### Courses

**First-Year Experience Seminar**  
UGST 109  
1 credit  

**Happiness: a Neuroscience and Psychology Perspective**  
BI 170  
4 credits  

**Mind and Brain**  
PSY 201  
Core Education Science (>3)  
4 credits  

**Mind and Society**  
PSY 202  
Core Education Social Science (>2)  
4 credits

### Calendar

**First FIG Meeting**  
You will get to meet your FIG classmates, FIG Assistant (FA), and Faculty before classes start!  

Check your FIG page in September to find out more details.

### Academic Team

**First-Year Experience Seminar**  
Professor  
David McCormick  
Director of the Institute of Neuroscience  
davidm@uoregon.edu  

**FIG Assistant**  
Trinity Gallardo  
trinityg@uoregon.edu

### About This FIG

**FYE Seminar**  
The goal of this FIG is to give you the tools you need to lead a more fulfilling and satisfying life, as evidenced by research in Neuroscience, Psychology, Philosophy, and good old fashion wisdom. We will use the “Head, Hearts, Hands” model of learning. Heads refers to intellectual knowledge, Heart is emotional intelligence and development, and finally Hands is putting the principles we learn into action. Each week we will briefly discuss the principles taught about how to practice a well-lived life, and then perform activities that put those principles into action. These significant in your life, learning to meditate on a regular basis, exercising by taking a hike to a nearby park and garden, watching a movie, discussing the role of relationships in long term happiness and develop effective interpersonal communication skills.

**Happiness: a Neuroscience and Psychology Perspective**  
This course examines research in positive psychology and neuroscience that reveal the behavioral activities and mindsets that promote positive life engagement and the neural circuits that influence this. The course will examine the evidence that happiness is significantly influenced by genetics and mindset, with only a small component arising from life circumstances.

**Students then also will be in one of the following:**  

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  PSY 201  
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### Next Steps

**FYE Seminar**  
After you're registered for your FIG, you will want to check out the Meet Your FIG page (https://fyp.uoregon.edu/fall-2022-figs). This page will have everything you need to know before the beginning of fall term, including how to email your FIG Assistant, your summer assignment, and when you will be meeting your FIG for the first time in September. In order to prepare for your coursework and be notified about important academic deadlines you will want to download the “Canvas” and “Navigate” apps to your devices. Also, be sure to visit the FYE Community page in September, which has all the resources you'll need to achieve success in your first-year (https://fyp.uoregon.edu/community). If you have questions about anything, make sure you email your FIG Assistant – they are here to help!

### Enrolled in a FIG and Change Your Mind?

Visit this link to find out the best way to make FIG changes for you: https://fyp.uoregon.edu/fig-enrollment-2022

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<th>Tuesday</th>
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**Division of Undergraduate Education and Student Success**

fyp.uoregon.edu  
FALL 2022
Science of the Good Life 2

fyp.uoregon.edu FALL 2022

COURSES
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Mind and Brain
This course covers experimental approaches to the study of the human mind and brain, including such topics as the history and methods of psychological research, the organization of the nervous system, perception, memory, cognition and consciousness.

Mind and Society
This course is an introduction to psychological research methods, child and adult development, personality structure and functioning, social processes in everyday life, cultural and cross-cultural models of human adaptation, and abnormal-clinical psychology.

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