

Framingham

State University

Welcome to the Health and Wellness major! You will soon be meeting with an advisor to select your classes for the first semester. Please think about which courses you want to take before the meeting. You will be considered a full-time student if you take three or four classes. Below are the recommended courses for your first semester!

Course 1

- CHEM 103 Introductory Chemistry (L) OR
- CHEM 107 Principles of Chemistry (if interested in grad school in health field)

Course 2

- General Education Writing or HLTH 110 (if you test into ENWR 110)**
- ENWR 100, ENWR 105 or ENWR 110 or HLTH 110
- Based on placement code

Course 3

- General Education Math or HLTH 110
- MATH 105 Math for Modern Society or STAT 117 or HLTH 110 (if you are eligible for MATH/STAT without Recitation)
- Based on placement code

Course 4

- RAMS 101 Seminar**

*For a complete listing of courses and description of placement scores, please see the First-Year Advising Guide.

**If you test out of recitation for MATH/STAT classes or are eligible for them without recitation, we recommend HLTH 110 in the fall. You can take MATH or STAT in the Spring.

**Note: Honors Program students will take HNRS 101 First-Year Honors Seminar in place of RAMS 101.