership with PCHS clinicians, you will make decisions about your health in an atmosphere of understanding and confidentiality.

—Mary Joan Murphy, Executive Director of Student Health and Wellness Programs

Planning for your arrival at Barnard

Arrival

Mark your calendar! You should plan to arrive at Barnard on the morning of Sunday, August 25 (Friday, August 23 for international students), to begin your college career. In early August, the First-Year Focus Office of Residential Life will send you an email with your room and roommate assignments and with information about the schedule for move-in day.

For more information from **Residential Life**, visit the department's website at <http://barnard.edu/reslife>.

Orientation

During your first week on campus, you will participate in the **New Student Orientation Program (NSOP)**, a student-run program that will introduce you to your new environment and cover nearly every aspect of life at Barnard. You'll meet your roommates, get your college ID, meet your adviser and other faculty and administrators, take placement exams, go on walking tours, attend social events, and much, much more.

For more information about **NSOP**, visit the program's website at <http://barnard.edu/nsop>.

Ask the experts:

Q: Do I have to be best friends with my roommate? What will I do if we have a conflict?

A: Meeting your new roommate is a fun and anxious time. Whether you've known your roommate prior to coming to Barnard, or not, everyone will be going through the adjustment of living with a new person while also learning to navigate Barnard. I have had the great experience of becoming best friends with roommates who were randomly assigned to me, but that has not always been the case, and it's okay! You do not need to be best friends with your roommate, but it is important to develop systems that allow you to work well together as roommates, create a culture of respect, and set a foundation through open communication that will allow you to solve problems that may come your way. Because trust me: no matter how much you love your roommate, you may just want some quiet time one day, and the best way to navigate that when sharing a space is to communicate.

You can begin conversations about ground rules and expectations for the space with your First Year Focus Roommate Contract. You will complete this during Orientation, and it will serve as a resource for you throughout the year if anything comes up that needs to be addressed. Take your time and really talk things out to develop a solid roommate contract that will aid in creating a comfortable space, so you have room to build a great friendship!

If conflicts do arise, reach out to your RA! RAs are specially trained upper-class students who can be a resource to help you navigate how to approach a difficult conversation with your roommate, serve as a mediator to engage in solving conflicts, and provide resources if you want other people to talk through your experience. We will always do our best to support you in creating an inclusive and comfortable space in your room, on your floor, and in your residence hall – just reach out, we are just a hall away!

— *Carl Jones, Associate Director for Residence Life, (First-Year Focus & the Quad)*

Staying in touch and staying informed

It is very common for people at Barnard to communicate with you by email, and those emails will start coming to you as early as this summer. **We will automatically use your Barnard email address to reach you, so it is important for you to set up your new Barnard account and check it regularly.** If you wish to use another email account as your primary address, you can forward your Barnard email (“gBear”) to that account so that you don’t miss anything important. You can find information about using and/or forwarding gBear at <http://barnard.edu/bcit/software-and-applications/gbear/mail>.

Another important source of information is the **First-Year Blog** at <http://barnardfirstyear.blogspot.com/>. The First-Year Class Dean and student assistants will use the FY Blog during the summer and the academic year to share important information and announcements with you. Sometimes the blog postings will remind you of important procedures or deadlines, while others will inform you of special events or opportunities. The blog also has links to other offices on campus that can provide both guidance and advice about specific questions. The blog will also link to the First-Year Class Dean’s current walk-in hours and appointment times. **Be sure to bookmark the FY Blog site and check it at least once or twice a week. You can also subscribe to the FY Blog by entering your email address in the “Follow this Blog” area in the upper right-hand corner of the blog.**

Sleep is more valuable than anything else.

— Kira Mitchel '19

The first-year blog has essential information and you should check it regularly.

—Elizabeth Blaire Delis '20

Go random selection for roommates! My roommate is one of my closest friends here, and she always makes me want to come back to the room.

— Elena Taeyaerts '21

Ask the experts:

Q. What are my rights and responsibilities at Barnard?

A: College provides a time of great opportunity as well as growing responsibility. As you enter a new community – whether as a residential or commuting student – it’s important to familiarize yourself with your rights and responsibilities. The Student Handbook provides an overview of expectations regarding conduct within the community, and is found online at www.barnard.edu/doc/studenthandbook. It is expected that community members will adhere to high standards of honor and respect, to promote consideration and respect for all individuals of our community. The Honor Code, approved in 1912, speaks to academic integrity and intention to “create a spirit of honesty and honor for its own sake.” The Student Code of Conduct provides details of the rights and responsibilities related to students across campus and beyond. Finally, Barnard College is guided by the precept that in no aspect of its educational programs and activities or in its employment practices should there be disparate treatment of persons because of improper considerations of race, color, religion, creed, national or ethnic origin, sex, sexual orientation, gender identity or expression, age or disability. Further details and resources can be found online at www.barnard.edu/doc/titleix. Policies exist with the specific goal that students, faculty, and staff are to be able to openly express their views and opinions, and to work and study free from harassment by any member of the College community. If you have any questions or concerns, or would like further information, don’t hesitate to ask!

— Molree Williams-Lendor, Executive Director for Equity/Title IX Coordinator

Academic advising at Barnard College

Over the summer, we'll be pairing you with an **academic adviser** who is a faculty member or an administrator of Barnard College. This adviser will work with you during your first two years here, helping you to find the information you need to make many choices each semester and to help you think about those choices in light of your short- and long-term goals.

No one else knows what's going on either!

— *Afra Ashraf '21*

Don't try to compare your experience to that of your high school friends. You're experiencing different things and that's good!

— *Sarah Beckley '20*

Barnard is all about self-advocacy. When you're panicking about something or uncomfortable in a situation always talk to your Prof or RA or even the First-Year Dean. They're there to help you, but they can only help if you speak up!

— *Maggie Comstock '21*

While we may match you with an adviser in an academic discipline that interests you, it's also possible that your adviser will not be in the field that you are considering right now. **It's not crucial to your advising relationship for your academic interests to match your adviser's.** Students often change their minds about possible majors; in fact, they can change their minds several times! When you do declare your major toward the end of your sophomore year, you will be reassigned to an adviser who specializes in that field and who will guide you through the advanced coursework in the department or program. In the meantime, **the first two years at Barnard** are the time for you to explore the curriculum so that you can determine the area of study most suitable for you, and your academic adviser will be on hand to help you think about your intellectual development and how course selection fits into that.

Your adviser will have a **general knowledge** of the Barnard curriculum and the Barnard campus, but will likely not be able to answer every question you have. Unlike in high school, where you might have been able to go to a single guidance counselor for all of your needs, you will now need to talk to many people in many departments in order to feel informed about the myriad classes and fields of study available on the Barnard and Columbia campuses. Your adviser will help to point you in the right directions, and then you'll need to be ready to do some legwork!

Ask the experts:

Q: How is my adviser supposed to help me?

A: Think of your adviser as an academic mentor: someone to help guide you as you make your own path at Barnard. You are responsible for the decisions that you'll make while you are here, but your adviser will help you to understand the academic requirements of the College and to consider the many choices that will enable you to explore your current interests—and to discover new ones. (You will first have a pre-major adviser who will help you settle in during your first year and a half at College; then, once you declare a major, you will find a mentor in your desired field.) Your advisers will probably not know the answer to every question that you ask, but they will help you to find it. You should not hesitate to talk about general academic opportunities and concerns with your adviser throughout the year. Be in touch as much as you can, in person as well as via email!

—*Natalie Friedman, Dean of Studies*

The many faces of advising at Barnard

Another source of advising and support for you is your Class Dean. The First-Year Class Dean will provide information and guidance to all first-year students throughout the year via meetings, workshops, and blog postings, and you can meet with her individually during walk-in hours or appointment times to talk about questions that may arise or concerns that you may have. As a supplemental adviser to all first-year students, the First-Year Class Dean can also help you identify the many people on campus who can help answer your questions, and she can provide assistance if you experience an emergency or difficult extenuating circumstances during the year. Don't hesitate to reach out to her if and when you need help, even if you're just not sure where to direct a question.

First-Year Class Dean

The First-Year Class Dean is one of many **deans** at Barnard who can help you throughout your years at Barnard. Along with class deans for each year, there are deans who can advise you on your plans for studying abroad, applying for fellowships, or preparing for graduate or pre-professional school. Many of these deans have offered their expert advice throughout this Guide, and you'll have many chances to meet them during Orientation and throughout the year. Depending on what kind of advice you're looking for, the dean you need may be in the **Dean of Studies Office** or in **Beyond Barnard**. You should feel free to meet with them during their walk-in hours and appointment times during the year. Get to know who's who at <http://barnard.edu/dos/about/deans> and <https://barnard.edu/beyond-barnard/our-team>.

Deans

While **professors** have their own assigned advisees, they are often available to talk with other students during their weekly office hours to answer questions about their courses and their areas of specialization. Also, each academic department is chaired by a professor who oversees the course offerings and major advising in the department. These **department chairs** also have weekly office hours, if you need to see them in future semesters for special approvals or specific questions about major requirements.

Professors and Department Chairs

The Registrar is the person who oversees all matters relating to the credits and requirements necessary for the Barnard degree. Whenever you have questions regarding your credits, your grades, or your transcript, you should stop by the Registrar's Office, where a team of professionals is available to answer your questions.

Registrar

Finally, there are numerous Student Services offices filled with people who want to help answer your questions about Barnard life inside and outside of the classroom, such as the Beyond Barnard Office, the Furman Counseling Center, the Office of Disability Services, the Financial Aid Office, the Primary Care Health Service, the Office of Residential Life, the Office of Student Life, Student Employment Services, and the Well-Woman Office. Plan to stop by their offices soon!

Student Services Offices

Peer Support

The **Peer-to-Peer Learning** program <http://barnard.edu/dos/academic-support> is a **free resource** supported by the Dean of Studies Office and the Barnard Opportunity Programs – staffed entirely by and for Barnard students. You can visit a **student-facilitated Help Room** for friendly, non-judgmental support in many math, science, and Economics courses; come if you have a question about a concept or homework problem, if you want to reinforce what you're learning in class each week, or if you just want to be near more experienced students while you're doing your homework. We also offer **free individual and small-group tutoring** if you want more ongoing support in a smaller-group environment.

Making the most of your advising relationships

Remember that this is *your* college career, so you should give some thought to what kind of guidance and advice you may want or need. It's important to **see yourself as the active party** in the advising relationships. To be an active and engaged advisee, you should be ready to:

- ✓ **Initiate** meetings with advisers by dropping by office hours or by emailing or calling to schedule an appointment;
- ✓ **Prepare** for meetings by writing down the questions or ideas that you have before you go to an adviser's office;
- ✓ **Ask** about policies, procedures, prerequisites, deadlines, or requirements – if your adviser doesn't know the answer, he/she can direct you to the right person or office. It is your responsibility to keep track of deadlines and requirements, so check with an adviser, dean or registrar if you're unsure.
- ✓ **Inform** your advisers of experiences that you are having that are shaping your thoughts about your academic path;
- ✓ **Talk frankly** with your advisers about your successes and challenges;
- ✓ **Reflect** on your experiences, your plans, and your goals between your meetings with advisers.

Remember that your academic advisers want to be helpful to you, but it is **your responsibility** to ask for their guidance and assistance.

You are required to meet with your assigned academic adviser **at least twice every semester**: once during the first weeks of the semester to finalize the courses that you are taking, and another time during the latter part of the semester when you create a plan for the following term. **Once the semester begins, you will not be able to add or drop courses online until you have met with an adviser and discussed your options together.** You should also feel free to meet with your adviser throughout the semester when you have questions about your current classes or your future plans. It is especially important to let your adviser know if you have concerns about your performance in any of your courses; your adviser can help you think about what questions you might ask or what actions you might take to improve.

To help you think about your first meetings with your academic adviser, here are some examples of questions that you might ask your adviser throughout your first year:

- What is the best way to get and stay in touch with you?
- How do you view your role as my adviser?
- What are my responsibilities in advising?
- What is your field of study, and how did you get interested in it?
- I'm interested in a particular subject. How can I find out more information about classes or a major in that area?
- What should I think about when looking for courses to take?
- What should I consider when choosing a major?
- Do the courses I want to take have special enrollment procedures? Where can I find those instructions?
- How can I tell whether a course is introductory or advanced, and how do I know whether I have the necessary background for a course?
- I'm not doing as well as I had hoped to do in a particular class. What are my options? What resources are available to me?
- How can I tell if I am on track in terms of my credits and my degree requirements?

Many procedures throughout the semester require the **approval of your adviser**, so whenever you take any action concerning your enrollment in a class (e.g., adding or dropping a class from your schedule), be sure to check with your adviser both for advice and to see if approval is necessary.

Also, it's important to remember that, while you will be taking courses at Barnard and Columbia with students from other schools (e.g., Columbia College, the School of Engineering and Applied Sciences, the School of General Studies), the policies and procedures followed by each school can vary. **So if you have a question, always be sure to check with your Barnard adviser, a Barnard dean, or the Barnard Registrar's Office to make sure that you have the information that applies to Barnard students.**

You don't have to decide your major now or know what you are going to do in the future. Try things you're interested in, and you'll figure it out. Don't be afraid to just talk to whoever's sitting next to you in class. You already have material for conversation (the class!) and they're probably just as bored waiting for the teacher. Also, having the phone number of a fellow classmate can actually be life-saving if you need notes or a study buddy.

— Sachi Yuan '20

Come in to Barnard with an open mind, even if you think you know what you want to major in or do with your life. You won't love the same subjects/classes here that you loved in high school and that's okay... good even! It means you're growing and changing. Allow yourself to change your plans as your interests evolve.

— Zoe Novello '21

Ask the experts:

What Can a Student Ombuds do?

The Student Ombuds provides a confidential, impartial and informal environment that can help you explore different ways of addressing conflicts that may arise during your time here. If you're unsure of your options for managing a conflict with staff, faculty, or another student, the student ombuds can help educate you about your options while providing a confidential sounding board for your concerns. While we do not act as advocates for any party on campus, we are available to mediate or facilitate dispute resolution as necessary. We can also report broad trends on campus to the administration; this can be a powerful way of having your voice heard to effect change on campus without compromising your anonymity. To make an appointment with the Student Ombuds, contact DeShaunta Johnson, PhD at dojohnso@barnard.edu.

—DeShaunta Johnson, Student Ombudsperson

Earning a Barnard degree

While your adviser and class deans will help you plan, **you are responsible for keeping track of your degree progress**, so it's a good idea to have an overview of the steps to a Barnard degree now. The Bachelor of Arts degree at Barnard requires the satisfactory completion of **122 credits** (sometimes called points; – individual courses are generally worth 3-4 credits, more if they include a lab component), to be distributed among the categories mapped out on the inside front cover of this Guide and detailed on the following pages.

Barnard's Mission

Barnard College aims to provide the highest quality liberal arts education to promising and high-achieving young women, offering the unparalleled advantages of an outstanding residential college in partnership with a major research university. With a dedicated faculty of scholars distinguished in their respective fields, Barnard is a community of accessible teachers and engaged students who participate together in intellectual risk-taking and discovery. Barnard students develop the intellectual resources to take advantage of opportunities as new fields, new ideas, and new technologies emerge. They graduate prepared to lead lives that are professionally satisfying and successful, personally fulfilling, and enriched by love of learning.

As a college for women, Barnard embraces its responsibility to address issues of gender in all of their complexity and urgency, and to help students achieve the personal strength that will enable them to meet the challenges they will encounter throughout their lives. Located in the cosmopolitan urban environment of New York City, and committed to diversity in its student body, faculty and staff, Barnard prepares its graduates to flourish in different cultural surroundings in an increasingly inter-connected world.

Ask the experts:

Q: Will I have the same kind of relationships with college professors as I had with my high school teachers? What should I expect, and what will professors expect of me?

A: Students at Barnard will encounter professors who are dedicated scholar-teachers, and who truly believe in the power and value of pedagogy. They will find faculty who are very receptive to questions during and after class, and during office hours where conversations can continue and new ideas can grow. Faculty will counsel you when you are experiencing problems associated with the class and will be able to refer you to others with different expertise that can also help. In the small classes that you will be assigned to during your first year, you will have an excellent opportunity to get to know your professor on a more personal basis; you should seize this opportunity to form a close bond.

Faculty members at Barnard hold high ambitions and expectations for you. They expect that you will be actively engaged in class discussion and will complete assigned work with care and thought. This means paying attention to deadlines and instructions, and communicating with them early and responsibly regarding any possible delays.

Your professors are gifted teachers and they are also scholars – people engaged at the forefront of their fields – writing books, publishing articles, and advancing knowledge. Your partnership with faculty requires that you be respectful of your professors' time. Come to them with ideas and questions and insights, understand that their input is valuable, and do your part to make your time with them meaningful. The most important contribution that you can make is your intellectual engagement with what your professor teaches and studies; allow your curiosity to flourish!

—Linda Bell, Provost and Dean of the Faculty

The Barnard community thrives on high expectations. By setting rigorous academic standards and giving students the support they need to meet those standards, Barnard enables them to discover their own capabilities. Living and learning in this unique environment, Barnard students become agile, resilient, responsible, and creative, prepared to lead and serve their society.

Foundations – the curriculum for students enrolling in Fall 2016 and beyond – embraces the notion of the general, exposing students to a variety of disciplines, and empowering them with a set of critical skills and multiple tools for thinking, creating, and moving determinedly through a rapidly changing world. In emphasizing modes of thinking framed by Barnard’s mission and identity, the Barnard general education enables choice and promotes the inherent complementarity between depth, rigor, and breadth. With Foundations, we require our students to think theoretically, empirically, and technologically; to write effectively; to speak persuasively; and to think about their education in the context of Barnard’s mission, while at the same time giving our students greater curricular freedom to explore unique possibilities for shaping their own educational experience.

FOUNDATIONS: The Barnard Curriculum

The central requirements of Foundations consist of a **First-Year Experience**, a **Senior Experience**, a **Physical Education requirement**, and a set of **General Education Requirements (GERs)**. The GERs include both **Distributional Requirements** (courses you need to take in a specific field) and **Modes of Thinking** (courses that expose you to varied kinds of questioning, formulating, experimenting and pursuing ideas and possibilities). We believe that no student can come to Barnard with “enough” of any given field of study; indeed, our model is based on the assumption that there is always more to be learned. Therefore, students cannot use AP/IB scores to place out of any of these requirements. This mix of Distributional Requirements and Modes of Thinking will introduce you to an array of intellectual vistas and, in so doing, point you toward a new area of advanced study and further skill acquisition: the **major**.

All students are required to take the following three courses during the first year at Barnard:

First-Year Experience

First-Year Writing (*one semester*): Barnard’s liberal arts philosophy takes as its starting point the idea that every student, whatever her level of academic achievement, can continue to improve her skills in writing, analysis, and argumentation. This one-semester writing course uses literature as a lens to cultivate and develop expository writing and related tools of scholarship. Students choose one of three rubrics – Legacy of the Mediterranean, Women and Culture, or The Americas – each of which explores and questions a particular literary tradition.

First-Year Seminar (*one semester*): First-Year Seminars initiate students into the academic life of the College by offering intellectually engaging experiences in which students and faculty work through challenging material, often across disciplinary lines. Each one-semester seminar is designed to develop essential skills for college work, such as the ability to read critically and analytically, to speak clearly and effectively, and to write logically and persuasively.

Physical Education (*one semester*): Barnard wants its students to be knowledgeable about and aware of their physical well-being; therefore, students must take one semester of Physical Education during the first year. **Note: The Physical Education requirement may be fulfilled with a Physical Education course, a dance technique course, or participation in a Varsity sport.**

Distributional Requirements

The Distributional Requirements are designed to expose students to a variety of disciplines, approaches, and skills that, together, form the whole of a liberal arts education. The requirements are designed to be flexible; students choose from a wide spectrum of courses and take two courses each in languages, arts and humanities, social sciences, and sciences (one of which includes a lab). The Distributional Requirements may, of course, be satisfied within the major.

Distributional Requirements, Continued

Languages (*two semesters of the same language*): All students, regardless of previous language study, are required to take at least two semesters of a language other than English. If you wish to continue a language you have already studied, you will have the opportunity to test into a higher level and begin your two semesters of study there. **NOTE for students interested in study abroad:** many study-abroad programs require students to demonstrate competency equivalent to four semesters of college language study. In general, if you are beginning a language from scratch and want to study abroad, we recommend that you begin studying that language in your first semester, but check the Study Abroad website for specific programs and requirements: <http://barnard.edu/studyabroad>.

Arts/Humanities (*two semesters*): Examples include Art History, Literature, Music, Philosophy, Religion, and Theatre.

Social Sciences (*two semesters*): Examples include Anthropology, Economics, Political Science, Sociology, and Urban Studies.

Sciences (*two semesters, one of which must include a 3-hour Laboratory*): This may take the form of a yearlong, two-semester science sequence or two separate courses that need not be in the same field.

Modes of Thinking

At the heart of Foundations are the unique Modes of Thinking—which reflect our institutional mission, and by construction, emphasize the dynamic process of thinking over the certainty of knowing.

Modes of Thinking include one course each in:

Thinking Locally—New York City (*one course*) — where students examine the community and environment in which they find themselves as residents of New York City to better understand the significance of local context.

Thinking through Global Inquiry (*one course*) — where students consider communities, places, and experiences beyond their immediate location, expanding their perspectives on the world and their place in it.

Thinking about Social Difference (*one course*) — where students examine how difference is defined, lived, and challenged, and the disparities of power and resources in all their manifestations.

Thinking with Historical Perspective (*one course*) — where students examine the ways in which historical context shapes and conditions the world, challenging them to see the past with fresh eyes.

Thinking Quantitatively and Empirically (*one course*) — where students are exposed to numbers, data, graphs, and mathematical methods, in order to better understand quantitative and empirical approaches to thinking and problem solving.

Thinking Technologically and Digitally (*one course*) — where students discover new ways of learning that open up innovative fields of study, including computational science and coding, digital arts and humanities, geographic information systems, and digital design.

You do *not* need to complete all of the General Education Requirements during your first year – in fact, that would be impossible – but you should plan to make steady progress on them until you have completed them all. If there is a particular requirement that feels especially daunting to you, you do not need to take it in your very first semester, but we recommend that you not wait too long.

A single course may “double-count” for no more than two requirements from two different categories. For example, a class may count for a Distributional Requirement and a Mode of Thinking, or a Mode of Thinking and a Major Requirement, but a single course cannot count for more than one Mode of Thinking, Distributional Requirement, or Major Requirement. A list of current courses satisfying Foundations requirements may be found via a link on the righthand column of the Registrar’s website (<https://barnard.edu/registrar>).

Ask the experts:

Q: How will I possibly fulfill all of these requirements? Will I graduate in four years?

A: Although Barnard has a number of requirements, students do not have trouble fulfilling them in four years. You should begin to take courses that satisfy requirements in your first semester, but you do not need to—and indeed should not—take only courses that satisfy requirements. You will find that you fulfill some requirements simply by taking courses in which you are interested, and some courses may be used for both General Education Requirements and a major. Nonetheless, beware of putting off a substantial requirement (such as lab science or language) until senior year, when you will be completing your major and may have trouble fitting all required courses into your schedule. And be sure to satisfy the Physical Education requirement on time; failing to graduate because you have not yet completed PE would be unfortunate (and it has happened!).

— *Office of the Registrar*

The Major

Just as the General Education Requirements encourage interdisciplinary breadth, the Major Requirements ensure disciplinary depth. A well-conceived, rigorous major serves as both a springboard for pursuit after college and as an anchor for the rigorous study that defines a student's experience at Barnard. Within the major, students find a community of like-minded scholars and develop close connections with faculty and other students in their departments. The major is declared in the **second semester of the sophomore year**.

To learn more about the requirements for specific majors, visit the Areas of Study website <http://barnard.edu/areas-of-study> and read through the "Requirements" section under each department or program. There are sometimes prerequisites for major courses that should be completed early (in areas such as Architecture, Economics, Mathematics, Music, and the natural sciences, in which courses must be taken in specific sequences). If you are seriously considering a particular major, you should consult a member of the faculty in that department when you arrive at Barnard. Many departments will hold Open Houses during NSOP.

Ask the experts:

Q: I'm interested in so many subjects. How will I ever choose a major?

A: Many entering students are undecided about their majors, but some think that they are firmly decided on their majors. Whichever group you fall into, allow yourself to be exposed to new fields of study during your time in college, which may lead you in totally unanticipated academic directions. Barnard students are not defined simply by their major fields. It's no surprise that you have many interests, and your major will likely not encompass them all. Don't worry too much about your major just yet! No one at the College expects you to decide on your major until the spring of your sophomore year. During your first two years, sample the broad array of courses available to you. You will gain knowledge in areas that you may not have considered, and will acquire a deeper understanding of topics that you have studied before.

Students often say that they wish they could spend an extra year or two at Barnard because they don't have enough time to take all the fascinating courses that are offered each semester. It's exciting for me to hear such things from students because I know Barnard has played a role in inspiring in these students a love of learning and a thirst for knowledge that will stay with them for a lifetime.

—Christina Kuan Tsu, Sophomore Class Dean

Senior Experience

By senior year, all students are prepared to undertake a major senior project or thesis, which serves as a capstone of their Barnard education. This semester- or year-long endeavor represents the culmination of academic work in the major and can take the form of a written thesis, supervised original research in a lab, a final creative project, and/or research completed within a dedicated senior seminar. Final senior work is celebrated by being publicly presented and displayed, and the abstracts for all senior projects are collected and published, effectively creating an archive of our students' achievements.

Electives

Apart from fulfilling the General Education Requirements and the Major Requirements, students complete the remainder of the 122 credits with electives (i.e. courses of your choosing). Students may use their electives to prepare for professional or graduate study, to complete a second major or a minor (see below), to try out new fields, or to continue with language or music study or other subjects of interest. In addition to the flexibility of the distribution requirements, electives provide students with another opportunity to **tailor their Barnard experience**.

Minor option: A student may elect an optional minor field of study (usually 5 or 6 designated courses), which will appear on her transcript. Minors are typically declared after the Major is declared, as students must complete at least three required courses in the minor before formally declaring it. Courses may not double-count for both major and minor requirements. For more details about the requirements for a minor in a department, visit the Areas of Study website <http://barnard.edu/areas-of-study> and read through the "Requirements" section.

Ask the experts:

Q: I don't know anyone at Barnard. What if I don't find new friends?

A: This is one of the most common worries about starting college. It can be hard, in the beginning, to be alone for the first time. People find themselves making a lot of comparisons—"she's already made friends; what's wrong with me," "she's so smart," "she's so attractive/wealthy." This is a normal response to being new, although it can make you feel miserable. You will make friends here. It just takes time. There are many programs to help you get to know the other students on your hall—these will probably be your first connections here.

If you find you're having trouble adjusting, you can always come to the Furman Counseling Center on the first floor of Hewitt Hall. We can help with homesickness, relationship issues, academic stress, as well as problems like eating disorders, depression, or alcohol/substance abuse. There's no problem too big or too small. We offer free, short-term counseling, medications, and group therapy, as well as referrals for therapists/psychiatrists in the community.

—*Mary Commerford, Director, Furman Counseling Center*

Choosing courses to prepare for pre-professional schools

It is completely appropriate – and common – for entering students not to know yet what they want to major in, let alone what they will be doing after they graduate from Barnard. But if you *do* already have an idea that you may want a career in a health profession, law, business, or engineering, the **Beyond Barnard** Office is here to help! We encourage you to take advantage of their information and advising, and programming.

Health professions schools

The Health Professions Advising program in the office of Beyond Barnard is here to inform, guide and support you each step of the way as you explore and pursue a career in the health professions. We strive to provide you with a variety of academic and professional resources throughout the year. Through individual and group advising sessions, presentations, panels and workshops, as well as access to our pre-health software, **Inspire** (<https://barnard.advisestream.com/login>), our pre-health blog (<http://barnardprehealth.blogspot.com/>), and our website (<https://barnard.edu/beyond-barnard/educational-opportunities/pre-health>), we want you to feel connected, integrated, and supported by our pre-health community of students, faculty, advisers, and staff. We are excited to welcome you as a member of our pre-health community.

Getting Started

To begin exploring and/or enhancing your knowledge of the health professions, and to learn what it means to be a pre-health student at Barnard, your first step is to attend a **Pre-Health Overview Session**. These group sessions are intended to serve as your first pre-health advising appointment, and they will provide you with an understanding of how to become a successful applicant to health professional schools. More specifically, we will discuss developing and strengthening your pre-health portfolio through your coursework, research or scholarly work, medically-related experiences, community service and engagement, and additional activities. You will learn about Inspire, the software system that supports our pre-health students, and you'll be oriented to the advising resources we offer to support you along your journey. These sessions are interactive and provide ample opportunity for Q & A. Sessions are typically held bimonthly and students can RSVP via Handshake.

During the week of Orientation, students interested in the health professions will have an opportunity to attend a pre-health orientation session to learn more about the resources and support provided at Barnard for pre-health students. Please stay tuned for more information. We look forward to seeing you soon!

Preparing for Your Application to Health Professional Schools

As you begin your journey toward preparing for a career in the health professions, it is important to consider how you will demonstrate your passion, motivation, and commitment to the health profession through your academic and community engagements, as well as academic, professional, and personal experiences. In recent years, the Association of American Medical Colleges developed a list of 15 Core Competencies to support their admissions initiative to evaluate applicants in a holistic manner. The 15 Core Competencies for Entering Medical Students (<https://students-residents.aamc.org/applying-medical-school/article/core-competencies/>) fall into three categories:

- **Pre-Professional** (Service Orientation, Social Skills, Cultural Competence, Teamwork, Oral Communication, Ethical Responsibility, Reliability and Dependability, Resilience and Adaptability, Capacity for Improvement),
- **Thinking and Reasoning** (Critical Thinking, Quantitative Reasoning, Scientific Inquiry, Written Communication),
- **Science** (Living Systems, Human Behavior).

Competencies are defined as observable behavior that combines knowledge, skills, values, and attitudes related to a specific activity. Barnard's health professions advising team embraces these core competencies to inform and guide our advising, particularly as we discuss successful preparation and application to health professional schools. We strongly encourage you to familiarize yourself with these core competencies, regardless of which health profession you hope to pursue, and to continue to review them at each stage in your preparation process.

In light of holistic review, health professional schools seek well-rounded applicants with a variety of interests and skillsets. As you explore your passion for a health profession, we encourage you to engage in activities and experiences where you can develop and strengthen these core competencies. This includes academic preparation through science and social science courses, research or scholarly work, medically-related experience, community service and engagements, and leadership opportunities. We also strongly encourage you to explore all of your interests, regardless of whether they are specifically related to the health field, such as athletics, the performing arts, music, dance, special talents, etc. At our pre-health overview sessions, we will discuss these core competencies, activities, and engagements in more detail.

Health Professional Schools will look for applicants who have successfully demonstrated they have the potential to manage the rigor of the health professional school curriculum. Committees will view your cumulative grade point average (GPA) and BCPM (Biology, Chemistry, Physics, Math) GPA as a primary way of assessing your ability to succeed academically. Other considerations include trends in your academic performance; the rigor, diversity and selection of your courses; and research or scholarly work.

Academic Preparation

To meet the requirements of the majority of the health professional schools in the United States, we advise the following:

- 2 semesters of General Chemistry with lab(s)
- 2 semesters of Organic Chemistry with lab(s)
- 2 semesters of Biology with labs
- 1 semester of Genetics and/or Microbiology
- 2 semesters of Physics with labs
- 2 semesters of Writing and/or English (at least one course in addition to First-Year Writing and First-Year Seminar)
- 2 semesters of Math / Statistics
- 1 semester of Biochemistry***
- 1-2 courses in Social or Behavioral Sciences***

*** These courses are strongly recommended for students preparing for the MCAT exam

You are strongly encouraged to meet with your adviser and/or the pre-health advisor to discuss your academic interests, and how to best schedule the pre-health requirements throughout your four years at Barnard.

We invite you to check out our pre-health website (<https://barnard.edu/beyond-barnard/educational-opportunities/pre-health>) and blog (<http://barnardprehealth.blogspot.com/>), and we look forward to seeing you in the fall as we welcome you to Barnard and into our pre-health community.

Ask the experts:

Q: Is it possible to fit in all of my Barnard requirements, as well as my pre-med requirements, and still have a life?

A: Absolutely! Pursuing the pre-health track can certainly be challenging, but it's not meant to be torturous or impossible. With advance planning, hard work and determination, coupled with a strong passion and commitment to the health field and the sciences, we know you can be a successful applicant! Be wary, however, of two common myths about the pre-med experience:

Myth #1: “I should apply to medical school no later than the summer after my junior year.” Although this plan works well for some, it is certainly not the best plan for everyone. There is no one path. Did you know that the mean age of applicants accepted to U.S. medical schools is more than 24years old? In 2019, 88% of Barnard’s applicants to medical or dental school took at least one glide (or gap) year. This data should reassure you that it is absolutely okay to take your time and only apply when *you* feel ready! Don’t feel you have to compress your pre-med coursework into three years. Strongly consider taking time to explore both inside and outside the classroom, complete upper-level science courses, explore non- science courses of interest, participate in medically-related activities, engage in research or scholarly work, and participate in our Barnard and NYC communities.

Myth #2: “I’m serious about preparing for medical school, so this disqualifies me from being able to pursue programs like study abroad.” The good news is this is definitely not the case! Study abroad can be very rewarding, and health-professional schools appreciate an applicant who has gained exposure and adapted to a culture different from her own. Keep in mind that studying abroad requires advance planning, so speak with your academic adviser early. You may need to be flexible in the sequencing of your pre-med courses, as well as in the timing of your application to medical school (Note: the majority of pre-medical/pre-dental students who study abroad take a glide year after college.) In fact, it’s often a good idea for many students to take a glide year to gain valuable professional experience, earn money, and give their brains the chance to relax and rejuvenate! Most of all, it’s important to realize that there is no single way to pursue a pre-med track. It’s all about figuring out the best path and timing for you, so that you can present yourself in the best possible way to admissions committees.

—*Beyond Barnard Health Professions Advising*

Ask the experts:**Q: I already know I want to study abroad. When should I start planning?**

A: It's never too early to start thinking about studying abroad. Most students study abroad as juniors, so you have time to make an informed choice about where you want to go and when. However, you may also want to consider studying abroad in the summer after your first year, or in the sophomore year, so we recommend exploring possibilities once you're settled on campus. You should also make plans for language study, as many programs in non-English speaking countries encourage students to have 4 semesters of the host country's language or the equivalent prior to travel. Visit www.barnard.edu/global to learn about programs, helpful resources, and requirements. Explore the list of approved programs, contact students who have studied abroad, and read program evaluations. You can also attend an information session and make an appointment to meet with either one of us to chat about your many study abroad options.

—*Giorgio DiMauro, Associate Provost for International Initiatives and Krista Rockholt, Associate Director of Study Abroad*

Ask the experts:**Q: What major should I choose if I want to go to law school?**

A: Since there are no undergraduate course requirements for law school, you should feel free to select courses from the wide array of academic offerings available to you at both Barnard and Columbia that will develop your skills in writing, oral communication, critical analysis, and problem-solving, since these are the skills that form the basis of the study and practice of law. Your choice of major in no way affects your chances of admission to any law school. So if you're interested in attending law school after Barnard, you should feel free to pursue a major in a discipline for which you feel a passion.

Q: What classes should I take if I want a career in business?

A: There are no specific classes, but if you are interested in a more theoretical approach to understanding economic structures, the interrelations between economics, policy, government, and society; and how individuals function within organizations and systems, you are encouraged to seek out courses through the Economics, Political Science, Urban Studies, Sociology, and Psychology departments. If you are interested in more practical approaches, you should contact the Career Development Office to explore career training options.

—*Nikki Youngblood Giles, Associate Dean, Beyond Barnard*

Ask the experts:**Q: I'm worried about whether I'll complete four years without discovering what I would like to do for my career. How will I know what to do after graduation?**

A: First off, it's totally normal to have some anxiety about where you might go after college. But at Beyond Barnard, we're here to help you navigate all four years of your experience as a college student, and we support all Barnard alumnae. We created this integrated office -- a one-stop-shop for advising on careers, internships, student jobs, competitive fellowships, and advising on graduate and professional schools -- in part to make it less complicated to access diverse resources. From day one on campus and throughout your time as a Barnard student, we provide advising, events, and access to opportunities like internships, fellowships, employer connections, and more to help you discern your trajectory and pursue your chosen field. We will encourage you to take ownership of your career search, while empowering you with the skills, knowledge, and confidence necessary to translate a liberal arts education into meaningful work or further graduate study. We hope you'll make time to visit us for advising, events, programs, and discussions about how to prepare for what comes after Barnard!

—*A-J Aronstein, Associate Dean, Beyond Barnard*

Preparing for Professional School Opportunities

Law School

There are no specific majors or prescribed set of courses required or recommended for admission to law school. What matters is that you do well in whatever area of study you choose. A **rigorous undergraduate liberal arts curriculum** is the best preparation for law school. Therefore, in addition to doing well in your courses, you should challenge yourself in the breadth and depth of courses you take during your career at Barnard.

Students interested in law school are encouraged to seek out and participate in experiential opportunities in the legal field. Students should also participate in workshops, seminars, and programs facilitated by Beyond Barnard. Annually, Beyond Barnard hosts Professional School Week, a week of sponsored talks, admission events, and preparatory workshops for students interested in law school.

Business School

There are no specific majors or prescribed set of courses required or recommended for entry to business school. Business schools expect applicants to have accumulated at least a few years of pertinent, full-time **working experience**, so Barnard students typically do not attend business school directly after graduation. During their undergraduate studies, students interested in business are encouraged to hone their skills in **critical reading and writing**, and should develop a good understanding of **economics, quantitative reasoning, and basic computer science**.

Students interested in business school are encouraged to seek out and participate in experiential opportunities in business. Students should also participate in workshops, seminars, and programs facilitated by Beyond Barnard.

Pathways

The Barnard/Columbia University pathways include partnerships with the Fu Foundation School of Engineering and Applied Sciences, School of International and Public Affairs, Mailman School of Public Health, the Graduate School of Arts and Sciences, and the Harriman Institute. The pathways enable students from a range of disciplinary backgrounds to continue their learning beyond the bachelors degree. Each pathway is guided by Faculty Mentors who support students in course planning and advising while at Barnard and through their graduate study. Students interested in a pathway should attend faculty overview sessions hosted by Beyond Barnard. Students can find eligibility requirements, application overviews, and submission deadlines through Beyond Barnard. Students in their junior year of study at Barnard College are eligible to submit applications for a 4+1 pathway.

Taking courses at Columbia University

Barnard College students have open access to most Columbia College courses, and **many courses are cross-listed at both Barnard and Columbia**, meaning that they are automatically open to both Barnard and Columbia undergraduates. Several of the courses recommended for first-year Barnard students are Columbia courses.

Some Columbia courses are substantially similar to courses offered at Barnard, in which case **we recommend that you take the Barnard option where possible**. Some Barnard majors require that you take particular courses at Barnard rather than Columbia, and many academic supports available to Barnard students are more readily accessible for those taking Barnard courses.

The full range of undergraduate courses offered at Columbia College can be found in the **Columbia Bulletin**, a publication like Barnard's Course Catalogue, which can be viewed at www.college.columbia.edu/bulletin. Most of the undergraduate courses listed in the Columbia College Bulletin are open to Barnard students; however, there may be some exceptions, and students should pay close attention to the course descriptions and should consult their advisers about specific courses that interest them. And remember that many courses listed in the Bulletin would not be appropriate for your first semester of college.

Students interested in Columbia College's Core Curriculum courses must follow special procedures on campus to enroll in those classes, since spaces for students outside of Columbia College are extremely limited. If you are interested in the Core Curriculum, plan to talk to your First-Year Class Dean at the beginning of the fall semester.

You don't have to do everything. Prioritize your needs above being a perfect student with 10 extracurriculars.

— Rivkah Pardue '21

Register for one more class than you are planning to take. It is good to have a backup class in case you don't like one of your classes and who knows...you might even like it better than the one you were planning to take!

— Susan Palefsky '20

Ask the experts:

Q: There are so many co-curricular activities to choose from. How will I find my niche?

A: Be open to possibilities, absorb information about resources and activities, and be kind and patient with your yourself. There is no linear path or equation to how or when one chooses - it's all up to you and that is one of the most exciting aspects of it all. Perhaps you can tackle this question by visualizing the experience and path you wish to craft for yourself. Some students may choose to focus entirely on academics their first semester, while others may begin an on-campus job, attend a variety of club meetings, or try a little bit of everything before finding the experience that is most meaningful for them. Here are a few questions that might be helpful as you move along: Are you planning to continue activities from high school? Are you hoping to explore a new interest or develop a new talent? Are you willing to serve on a committee with faculty and administrators? Are you applying for an on-campus job or internship opportunity?

Regardless of the path you choose, involvement in co-curricular activities will enrich your experience and expose you to limitless opportunities to make a difference in the Barnard community and beyond. We in Student Life look forward to seeing the ways that each of you, individually and collectively, will shape our campus in the next several years. We invite you to visit us when you're on campus (Diana Center 301/303) and engage with us on all of our digital platforms listed to get our latest updates about what's happening on campus:

Website: barnard.edu/studentlife

Facebook: facebook.com/barnardstudentlife

Instagram: instagram.com/barnardstudentlife

— Karina Beras, Associate Director, Office of Student Life

Receiving credit for previous college-level work

Plan ahead - that way you can have some fun. The best way to start the beginning of the semester is by writing down all the essays, major papers, midterms, and finals for the whole semester.

— Phoebe Josephson '10

Know that the classes you pick over the summer are not set in stone. Take advantage of the “shopping period” and try out anything that interests you!

— Rebecca Starkman '19

If you have taken courses at another college before matriculating at Barnard, or if you have taken AP and/or IB exams, you may be eligible to receive Barnard credit for the work. **Students will receive credit for qualifying AP or IB scores, but there will be no exemptions from requirements.**

Students may receive **credit for qualifying courses taken at other colleges or universities**. A full list of the amount of credit awarded for various tests, and the criteria and necessary paperwork to request credit for previous college coursework can be found on the Registrar’s website at <http://barnard.edu/registrar/external-credit>.

Students may receive Barnard credit for other international diplomas or advanced-level examinations. Details are available at <http://admissions.barnard.edu/apply-barnard/first-year-students/advanced-study-credit>.

Note: Credit will be granted either for AP/IB scores or for the equivalent college course, but not for both.

Ask the experts:

Q: What tips can Barnard College Public Safety provide to help me have a safe College experience?

A: The Department of Public Safety is dedicated to providing a safe and secure environment conducive to learning for students, faculty, staff, and visitors on the Barnard College campus. In addition to providing security, fire safety and emergency management on campus, senior administrators of the Department conduct crime awareness seminars and personally assist students requiring police or other assistance. You can help to ensure your own safety by following these recommended tools for navigating the city:

- Always be alert and aware of your surroundings. Don’t be distracted by talking on your cell phone or texting while traveling.
- Plan your route ahead of time.
- Keep track of valuables, do not leave laptops unattended, and lock your door.
- Have your money and/or MetroCard readily available for use, so that you do not have to rummage through your bag or pockets.
- Travel in a group, and do not leave anyone behind. Always tell someone where you are going and when you are expected back. When meeting someone for the first time, go with a friend and meet in a public place.
- Exercise caution when walking about, especially late at night. Use well-populated, well-lit streets. Know where you are, where you are going, and how to get there.
- When using the subway, do not ride in the last car. Look for the white and black “zebra board” above the platform, which shows the location of the conductor’s car. Do not expose expensive items while in transit.
- Think twice before giving out your phone number, address, or email address to people you have recently met. Be cautious about giving out your birth date, social security number, or other information used for identity theft.
- If you are lost or without means to return to campus, call our Public Safety at (212) 854-3362 and we will assist you.
- If you need help, do not be afraid to ask for it.

As residents of New York City, we live in one of the safest cities in the world. Using these safety tips will enhance your safety wherever you travel.

— Antonio J. Gonzalez, Executive Director of Public Safety & Emergency Management

Creating a course schedule for your first semester

We recommend that all first-year students take approximately 15 credits each semester. Depending on the credit-value of your courses, this means you will be registering for **four or five courses**. Academic courses are generally worth three or more credits; practical courses (e.g., labs, dance technique, physical education, some studio theater or art courses) may be worth one or two credits. Four or five academic courses may seem like a light load after so many high school classes, but you will find that Barnard's courses demand a great deal of time and focus, both in and out of the classroom. **All students are required to complete a minimum of 12 credits (generally four courses) each semester. Beginning with 15 credits (generally five courses) gives you maximum flexibility as you consider your options.**

Recommended Courseload

$$\begin{array}{r} 15.25 \text{ credits} \\ \times 8 \text{ semesters} \\ \hline 122 \text{ credits} \\ \text{by graduation} \end{array}$$

Your first-semester schedule *must* include:

- First-Year Writing or First-Year Seminar

All first-year students must take a First-Year Experience (FYE) course in the fall—either First-Year Writing or First-Year Seminar. Beginning on p. 26, you will find general descriptions and links to websites where you can find a detailed listing of the First-Year Experience courses that you can consider for your fall course schedule. Since every new student must register for a small First-Year Experience course, you may find that more than one of your preferred First-Year Experience courses is full when you try to register for it online. Therefore, we advise you make a list of many possible First-Year Experience courses in advance (feel free to use the form on p. 38, or to use the “plan” function in Student Planning, our course registration website), so that you will have all of your “Plan B” options on hand if needed. If you know of any constraints on your schedule – like practice times for a varsity sport, or other courses that are important requirements for a prospective major or dual-degree program – **be sure to pick FYE options that do not conflict with other priorities. This is the one course that must remain fixed in your final fall schedule; you will not be able to drop or add FYE courses once the semester begins.**

First-Year Experience

Your first-semester schedule *should* include:

A Physical Education or Dance class

List several options that fit into your schedule on the form on p. 39 (and/or use the “plan” function on Student Planning). If you are not able to get into one this fall, you may take it in spring. Note that some advanced Dance courses may require you to audition on the first day of class, so enrollment in those will not be confirmed until the semester begins.

Other Courses

Your first-semester must also include 3-4 additional classes.

Consider taking courses such as:

- An introductory course in an area you are considering as a possible major**, particularly if you are interested in a field where it is recommended you begin taking prerequisites early such as:
 - Architecture
 - Computer Science
 - Economics
 - Mathematics
 - Music
 - The natural sciences
- A course in a field you enjoyed while in high school**
- A language, particularly if you are considering studying abroad**
- Something you’ve always wanted to explore that was not offered at your high school**
- A balance of different kinds of courses, so you will have a variety of different kinds of homework.** You’ll want a mix of:
 - Reading
 - Problem sets and homework exercises
 - Papers
 - Quizzes, tests, and exams
- A balance of courses offered on different days of the week at different times.** Leave space between classes for meals, to add discussion sections (sometimes called recitations) for certain courses, for meetings with instructors, for daily academic review, library visits, and relaxation, not to mention one or two co-curricular activities. Don’t forget to include a lunch break!

Although you will ultimately take four or five courses, you should come up with more than five course preferences. Courses are often limited in size, and we cannot guarantee a place in every class for every student. You should therefore **prepare a longer list of courses that interest you** and rank them in order of priority; you can plan out a tentative schedule on the pages at the end of this guide and you can use the “plan” function in Student Planning. **During the July 15-19 registration period, you will be immediately registered for only those courses required as part of the Barnard First-Year Experience (First-Year Writing or First-Year Seminar, and Physical Education, excluding dance).** You will enter your *plans* for the remaining courses in your schedule, but your registration for those courses will not be confirmed until the end of the summer.

If you are a student who may need or would like to add a part-time job, remember that your first job is attending college – a full-time job in and of itself. We expect that any other responsibilities will come *after* your academic work. Talk to your adviser or class dean about how to balance work and study.

Choosing your first course: The First-Year Experience

The First-Year Experience consists of **First-Year Writing** and **First-Year Seminar** (as well as Physical Education). All students must take these courses; no exemption is possible. Some students will take First-Year Writing during the fall, and others will take First-Year Seminar. **If you have any concerns about your preparation for college-level writing, we recommend that you take a FYW course in fall, rather than FYS. Please let us know if you have this preference by emailing first-year@barnard.edu by June 15, 2019.**

First-Year Writing: Critical Conversations

Barnard's liberal arts philosophy takes as its starting point the idea that every student, whatever her level of academic achievement, can continue to improve her skills in writing, analysis, and argumentation. This one-semester writing course is designed to cultivate critical thinking and academic writing skills -- skills you will continue to work on in just about every course in every department throughout your time at Barnard. Students closely read and analyze a variety of key texts from multiple disciplines and, through writing and engaging critical scholarship, join the larger academic conversation happening around those texts.

First-Year Writing Workshop: This four-credit course is designed for students who feel they would benefit from extra preparation for the critical reading and writing that they will do at Barnard. FYW and FYW Workshop are equally rigorous -- both courses read the same texts, and both courses satisfy your First-Year Writing requirement. FYW Workshop, however, meets 3 days per week instead of 2; it is worth 4 credits instead of 3; and the class sizes are smaller. **Students who are interested in one of the limited number of spaces in Workshop should inform the First-Year Class Dean by email (first-year@barnard.edu) by June 15, 2019, but please be aware that placement cannot be guaranteed.**

Each section of First-Year Writing and First-Year Writing Workshop follows one of three overarching themes: "The Americas," "Legacy of the Mediterranean," or "Women and Culture." Syllabi vary from section to section. For recently updated descriptions of each theme and sample syllabi, go to: firstyear.barnard.edu/

First-Year Seminar

First-Year Seminars initiate students into the academic life of the College by offering intellectually engaging experiences in which students and faculty work together in a small, discussion-based course that is writing-intensive. Working closely with diverse and transdisciplinary material, students are challenged to explore new ideas and express their points of view in an inclusive, inquiry-driven classroom. Each one-semester seminar is designed to develop

Before your first day of class, walk to all of your classrooms so you know exactly where they are. This will make your first week less stressful.

— Sarah Katz '17

If you are nervous about class participation, try to say one thing per class from the very first class until you feel more comfortable. Getting your voice out there early on makes later participation easier.

— Nina Lam '19

You don't go to Barnard to find a vocation. You go to Barnard to become a better, more critical thinker, so that in your vocation, you succeed.

— Nicole Edwards '18

During course planning period, remember to choose the "backup" ones in case the course you want to get in is full.

— Mengyuan Zhang '20

essential skills for college work, such as the ability to read critically and analytically, to speak clearly and effectively, and to write logically and persuasively. The courses require that students produce multiple drafts of several short essays.

First-Year Seminars vary in content and format, and fall into two categories: **Special Topics** and **Reacting to the Past**.

Special Topics: Barnard faculty from across the disciplines develop seminars that invite the kind of intellectual investigation that typifies a liberal arts education.

Reacting to the Past (RTTP): RTTP seminars enable students to engage in important intellectual debates set in three separate historical moments. Under the professor's guidance, students participate in competitive "games" that involve public speaking and collaboration. Visit <https://reacting.barnard.edu/> for more information about the course.

Ask the experts:

Q: I am a first generation/low income student and I don't have a lot of experience with navigating the college environment; where do I go, what do I do?

A: Congratulations on being first in your family to attend college. As a first generation college graduate myself, I know your family is very proud of your achievements, but I also know that while at Barnard you may feel a bit "unsure" at times. College can be a bit overwhelming, and you may experience many mixed emotions. Some of the most common challenges in college for first generation/low income students include the following:

- ✓ Feeling lonely
- ✓ Intimidated by professors and afraid to speak with them
- ✓ Afraid to ask for help
- ✓ Feeling like you are the "only" one in your situation
- ✓ Having a difficult time balancing school time with responsibilities at home
- ✓ Affording books, class materials, and other day-to-day expenses
- ✓ Feeling guilty about not being home to help your family

These emotions are very common and know that you are not alone. Last year, 15% of the incoming class came from families in which neither parent graduated from college, and about 11% were considered low-income (Source: Office of Institutional Research and Assessment and Office of Admissions). We are committed to helping all first generation/low income students' transition to the Barnard community. Here is a list of key offices on campus that are invested in your success at Barnard:

- ✓ Beyond Barnard | Offers support to students as they prepare for life after Barnard
- ✓ Dean of Studies Office | Provides academic and personal support to all students
- ✓ Disability Support Services | Assists students with disabilities in efforts to enhance their professional, education and personal development
- ✓ Financial Aid Office | Committed to helping students and their families with financing Barnard College
- ✓ Furman Counseling Center | Individual counseling services to all students
- ✓ Health Services | Provides clinical health care services to all students
- ✓ International Students Services Office | Offer support to international students
- ✓ Residential Life & Housing | Promotes a positive on-campus living experience
- ✓ Student Life Office | Helps to engage students outside of the classroom through programs and events and leadership opportunities
- ✓ Well Woman | Promote health and wellness of the Barnard study body through peer health education

During the academic year we will provide on-going workshops on various topics, innovative programs and networking opportunities with faculty and administrators. We are deeply committed to providing a variety of resources to support student success during your time at Barnard. If you are a first generation/low-income student and are having difficulties adjusting or if you simply need to talk, please come see me at 105 Millbank Hall. You can also email me at jgedeon@barnard.edu.

—*Jemima R. Gedeon, Associate Dean of Studies for Student Success*

Listing of Fall 2019 First-Year Experience courses

Use the [Columbia University Directory of Classes](http://www.columbia.edu/cu/bulletin/uwb/home.html), <http://www.columbia.edu/cu/bulletin/uwb/home.html>, to see the days, times, and descriptions for all options for First-Year Writing and First-Year Seminar courses offered this fall.

First-Year Writing is listed under the “**English @Barnard**” heading: **only courses with “FY Writing” in the title fulfill this requirement**
http://www.columbia.edu/cu/bulletin/uwb/sel/ENGB_Fall2019.html

First-Year Seminar is under the heading “**First-Year Seminar Program @Barnard**” Please note: these listings are a work in progress – check back closer to registration week in mid-July for updates.
http://www.columbia.edu/cu/bulletin/uwb/sel/FYSB_Fall2019.html
Click on the section number in an individual course listing to see a detailed description of that course:

Fall 2019 English BC1210 FY WRITING: WOMEN&CULTURE	
Section 001	<i>FY WRITING: WOMEN & CULTURE</i> Call Number: 07989 Points: 3 View in Vergil Day/Time: MW 11:40am-12:55pm Location: To be announced Enrollment: 0 students (15 max) as of May 16, 2019 Instructor: Vrinda Condillac
Section 002	<i>FY WRITING: WOMEN & CULTURE</i> Call Number: 07990 Points: 3 View in Vergil Day/Time: MW 2:40pm-3:55pm Location: To be announced Enrollment: 0 students (15 max) as of May 16, 2019 Instructor: Vrinda Condillac

Half of the entering first-year class must be placed into First-Year Writing classes, and half must be placed into First-Year Seminars. **You will receive an email at your Barnard address by early July informing you whether you have been selected for FYW or FYS this fall** (you will then take the other in the spring semester). Once you know which course to plan

Ask the experts:

Q: I'm excited to be attending Barnard, but I'm also a little nervous because it seems much different than where I'm from. How will I be able to make new friends and find community?

A: When I think back to my own experience going off to college, I also worried about making friends and finding connections on campus. Barnard is a dynamic learning environment where students celebrate, explore, and engage their varying intersections of identity, backgrounds, life experiences, values, ideologies, and perspectives. Be open to sharing with and learning from your peers - we know this can be easier said than done. You will meet people who are similar to you, different from you, with whom you agree and disagree. Let's be real - you won't be friends with everyone, but you will be surprised where you find community. Student Life is here to support you in all of this. We offer a wide variety of events and community programs, and provide a resource room of books, films, and materials available for students! To learn more about us check out our website at <http://www.barnard.edu/studentlife> or stop by the Student Life suite in Diana Center rooms 301-303. We would love to meet you!

—*Emy Cardoza, Associate Dean for Student Life*

for, please **select at least five possible classes that interest you and don't conflict with your other priorities, and rank those five classes** in order of preference. Your list of five classes can include more than one section of a particular topic—e.g., if you're taking FYW, you could select three different sections of Legacy of the Mediterranean, or if you're taking FYS, you could pick several sections of Reacting to the Past. Use the form on p. 38 or the "plan" function in Student Planning to prepare your list so that it will be ready before the summer registration period.

Remember: it is your responsibility to make sure that you select a **First-Year Experience course that does not conflict with other commitments** – like practice times for a varsity sport, or other courses that are important requirements for a prospective major or dual-degree program.

This is the one course that must remain fixed in your final fall schedule. While you may make changes to it during designated times this summer and during NSOP, **you will not be able to change this course assignment once the semester begins.**

Ask the experts:

Q. I am a new student, and I'm pretty sure I need a job. How do I go about getting a part-time job on or off-campus?

A. Even if you have never worked before, Beyond Barnard, with a professional staff of 19 strong, is here to help you locate part-time job opportunities, apply for on and off-campus positions, and get hired! In Beyond Barnard, we work with students from their first year through graduation and beyond. We are here to help you acquire job and internship opportunities, help with resume and cover letter writing and interview and networking skills preparation, assist you in seeking out opportunities through our online jobs platform, provide you with strategies to get hired, give you access to one-on-one employment counseling, and work with on and off-campus entities to ensure that you have access to meaningful part-time work that not only supplements your income, but that also provides professional growth and development. In every way possible, Beyond Barnard is here to help you get hired!

Q. I've heard that internships are a really important part of my college experience. Can you help me to understand why internships are important at Barnard, and how I go about getting internships?

A. At Barnard College, you should expect internships to be part of your co-curricular student experience. Beyond Barnard works to provide competitive internship opportunities in all major fields, such as the sciences, humanities, social sciences and the arts all over New York City, the United States, and internationally. Internship experiences are a gateway to professional skills acquisition and networking. With established professional relationships, an alumnae network of 35,000 strong, and an online platform that hosts a wealth of student internship placement sites, we can provide all the counseling, application and hiring preparation to ensure successful access to world-class internship experiences that offer College-approved learning outcomes and professional oversight in the field. To further support student goals, Beyond Barnard has funding opportunities for unpaid internships! Our strong Beyond Barnard Internship Program, Guggenheim Summer Internship in Criminal Justice Program, Con Edison Internships, and Summer Research Institute funding programs, as well as numerous other internship programs and funding sources, permit students to apply for supplemental funding to support unpaid internship opportunities. Beyond Barnard is here to help you achieve your internship goals!

— *Cindy Meekins, Director for Experiential Education at Beyond Barnard*

Choosing your other courses

Keep checking the First-Year Blog <http://barnardfirstyear.blogspot.com/> for information and advice on selecting your fall courses. You'll find things like:

- **Courses recommended for first-year students** from each department
- Screenshots, videos, directions and advice on **searching for, selecting, planning, and registering for courses**
- Announcements of opportunities for **online advising chats** with deans, advisers, and fellow students on a variety of topics
- Opportunities to apply for **special enrichment courses** in sciences and mathematics
- Information on courses with **special enrollment or audition procedures** such as Acting, Creative Writing, and advanced Dance.

In addition to the First-Year Blog, you can research courses in several places on the Barnard and Columbia websites:

Barnard Areas of Study website

<http://barnard.edu/areas-of-study>

This site provides links to the websites of all Barnard departments and programs – use it to explore possible majors and areas of interest and to see what courses will be offered in Fall 2019 and future semesters. **Each department/program page lists courses recommended for first-year students in that field.**

myBarnard

<https://my.barnard.edu/>

Log in here to get to the Student Planning website, which is where you will register for classes. You'll be able to search for courses by semester, department, or by which Foundations requirement(s) they can fulfill.

Columbia Directory of Classes

<http://www.columbia.edu/cu/bulletin/uwb/home.html>

This site provides a full, alphabetical listing of all courses offered by all departments and schools at Columbia and Barnard on all levels. Use it to look up specific courses, descriptions, prerequisites, and days and times courses are offered. **When you search by “Department,” look for the notation “@Barnard” to restrict your search to courses offered at Barnard and intended for Barnard students.**

Directory University Columbia of Classes	
NOTE: Course information changes frequently. Please re-visit these pages periodically for the most recent and up-to-date information.	
Departments beginning with B	
Department Name	Terms
Biochemistry and Molecular Biophysics	Spring2018
Biological Sciences	Spring2018, Summer2018, Fall2018
Biological Sciences @Barnard	Spring2018, Fall2018
Biomedical Engineering	Spring2018, Summer2018, Fall2018
Biomedical Informatics	Spring2018, Summer2018
Biostatistics	Spring2018, Summer2018
Business	Spring2018, Summer2018
Business Economics	Spring2018, Summer2018

[Home](#) [About This Directory](#) [Online Bulletin](#) [ColumbiaWeb](#) [SSOL](#)

My biggest piece of advice is to give everything time, and be open to meeting people in places you may never expect! I met one of my close friends by going on a random NSOP weekend excursion event by chance, and we ended up walking across the Brooklyn Bridge with the group on the way back together. It took me some time to find my people and to feel as if I had created a home for myself at Barnard, but this was one of the most rewarding parts of my first year experience. Seek out mentorship from your advisor, professors, and upperclassmen — they are so excited to get to know you, and these relationships also help you integrate and become a part of the Barnard community. I'll be your friend!

— Jenna Zucker '21

Don't get intimidated to interview for board positions your first semester of college! Remember that everyone is scared and interviews are just to get to know you! These positions will help you have an immediate family on campus! It never hurts to try!

— Binita Shah '19

Figuring out which courses are the appropriate level for you

Every Barnard and Columbia course has a course number: a unique combination of a four-letter department code (common to all courses offered in that department), followed by a two-letter prefix and a four-digit number. If the course is offered at more than one time, it will also be assigned a "section number." Numbering conventions may differ across departments but numbers generally follow the system outlined below.

Don't bring your entire wardrobe to campus; you won't need as much as you think and storage can be pricey in the summer!

— Bonnie MacRae '21

Let yourself a chance to explore the city and relax *before* assignments. I know assignments may feel pressing and stressful, but please take time away from work and let yourself breathe(!)

— Andrea Davila '21

College is all about being independent - take advantage of all of the solo opportunities Barnard has to offer and don't be afraid to break the mold and do your own thing!

— Natalie Dicker '21

The following alphabetical prefixes designate the Division of the University for whose students the course is primarily offered or indicate joint courses:

- BC - Barnard College
- CC - Columbia College
- UN, V, W - Undergraduate Students
- GU - Undergraduate and Graduate Students
- GR - Graduate School of Arts and Sciences

The level of the course is generally as follows:

- 1000-3999 Undergraduate
 - First-years often begin with 1000- and 2000-level courses.
 - Some department websites (e.g. English, Political Science) include lists of 3000-level courses that are appropriate for first-years students
- 4000-4999 Advanced undergraduate and first-year graduate
- 5000-8999 Graduate, normally not open to undergraduates

So, when you are looking up a course in the Columbia Directory of Classes, or in the Course Catalogue in Student Planning, you can interpret the listing as follows:

The screenshot shows a course listing for 'Fall 2018 Department: Africana Studies (AFSB)'. A red box highlights 'AFSB' with the label '4-letter dept code'. Below it, 'Fall 2018 Africana Studies BC2004' is shown, with 'BC2004' boxed and labeled 'Barnard course'. A red arrow points from 'BC2004' to the text '2000-level = introductory course: appropriate for first-year students'. The course title is 'INTRODUCTN TO AFRICAN STUDIES'. Below this, 'Section 001' is listed. To the right, details include: 'Call Number: 02457 Points: 3 Textbook Information', 'Day/Time: MW 11:40am-12:55pm Location: To be announced', 'Enrollment: 17 students as of May 15, 2018', and 'Instructor: Abosede A George'.

You may have already taken advanced coursework in one or more subjects, whether at your high school or at another college. In certain cases, this work might prepare you to begin study at a more advanced level. Use the following guidelines to determine whether you should enroll in a higher-level science, language, or mathematics course. More information on these and other subjects may be found on the department's websites.

Science

Look for the science that interests you on the Areas of Study (<http://barnard.edu/areas-of-study>) page. Individual departments will offer detailed placement advice for introductory science courses on their websites and in the course listings. Science courses at Barnard and Columbia are quite fast-paced, so **pay close attention to the advice given by the departments to be sure that you start with classes that are most appropriate to your level of preparation.**

Students who enter Barnard with AP or IB credit in **Biology, Environmental Science, or Physics** will not be exempted from the Science GER, but they may be advised to skip an introductory course if they wish to pursue further study in the same science. If you have AP or IB credit in a science, check the departmental websites over the summer, and consult with your adviser and the appropriate department during Orientation.

If you have earned AP or IB credit in **Environmental Science or Physics**, **bring your lab notebooks** to Barnard, so that the appropriate department can assess your previous lab work if needed.

Languages

Barnard students are advised to take language courses through the Barnard department when possible (French, German, and Spanish, some advanced courses in Italian, Ancient Greek, and Latin), and Barnard language departments reserve spaces for entering Barnard students where possible. Note that Barnard and Columbia have different language requirements, and that Barnard students who entered in Fall 2016 and thereafter have different requirements than previous classes. Because of these differing requirements, you may see terms like “placing out” or “exempt” on language-department websites. These terms relate only to Columbia students and to Barnard students who entered in Spring 2016 and before. As with all other Foundations requirements, it is not possible to be exempted or to place out of the language requirement – **all students must complete two semesters of language study at their appropriate level.**

Determining Your Language Level

- **If you have not yet studied a foreign language**, you will start with the initial course in the sequence (often called “Elementary I” or “First-Year”).
- **If you have previously studied a foreign language**, you may be able to start at an intermediate or advanced level. Be sure to indicate this when asked in your Advising Questionnaire, so we will know which placement exams to include in the NSOP schedule. When selecting language courses online this summer, use your best judgment in selecting your level of study. You will have the opportunity to drop and add courses in the fall if it turns out you guessed wrong. Please see the following page for placement information for several commonly taught languages.

Don't feel pressure for college to be perfect; the beginning is a lot harder than anyone tells you, but it does get easier.

— Lily Habenstreit '20

Don't be afraid to talk to upper class students! It's hard to remember that they were once first years like yourselves. They're great resources for all things campus and NYC related!

— Nadia Halim '19

It's so easy to be overwhelmed by the amount of work you have, but take the time to do fun things with your new friends!

— Jennifer Moralez '21

Ask the Deans for advice! Or Guidance! There are so many resources that can help you!

— Andrea Davila '21

Don't take over 18 credits!!!
— Kira Mitchel '19

If you're feeling stressed, take a walk in Riverside Park! If you get there before 9am, it's off-leash hours, so you can watch all the doggos zooming around.
— Leena Chen '20

Realize that sometimes there is no way to complete every single page of reading. Choose self-care over finishing all the work.
— Andrea Davila '21

Spanish

The Barnard Spanish placement exam is given online through [myBarnard](https://my.barnard.edu) and should be taken as soon as possible this summer, before choosing your courses online. (Log into <https://my.barnard.edu>, click on “Academics,” then look for the “Spanish Placement” link.) Students who place beyond Intermediate II (the fourth semester offered at Barnard/Columbia) will be asked to confirm their placement in person during Orientation.

Chinese, Japanese, and Korean

If you have a high school diploma from a country where Chinese, Japanese, or Korean is the official language, please consult the department regarding placement. All other entering students who have previously studied these languages must take a **placement exam during NSOP**.

Hebrew

If you earned a 700 or above on the SAT II Hebrew test or a 60 or above on the Jerusalem Examination, you have placed beyond Intermediate II and should consult the departmental website and faculty for advice on an appropriate advanced course. If you have previously studied Hebrew but not taken these tests, or if you think your placement should be higher than your scores predict, you should take the **placement exam**.

All other languages

All entering students who have previously studied or otherwise gained proficiency and wish to continue their study of that language must take a placement exam during NSOP and register for the level they place into.

Ask the experts:

Q: Is college all about partying and going out?

A: Despite the images that we see in the media, drunken partying is not the norm for the majority of college students. At Barnard, 52% of students drink moderately, and about 17% do not drink at all! Most students find a balance between academics, clubs, sports, and social activities both on and off campus. There are many myths around college alcohol and drug use, and the Alcohol and Substance Awareness Program (ASAP) strives to correct them. Anyone interested in learning more should contact ASAP at asap@barnard.edu or visit barnard.edu/asap. Along with educational programming for the community, ASAP offers free, confidential counseling for students who would like to discuss their use of alcohol and/or other drug use. *ASAP also works with students who may choose not to drink alcohol or use other substances and is committed to supporting those members of our community.*

—Marisa Mabli, Coordinator of the Alcohol and Substance Awareness Program (ASAP)

Mathematics and Statistics

Whether you're fulfilling the "Quantitative and Empirical" Mode of Thinking, considering a pre-health path, contemplating a major with a quantitative component, or just hoping to improve your quantitative literacy, you are likely to take a course in Mathematics, Statistics, or another related field during your time at Barnard.

Some Barnard majors require specific math or statistics courses. In addition, some departments offer their own Mathematics or Statistics courses, where the content covered is designed with the major in mind. See, for example **Math Methods for Economics** or **Psychology Statistics**. Check the departmental websites or consult with your adviser or department faculty for information on which course may be right for you.

Mathematics

<http://math.barnard.edu/department-mathematics>

If you wish to take a course in the Mathematics Department in your first semester, consider the following placement information to select the course **most appropriate to your level of preparation**.

College Algebra and Analytic Geometry is a course for students who intend to take Calculus but need a stronger foundation in mathematics to prepare for it.

The systematic study of college-level mathematics begins with **one of the following** alternative sequences: Calculus I, II, III and IV or Honors Math A and B:

- **Calculus:** The calculus sequence is a standard course in differential and integral calculus.
 - Students who have not previously studied calculus should begin with Calculus I.
 - Calculus II is not a prerequisite for Calculus III, so students who plan to take only one year of calculus may choose between I + II or I + III. Students with an AP exam score of 4 or higher (AB or BC) may start with Calculus II or III. Students with an AP score of 5 (BC) should start with Calculus III.
 - Calculus III requires a B or better in Calculus I and is a recommended option for some majors.
- **Honors Math:** Honors Mathematics A-B is for exceptionally well-qualified students who have strong advanced placement scores. It covers second-year Calculus and Linear Algebra, with an emphasis on theory. Students who have an AP exam score of 5 (BC) and who have strong mathematical talent and motivation should start with Honors Mathematics A, whether or not they intend to be mathematics majors. Students who contemplate taking this course should consult with the instructor. If this is not possible ahead of time, they should register and attend the first class.

Introduction to Higher Mathematics is a course that can be taken in the first or second year by students with aptitude for mathematics who would like to practice writing and understanding mathematical proofs.

Enrollment in all Mathematics courses is tentative, so you may visit different classes and switch from one to another with relative ease during the first two weeks of the term.

You will be okay. I don't know anyone who didn't have a relatively hard first year. Hard but not impossible. Get ready to be challenged and grow!

— *Najaad Dayib '19*

Leave your door open during the first few weeks of the semester. It's a great way to meet people on your floor.

— *Sophia Seidenberg '19*

Do try new things. Do not think you are invincible; be responsible.

— *Samantha Valente '19*

You deserve to be here, always remember that :)

— *Keren Dillard '19*

Students are strongly encouraged to consult with the Mathematics instructors and the Department adviser during Orientation and the first week of classes for advice about placement.

Statistics

<http://catalog.barnard.edu/barnard-college/courses-instruction/statistics/>

Buy a mattress pad. Seriously. It doesn't even have to be an expensive one; a \$30 egg crate one works just as well. It makes sleeping so much more comfortable.

— *Lan Nguyen '21*

Take advantage of everything Barnard has to offer! That doesn't just mean classes. That means you should work out with FitBear, try out the Barnard Clay Collective, hang out at Well Woman, or do any other small, fun thing that you've been putting off. Take time for you!

— *Morgan Geraghty '18*

Take time to grow into yourself and the person you are becoming! Don't feel like you have to have yourself figured out upon arriving here!

— *Jaipreet Sethi '18*

The Statistics Department offers several introductory courses.

Students interested in statistical concepts, who plan on consuming, but not creating statistics, should take **Introduction to Statistical Reasoning**. The course is designed for students who have taken a pre-calculus course, and the focus is on general principles. It is suitable for students seeking to satisfy Barnard quantitative requirements, but it may not count for Barnard majors that require Statistics – check departmental websites to be sure.

Students seeking an introduction to applied statistics should take **Introduction to Statistics**. The course is designed for students who have some mathematical maturity, but who may not have taken a course in calculus, and the focus is on the elements of data analysis. It is recommended for pre-health students, and students contemplating the concentration in statistics.

Students seeking a foundation for further study of probability theory and statistical theory and methods should take **Calculus-Based Introduction to Statistics**. The course is designed for students who have taken a semester of college calculus or the equivalent, and the focus is on preparation for a mathematical study of probability and statistics. It is recommended for students seeking to complete the prerequisite for econometrics, and for students contemplating the major in statistics.

Students seeking a one-semester calculus-based survey of probability theory and statistical theory and methods should take **Introduction to Probability and Statistics**. This course is designed for students who have taken calculus, and is meant as a terminal course. It provides a somewhat abridged version of the more demanding sequence **Probability Theory and Statistical Inference**. While some mathematically mature students take the more demanding sequence as an introduction to the field, it is generally recommended that students prepare for the sequence by taking Calculus-Based Introduction to Statistics.

Ask the experts:

Q: What services are available for students with disabilities?

A: The Office of Disability Services (ODS) serves students with disabilities, including: visual, mobility and hearing disabilities; chronic medical conditions (e.g., asthma, diabetes, severe food allergies); learning disabilities/attention disorders; psychological disabilities (e.g., anxiety and depression); cognitive disabilities; substance use/recovery; and temporary conditions (e.g. concussions or broken bones). Our mission is to provide support services to students with disabilities so that they have equal access and opportunities to succeed during their time at Barnard. We can assist you with your disability-related needs both in and out of the classroom, including disability housing requests, classroom and test accommodations, self-advocacy training, academic coaching, learning strategies, and other ODS resources and referrals. We encourage any students who believe they may be eligible for disability-related accommodations to register with our office in order to have an accommodation plan in place before starting your first semester at Barnard as this will help facilitate a smoother transition to college. In college, accommodations will not be put in place for you until you self-identify to the ODS staff and have an intake meeting to set up accommodations for your courses. Please note that we can only provide accommodations from the date of your intake meeting forward, so it's best to **contact ODS early this summer**. If you're in New York at all this summer, we'd love to meet you in person for your intake meeting! If you're out of town and only plan on arriving to campus for New Student Orientation Program, then it's best to fill out our [application](#) and we'll be in touch with you to schedule an intake meeting over the phone.

When you meet with us for your intake, you can expect to review your [disability documentation](#) with an ODS staff member to discuss what accommodations you have used in the past and what types of accommodations you may be eligible for at Barnard College. Please note that we would be happy to meet with any student who thinks they may be eligible to use our services in order to discuss your situation and various options. We look forward to meeting you. Welcome to Barnard College!

—*Holly Tedder, ADA and Section 504 Director, Office of Disability Services*

Ask the experts:

Q: I'm worried about being so far from my family. What if I get homesick?

A: This is a really common concern, whether you're moving across the country or just across the city. For some people, leaving home and forging a life without the on the spot influence of family feels exciting and liberating. But it can feel scary, too. During orientation, you will meet lots of people, including your roommate(s), and some may remain friends for a long time. On the other hand, after you have begun to settle into your routine, you may find friend groups shifting. Sometimes students feel a little lonely then. Though Barnard is an extremely warm and welcoming environment, it's completely normal not to immediately find your niche or a core group of friends. It's good to remember this, and to allow yourself time to get comfortable here.

Here are some suggestions to make the transition to college a smooth one: Bring favorite photos and decorations from home, but don't try to recreate your old room—look forward to creating a shared space with your roommate(s) * Learn how to do laundry if you don't already know how! * Collect contact info, including snail mail addresses from your friends and family at home to stay in touch * Visit different offices on campus—the Primary Care Health Service, the Deans Office, Res Life—so you'll know where they are when you need them * Explore interesting sounding clubs and activities, on and off campus, to meet new people. Is there an activity you were interested in high school but never had time for? College can be a great time to stretch yourself to check it out. * Most importantly, remember that you are not alone in feeling homesick. Lots of first-year students do, even if it may sometimes feel like you're the only one. Talk to your RA, your adviser, or a friend. One day you will be on your way across campus and suddenly realize that you feel at home here, too.

—*Jessica Cannon, Program Director, Well-Woman Program*

Mapping out a preliminary schedule

Use this page to sketch out a possible fall class schedule, to the extent that you are able. Use pencil, so you can update it as needed! You can also use the “plan” function in Student Planning to do this (check the First-Year Blog for updates on when this feature will be ready). Later on, you may add courses whose times are not yet available (science labs, required discussion sections, etc.). **Note: Student Planning will allow you to plan up to 23-credits. You may not register for more than 19-credits per term, however.**

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00					
8:30-9:00					
9:00-9:30					
9:30-10:00					
10:00-10:30					
10:30-11:00					
11:00-11:30					
11:30-12:00					
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6:00-6:30					
6:30-7:00					
7:00-7:30					
7:30-8:00					
8:00-8:30					
8:30-9:00					
9:00-9:30					
9:30-10:00					

Preparing your lists of course preferences

Use this area to compile the list of First-Year Writing or First-Year Seminar courses that are interesting to you, ranked in order of preference. You can also use the “plan” function in Student Planning to do this (check the First-Year Blog for updates on when this feature will be ready). Refer to the course listings online and instructions and information on p. 25 and 27-30. Check your email in early July to see if you need to take FYW or FYS this fall and remember to pick courses that don’t conflict with any other commitments you know you will have.

Course Title:	FYW or SEM?	Day/Time:
1)		
2)		
3)		
4)		
5)		
6)		
7)		
8)		
9)		
10)		

Use this area to compile a list of **Physical Education** or **Dance** courses, ranked in order of preference. You can also use the “plan” function in Student Planning to do this (check the First-Year Blog for updates on when this feature will be ready). **Note** You can fully register for PE courses that have space available during summer registration. For Dance courses, you may note your plan, but registration won’t be complete until the end of the summer, and some advanced Dance courses may require auditions. In all cases, you must attend the first *two* PE or Dance class meetings to confirm enrollment.

PE: http://www.columbia.edu/cu/bulletin/uwb/sel/PEDB_Fall2019.html

Dance: http://www.columbia.edu/cu/bulletin/uwb/sel/DANB_Fall2019.html

Course Title:	PE or Dance?	Day/Time:
1)		
2)		
3)		
4)		
5)		
6)		
7)		
8)		
9)		
10)		

Registering for courses online: Create your preliminary fall academic schedule

NOTE: Your summer course selections represent a preliminary schedule – your final schedule will not be confirmed until you meet with your adviser during NSOP and at the beginning of the semester to discuss your choices.

To register for fall courses this summer:

- ❑ Registration will take place online via the Student Planning platform, which you access by logging into <https://my.barnard.edu>. Prepare by logging into [myBarnard](#) before the July 15-19 registration period and clicking the links under “Advising & Registration Resources” to watch the [How-To Guide videos](#). The videos will walk you through the process of finding, planning, and registering for courses. A [printable guide](#) is also available in the same section of [myBarnard](#).
- ❑ **If you want to request placement in First-Year Writing or First-Year Writing Workshop this fall**, please email first-year@barnard.edu by June 15.
- ❑ **In early July, you will receive an email** from first-year@barnard.edu informing you whether you must take **First-Year Writing or First-Year Seminar** in fall 2019.
- ❑ **Beginning in early June, you may log into <https://my.barnard.edu> and begin *planning your fall academic schedule (this is before registration begins)***. Not sure how to use the “plan” function in Student Planning/myBarnard? Watch the [How-To Videos](#).
- ❑ **All entering first-year students will be assigned an online registration appointment time between 9:30 a.m. and 4:30 p.m. Eastern Daylight Time (EDT) on Monday, July 15**. Instructions on how to look up this appointment time will be posted on the [First-Year Blog](#). Your appointment time is the *first* time you will be able to register for courses. You will then be able to register or add/drop courses any time between 9:30 a.m. and 4:30 p.m. for the rest of that registration week, until 4:30 p.m. on Friday, July 19.
- ❑ **On Monday, July 15, log into <https://my.barnard.edu> at the start of your first assigned registration time** and register for your planned classes.
 - **During the summer registration period, you will only be able to fully register for Barnard First-Year Experience courses, i.e.:**
 - First-Year Writing or First-Year Seminar
 - PE at Barnard
 - **During the summer registration period, you will *plan* but will not yet confirm enrollment in:**
 - Dance courses
 - All other Columbia or Barnard courses. Registration for these courses will be confirmed (or denied) at the end of the summer.
- ❑ **There will be one additional summer registration period: August 12-16**
 - You may add and drop First-Year Experience courses during this period.
 - If you miss the July registration period, you may register during this August period, but **we strongly recommend that you register during your first appointment time on July 15 if at all possible** – particularly if you know you will have time constraints like a varsity sport or required courses for pre-health, a prospective major, or a dual-degree program.

When you arrive on campus for NSOP, you will have the opportunity to add and drop courses in consultation with an adviser.

Feel free to ask questions by emailing first-year@barnard.edu or by calling (212) 854-2024. And keep checking the First-Year Blog (<http://barnardfirstyear.blogspot.com>) for updates.