**Foundation Years: First & Second Year Requirements**

First Year Courses:

- College Writing (3 credits, Fall)
- Beyond Boundaries Seminar (1 credit, Fall)
- Bear Bridge Course (3 credits, Spring)
- Beyond Boundaries Courses (2 courses, 6 credits total, Fall & Spring)

University Sponsored Events with Point Assignments:

- Guest Speaker/Lecture: 1 point
- Networking or Community-building Events/Symposia: 2 points
- Co-curricular Interdisciplinary Service Opportunities: 5 points
- Weekend Topic-based Seminars: 8 points
- Spring Break Opportunities: 10 points
- Summer Research/Internship: 15 points
- Interdisciplinary Courses (3 credits or more): 20 points

**Foundation Years – Milestone Notation:** completion of First Year curricular requirements plus 50 points (min) earned

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**Focus Years: Third & Fourth Year Requirements**

University Sponsored Events with Point Assignments:

- Opportunities listed above: 50 points total
- Collaborative Capstone or E-Portfolio Project: 25 points total

**Focus Years – Milestone Notation:** At least 75 points earned during Third and Fourth Years

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**Approximate Time Commitment for Each Event Category**

(not including courses)

- **Guest Speaker/Lecture:** 1-2 hours
- **Networking or Community-building Events/Symposia:** 2-4 hours
- **Co-curricular Interdisciplinary Service Opportunities:** 5-8 hours
- **Weekend Topic-based Seminars:** 8 hours up to about 2 days
- **Spring Break Opportunities:** 3 days up to about a week
- **Summer Research/Internship:** 2 weeks up to about 2 months