What is the purpose of Freshman Seminar?
Freshman Seminar (ENGR 0081) is designed with the needs of first-year Engineering students in mind. The main objectives are to:

- Help ease the transition from high school to college by helping you discover new information, plan for future goals, and act upon those plans to achieve success in your first year and beyond.

- Educate you about the different fields of Engineering study and help you select your major if you’re not sure which field is right for you.

How is Freshman Seminar structured?
There are two components of Freshman Seminar:

**Online Lectures Weekly**
All first-year Engineering students will be required to watch a weekly presentation from one of the ENGR departments or the Freshman Program Office. These online presentations will help you gain a better understanding of the various fields of Engineering and give you relevant information you need to know about registration, etc. No matter what major you choose (and if you don’t know yet, that’s okay!) you will likely someday work with engineers of various disciplines, so having a good understanding of each field is important. These meetings will also provide resources to help you with certain Engineering 0011 and 0012 (or 0711/0712) assignments.

**Small Group Recitation Meetings**
The small group recitation sections are comprised of about 15 students per section, and are grouped according to an interest that the students in the class share. They are led by Peer Advisors (see next page). The recitation sections will help connect you to others in the freshman class and also put you in touch with a successful upperclass student. The recitation section will focus on acquainting you with local and campus resources and provide you with tips and tools for academic success.
What are Peer Advisors?
Peer Advisors are Engineering students, just like you, who are here first and foremost to help you, answer your questions, and provide you with information that will help you be successful in your first year. They have walked the path on which you are about to embark as a first year Engineering student and they want to share the lessons they’ve learned and answer any questions you may have about academics, extracurricular activities, balancing school and fun, and anything else you may want to ask. Peer Advisors are great listeners too, and they’re willing to help if you need to bounce ideas off of someone or discuss a problem or frustration that you may be experiencing.

Peer Advisors:
- Are members of the Freshman Engineering Leadership Team (FELT) in the Freshman Engineering Program office.
- Lead the small group recitation sections of Seminar.
- Conduct one-on-one meetings with the students in their Seminar recitation section.
- Serve as a resource for certain Engineering 0011 and 0012 (or 0711 and 0712) assignments.
- Are willing to communicate with their freshmen outside of class via phone/email/appointments.

What kinds of topics will my Peer Advisor cover in Seminar Recitation?
Your Peer Advisor knows that most freshmen in the Swanson School of Engineering never had to study very hard in high school. And he/she knows that the workload in Freshman Engineering is a major change for most freshmen—even the best and the brightest. To help you adjust to this new and incredibly demanding workload, Peer Advisors will talk about topics such as time management, study skills, stress management, developing relationships with professors and advisors, and where to go for help if you need it.

Peer Advisors also know that in order to get the full experience of college life, it’s important to take Pitt up on all of the many fun opportunities it has to offer. Your Peer Advisor will help you get to know Pitt and the city of Pittsburgh a little better and also help you connect to fun and exciting campus opportunities.
Registering for Seminar

How do I select a Seminar recitation section?

**STEP ONE: Figure out your academic schedule.**
Before you can register for a section of Freshman Engineering Seminar, you will need to first schedule your main academic courses. Knowing your schedule (and putting it on a Trial Schedule Form—available in your Pittstart materials folder—so that it makes sense to you visually) will help you determine which time slots you have available to attend a Peer Advisor-led Seminar recitation section.

**STEP TWO: Pick a Seminar recitation section that interests you.**
All of the Seminar recitation groups and the Peer Advisors who lead them are listed in this booklet. All you need to do is find a few that sound interesting to you that fit your schedule. We recommend that you pick three choices and to rank-order them in case your first or second choice has already been filled. The classes only hold about 15 students each, so it’s possible that you may need two or three options that fit your schedule. There are many to choose from, and it will be helpful to keep in mind that one of the important aspects of college is learning about and experiencing things that are new to you.

A good way to decide on a Seminar recitation is to consider the following:
- Can you meet on the day/time the section is scheduled to meet? Does the section fit into your schedule?
- What interest areas appeal to you the most?
- Who is the Peer Advisor? Might you share interests with him or her?

**STEP THREE: Enter your Seminar lecture and recitation on your Enrollment Form.**
Once you have determined which groups you might want to choose, fill in your top three Seminar Recitation choices on your Trial Schedule Form. Once you have filled in the form completely with your Seminar information as well as that for all of your other electives/classes, you are ready for course registration.
Freshman Seminar is designed to help ease the transition from high school to college. I’ll be there as a guide as you enter into the Swanson School of Engineering. We will discuss the standard freshman concerns, like how to choose classes, how to get along with your roommate, and time management.

Engineering can be fun! Come explore basic engineering design and principles through popsicle sticks, toothpicks, and friendly competition.

CLASS NUMBER: 18500
DAY/TIME: Monday, 10 AM

OBSTACLES WITH POPSICLES

Your Peer Advisor:
- Emily Adelsohn
- Civil Engineering
- Sophomore
- West Orange, NJ
In Freshman Seminar, we will talk about important information needed throughout your transition from high school to college. Some examples of things we will discuss include study habits, how to deal with conflicts (roommate, professors, project partners), and even how to manage time wisely. You will get to ask questions as well as meet people who have similar interests.

Did you know the University of Pittsburgh has one of the best Frisbee teams in the country? Well if you love Frisbee or even want to learn how to play, this seminar is right for you. We will try to toss a Frisbee around, learn how to play ultimate Frisbee, and talk to Frisbee players on the club team when we have time and nice weather. Don’t forget if you don’t know how to throw a Frisbee don’t worry, we will learn together as a group!
BOARD GAMES

Freshman Engineering Seminar is meant to help you make a successful transition from high school to college. We will talk about all the important stuff that can happen freshman year – roommate conflicts, a difficult course load, time shortages. But we’ll also talk about all the fun things to do on campus. We’ll spend time on any questions you have, while making sure you have all the information to make your freshman year as smooth as it can be. This is also a great place to meet other freshman engineers!

If you LOVE to play board games then this is the seminar for you! We will play all sorts of games like Cards Against Humanity, Catch Phrase, Headbands, and any other games you’d want to bring in. This seminar will give you a time between classes to get competitive with your fellow freshman engineers.

Your Peer Advisor:

Abbie Kulhanek
Chemical Engineering
Junior
Pittsburgh, PA

CLASS NUMBER: 13684
DAY/TIME: Monday, 12 PM
Welcome to Oakland!!!
An introduction to your new home!

Your Peer Advisor:
- Daxton Scholl
- Year: Junior
- Major: Computer Engineer
- Hometown: Bethlehem, PA

What the heck is Freshman Seminar???
Freshman Engineering Seminar is a way for you to connect with an upperclassman Pitt engineer, who will help guide you through some of the changes freshmen experience. Here a group of freshmen engineers will meet once a week and talk about different topics such as: study skills, roommates, relationships, independent living and on/off campus activities. This is a very open setting in which you are encouraged to have a good time, ask questions, make friends and embrace your new home at Pitt!

In this seminar we will not only discuss the above listed topics, but we will also talk about different things to do around Oakland and the surrounding neighborhoods. From which museums you can go to for free with just your Pitt ID, to the best places to grab a sandwich in the city, this section of freshman seminar will cover it all. If you are interested in learning all about your new home, fun places to go, great places to eat and opportunities at your disposal then this session is for you!

CLASS NUMBER: 13806
DAY/TIME: Monday, 1 PM
Some people come into college knowing exactly what they want to do, but most people aren’t totally sure. Does this sound like you? If so, then this seminar might be for you. I was between three different engineering majors before making a final decision. Together we’ll explore all the different possibilities in the engineering school. Even if you think you know what you want to do, this seminar might change your mind!

Together in seminar, we discuss the common challenges faced by freshman engineers and how to tackle them. We’ll talk about time management, college life, and getting to know Pittsburgh. We’ll answer any questions you might have, and you’ll get to meet other freshman engineers!

CLASS NUMBER: 13686
DAY/TIME: Monday, 1 PM
Welcome to Pitt and Freshman Seminar! Seminar is a great place to make new friends, get comfortable at Pitt, and learn how to survive at college. We’ll talk about helpful topics like study skills, learning to live with a roommate, and time management. We hope you’ll enjoy your first semester in the engineering program. H2P!

The Steel City. The City of Bridges. The 412. The Burgh. Home of Heinz Ketchup, Primanti’s Sandwiches, Wiz Khalifa, and the Pixburgh Steeler. Whether it’s being portrayed as Mr. Roger’s friendly neighborhood or crime-ridden Gotham City, beautiful Pittsburgh is a great place to be in the rain or shine! (But mostly rain. Or snow. Or sleet. Or below freezing temperatures.) Even in the temperamental weather, you can explore the different parts of our great city, like the Waterfront, the Strip District, Downtown, Squirrel Hill, and Schenley Park. Learn about these places and more (including how to master the PAT buses and the T!) in this yinz-filled seminar n’at.

Yinz guys’ Peer Advisor: ChemE Monongahela, PA
Kelly Donovan, Junior

CLASS NUMBER: 29766
DAY/TIME: Monday, 2 PM
Are You the Best on the Court?

A Seminar for Avid Basketball Players and Fans

Your Peer Advisor

- Conor Peyton
- Chemical Engineering
- Junior
- Newtown, PA

In Freshman Seminar, we will discuss many different aspects of your Freshman Year experience so that you can acclimate to college more easily. We will talk about things to do at school, such as different organizations you can join and cool places you can visit in the Pittsburgh area. We will also go over helpful study and time management techniques to help you thrive as an engineer at Pitt. You will come to know a bunch of other awesome freshmen engineers to help you succeed in your first year as well!

Is basketball one of your favorite sports? Do you love playing basketball and learning about the game? If so, then sign up for this seminar! You will meet other freshmen engineers who love basketball as much as you do. After we complete the required material for the week, we will go over cool basketball trivia and whenever it is nice out we will go out and play some ball. Do you think you’re really good at basketball? If so, we will have a one-on-one tournament during the year as well, with a prize for the winner.

CLASS NUMBER: 21292
DAY/TIME: Monday, 4 PM
Freshman Seminar is meant to help you successfully make the transition from high school to college life. We'll be discussing a variety of topics such as time management, resources on campus, and how to handle your engineering course load. You'll also be surrounded by peers who share your interests, and I'll be there to answer any questions about this new role you're about to play.

Admit it, you've always loved the stage. In this seminar, we're going to spend some time with all things drama, for example, improvisation games and sharing our favorite shows. We'll also be discussing all of the cool places around town to experience the stage, how to use Pitt Arts, and maybe even see a show on Pitt's own campus!
FOOD FRENZY

Freshman Engineering Seminar is aimed to help make your transition from high school to college successful, manageable, and less intimidating. We will talk about skills needed to survive your freshman year in engineering and to get the most out of Pitt’s campus. You will meet other freshmen going through the same experience, have a chance to ask questions, and you will gain information necessary for a smooth transition.

In coming to college, everyone has heard of the dreaded “freshman fifteen”; the inevitable weight that a student gains in their first year. Together, we will tackle this myth and focus on ways to remain healthy, despite all the temptations that this new experience has to offer.

CLASS NUMBER: 13694
DAY/TIME: Monday, 6 PM
First Semester at Monsters University

A Seminar for Pixar Fanatics

Your Peer Advisor:
- Katarina Klett
- Junior
- Chemical Engineering
- From Pittsburgh!

Do you know the lyrics to “You’ve Got a Friend in Me” by heart? Is Buzz Lightyear your hero? Do you know the most effective method to catch a Snipe? If so, this is the seminar for you!

What is seminar all about?
In this seminar, we will discuss the many challenges that freshman engineers face. We will cover topics ranging from areas such as Time Management or fun ways to spend your time in such a wonderful city. We will also use Pixar as a common bond in order to relax from your tough course load and to meet new people!

CLASS NUMBER: 24924

***FOR FORBES RESIDENTS ONLY***

DAY/TIME: Monday, 6 PM
YOU’RE NOT IN KANSAS ANYMORE
THE “OUT-OF-STATE” SEMINAR

Hours from home? Don’t know what a “yinzer” is? If so, then this is the seminar for you! Over a third of Pitt’s students are from out-of-state so you’re not alone! My drive to school is about 10 hours, and I am the only one at Pitt from my high school. Come join this seminar and meet other students from all over the country! We’ll talk about getting to know Pittsburgh and how to survive far from home.

Together in seminar, we’ll help you with transitioning from high school to college. We’ll talk about everything from time management to dorm life to whatever you guys want to know! It’s also a great way to get to know other freshman engineers, and it’s a nice break from the rest of your classes.

Your Peer Advisor:
• Jack Clarke
• Sophomore
• Chemical Engineering
• Stow, MA

CLASS NUMBER: 29770
***FOR FORBES RESIDENTS ONLY***
DAY/TIME: Monday, 7 PM
In Freshman Seminar, we’ll discuss and tackle the issues that freshmen encounter during their first year in Pitt’s Swanson School of Engineering, from dorm life dilemmas to achieving academic success while undertaking a challenging course load. In seminar, you’ll discuss these topics, but you’ll also be having fun and making friends with your fellow classmates, and you’ll hear from upperclassman who’ve made it through freshman year and are eager to give you insight and advice to make your transition from high school to college as smooth as possible.

New to Pittsburgh and looking to learn what this exciting city has to offer? Join this seminar and you’ll discover that Pittsburgh is home to many beautiful museums, great sports teams, and more bridges than Venice! Through games, trivia, and more, you’ll learn that Pittsburgh has much more to offer than just the neighborhood of Oakland. Who knows, by the end of seminar you may be confused for a yinzer!
Welcome to Pitt and Freshman Seminar! Seminar is a great place to make new friends, get comfortable at Pitt, and learn how to survive at college. We'll talk about some helpful topics like study skills, learning to live with a roommate, and time management. We hope you'll enjoy your first semester in the engineering program, and H2P!

Q: This Freshman Seminar will help you adjust to college while playing awesomely fun trivia games with your classmates:

What animal is the largest member of the cat family?

The southernmost point of continental Asia is located in which country?

What MLB pitcher currently has the most strike outs in the league?

What two metals are most commonly found in stainless steel?

A: What is Totally Trivia?

If you know the answers to these questions (or would like to know), Totally Trivia is the perfect Freshman Seminar for you! Play fun trivia games, team up with your classmates, and win prizes in this fast-paced, fact-packed seminar!

Meet your host:
Kelly Donovan
ChemE
Junior
From Monongahela, PA

Welcome to Pitt and Freshman Seminar! Seminar is a great place to make new friends, get comfortable at Pitt, and learn how to survive at college. We'll talk about some helpful topics like study skills, learning to live with a roommate, and time management. We hope you'll enjoy your first semester in the engineering program, and H2P!
Freshmen Engineering Seminar is designed to help ease the transition from High School to college for the incoming freshmen. In Seminar, we will focus on time management skills, class scheduling, roommate conflicts, homesickness, and much more! Having a current undergraduate Engineering student as your peer advisor will be an excellent resource to begin your career in the Swanson School of Engineering and have your engineering questions answered!

Do you want to get the most out of your freshman year? Then this is the right Freshman Seminar for you! I will be teaching you guys my tricks and tips for time management so you can still have time to explore Pittsburgh or just relax! We will also be taking trips around Oakland so we can see exactly what is free with that Pitt I.D. Hail to Pitt!
Your Peer Advisor

- Matt Ubinger
- Industrial Engineering
- Junior
- Pittsburgh, PA

Love to play games like catch phrase, scene it, and pictionary? Then this is the seminar for you! Each week we will get to choose which game we want to play and have fun! We will also discuss topics to further help you in your college transition!

Freshman seminar is meant to help you in your transition into the engineering program here at Pitt! We will have discussions to help you prepare for all of the things you will go through during your freshman year such as roommate issues and difficult courses! You will also get to know more freshman engineers in the same position as you!

CLASS NUMBER: 13707
DAY/TIME: Tuesday, 11 AM
Stress Relieving Activities

Do you get stressed out easily? Would you like to have an hour each week to do a fun, relaxing, stress-relieving activity? If you answered yes to any of these questions then this is the seminar for you!

Freshman year can seem overwhelming at times. It is a huge transition, but freshman seminar is here to help you! I will give you advice to help you take on your college workload, show you all of the resources available to you here at Pitt, and answer any questions that you have to make your freshman year as successful as possible. In this seminar, we will do a variety of stress relieving activities such as listening to music, coloring, going for a walk, watching funny videos, and more. I want this seminar to be relaxing for you so if there is something you want to do, let me know and I'll incorporate it into the schedule!

CLASS NUMBER: 29767
***FOR FORBES RESIDENTS ONLY***
DAY/TIME: Tuesday, 2 PM

Your Peer Advisor:
Faith Thaler
Mechanical Engineering
Sophomore
Stroudsburg, PA
So you've worked hard ALL summer to fill your savings account and don’t want to spend it all by November? The expenses of university life are immense and sometimes unavoidable, however, there are many tips and tricks to getting the best bang for your buck in Pittsburgh. In this seminar we will discuss cheap, fun activities to do in the city as well as money-saving strategies to keep your bank account alive during your first year!

Your Peer Advisor:
Grace Bova
Bioengineering
Sophomore
Allentown, PA

Freshman Seminar is a class focused on YOU & your college transition. We will discuss all the obstacles you will encounter as a freshman both socially and academically. You can make new friends and use me as a resource for your questions and concerns. Freshman Seminar will be a fun and relaxing way to face the challenges of first semester!

CLASS NUMBER: 13687
DAY/TIME: Tuesday, 4 PM
Freshmen Engineering Seminar is designed to help ease the transition from High School to college for incoming freshmen. In Seminar, we will focus on time management skills, class scheduling, roommate conflicts, homesickness, and much more! Having a current Undergraduate Engineering student as your peer advisor will be an excellent resource for having your engineering questions answered!

Your Peer Advisor
- Jennifer Chickola
- Yardley, PA
- Mechanical Engineering
- Sophomore

CLASS NUMBER: 174277

***FOR FORBES RESIDENTS ONLY***

DAY/TIME: Tuesday, 4 PM
Music Lovers – Playlists for College
A seminar for people who love music.

Your Peer Advisor:
- Josh Peters
- Chemical Engineering
- Junior
- Flemington, NJ

Freshman Seminar is all about helping you acclimate to Pitt and the Swanson School of Engineering. We’ll talk difficult course loads, resources on campus, stress management, and all the other experiences you’ll have as a new college student! It’ll be a place to meet new engineers like you, ask questions, and get information so you can enjoy your freshman year to the fullest.

If you love to create playlists for studying, working out, hanging, and in the car, this seminar is for you! Whether or not you play an instrument, this seminar is for everyone who loves to listen to music. Choose this seminar if you want to discover new artists and help create the playlists for your college life. Every week we’ll share new songs and albums with each other while getting to know each other.

CLASS NUMBER: 24925
***FOR FORBES RESIDENTS ONLY***
DAY/TIME: Tuesday, 5 PM
GROUP GAMES!

Freshman seminar is meant to help you in your transition into the engineering program here at Pitt! We will have discussions to help you prepare for all of the things you will go through during your freshman year such as roommate issues and difficult courses! You will also get to know more freshman engineers in the same position as you!

Love to play games like catch phrase, scene it, and pictionary? Then this is the seminar for you! Each week we will get to choose which game we want to play and have fun! We will also discuss topics to further help you in your college transition!

CLASS NUMBER: 24931

FOR FORBES RESIDENTS ONLY

DAY/TIME: Tuesday, 6 PM
OAKLAND ZOO SEMINAR

Your peer advisor:
• Joe Del Nano
• Junior
• Chemical engineering
• Pittsburgh, PA native

What’s the deal with Oakland Zoo Seminar?
Well since you’re a panther, you’re automatically a Pitt basketball fan now. In addition to covering the Little Seminar basics, we’ll talk all about Panther basketball and how the Zoo is an essential component to helping Jamie Dixon and his boys to victory. WE WILL BALL. A couple of seminars, we will head up to Trees Hall and tip off.

What is Little Seminar Meant For?
1.) Help you go from high school to college successfully
2.) Do well academically and have a blast during freshman year
3.) Answer all of your questions that you may have about school, the social scene, or anything at all, really
4.) Nail down time management
5.) Meet other, awesome engineers and set up a network of friends within your major

CLASS NUMBER: 21296
DAY/TIME: Wednesday, 9 AM
Freshman Seminar is designed to help you through the first semester of engineering school. As you work through this transition, I will serve as your guide. We will discuss the normal freshman concerns (classes, friends, food, etc.) and I will answer any questions you have along the way.

Over the next four years you will learn lots of useful things, but what about the useless things? Come play trivia games, learn all the random facts you ever wanted to know, and make new friends!

CLASS NUMBER: 24930
DAY/TIME: Wednesday, 10 AM
Who doesn’t love games? This seminar will be all about all games - board games, card games, etc. Feel free to bring suggestions for games and we can play those too!

Freshman seminar is meant to help you make a successful transition to college. In seminar, we will talk about important things like how to manage your engineering course load and time management. In seminar, you will also meet plenty of other engineering students that are in the same boat as you. I’ll be sure to make time for any questions you have in order to help you acclimate yourself to the Swanson School of Engineering!
Freshman Engineering Seminar is aimed to help make your transition from high school to college successful, manageable, and less intimidating. We will talk about skills needed to survive your freshman year in engineering and to get the most out of Pitt’s campus. You will meet other freshmen going through the same experience, have a chance to ask questions, and you will gain information necessary for a smooth transition.

The move to college can become a very stressful and anxious experience. As engineers with such busy lives, yoga and meditation practice can be used to relieve stress and to get our minds and bodies on the right track. We will spend time in seminar to clear our minds, to refocus on our well being, and to remain in joyful essence.

CLASS NUMBER: 13699
DAY/TIME: Wednesday, 12 PM

Your Peer advisor:
- Rebecca Scheafer
- Chemical Engineering
- Senior
- Pittsburgh, Pa
Tea is great because it tastes good and grants you immortality. In this seminar, we’re going to be sampling different kinds of exotic and interesting teas like pu-ers and oolongs. You don’t have to be a tea expert though! This is mostly a time for us all to relax with some good drank and discussion. This seminar also may include a tea ceremony, tea party, and a visit to a local tea shop. WOW culture!

Freshman Engineering Seminar is a means of getting you guys important information that’ll help your transition into the college world. It’s also a place to discuss what you’re doing well or struggling with. Also friends! Seminar is another place where you can meet new people.

Your Peer Advisor

• Abe Cullom
• Civil Engineer
• Junior
• Leawood, KS

CLASS NUMBER: 13700
DAY/TIME: Wednesday, 1 PM
Freshman Seminar is a class made to ease your transition into college. We will discuss typical problems a freshman faces, both socially and as an engineering student (roommate problems, time management...). This class will be an exciting way to make new friends and address any questions you have about Pitt!

Are you obsessed with finding DIY’s on Pinterest? Do you love making room decor? Are you interested in learning some cheap & easy crafts? If so, this seminar is for you! During this semester we will be making various crafts in freshman seminar while relieving the stress of transitioning to college life.
Pittsburgh Food

Who Doesn’t Like to Eat?

Freshman Engineering Seminar is meant to help make the difficult transition from high school to college a little bit easier. We will talk about important topics like studying for tests, living with a roommate, coping with homesickness, and many others that will help you find success in your freshman year. We will answer any questions you have, while making sure that you have all the information necessary to make a smooth transition into the Swanson School of Engineering. This is a place to meet freshmen in the same spot as you, and learn from someone who was in your shoes not too long ago.

Pittsburgh is a city that has a vibrant and lively food culture. Whether you are new to Pittsburgh or have lived here your entire life, there are new restaurants around every corner that offer a unique and enjoyable dining experience. In this seminar, we will explore these places from time to time, enjoying food and familiarizing you with the city. You will be living in one of the best cities in the country, so let’s explore and help you see all that Pittsburgh has to offer!

CLASS NUMBER: 24926

***FOR FORBES RESIDENTS ONLY***

DAY/TIME: Wednesday, 5 PM
Meditation and Relaxation

The transition to college can sometimes be stressful and this seminar is great to learn how to manage that. Seminar is focused on helping you adjust to the everyday college life. We will talk about things such as time management, test taking skills, and fun things to do in Pittsburgh. You will get to meet other students and share your college transition experience with them. I’ve been in your shoes so I can answer any questions you have (or direct you to someone who can) and together, we can make your first semester of college awesome!

Ever wanted to learn how to meditate but are not sure how? This seminar is right for you! It’s a time to relax and have a little getaway from the everyday engineering grind. This seminar will teach you techniques to use for your entire Pitt career!

Emily Ashbaugh
Senior
Chemical Engineering
Warren, PA

CLASS NUMBER: 17428
***FOR FORBES RESIDENTS ONLY***
DAY/TIME: Wednesday, 6 PM
Traveling and Culture

Welcome to Seminar! Seminar will help guide you through the struggles and transition of college. We will discuss time management, exams, things to do at Pitt, and anything else that can help you succeed in your first year as an engineering student! By coming to seminar, you can meet new people going through the same transition!

Have you always wanted to travel the world? Are you interested in world cultures? Join me as we explore a new destination every week, especially the places that are offered for study abroad here at Pitt!

CLASS NUMBER: 13698
DAY/TIME: Wednesday, 7 PM
Do you love Just Dance?

Do you ever find yourself waving your hands in the air, like you just don’t care?

If you come up to get down, then get off your seat and jump around!

Freshman year can seem overwhelming at times. It is a huge transition, but freshman seminar is here to help you. I will give you advice to help you take on your college work-load, show you all of the resources available to you here at Pitt, and answer any questions that you have to make your freshman year as successful as possible. What better way to make new friends and take a break from your engineering classes than joining together for Freshman seminar and learn all of the resources available to you here at Pitt and answer any questions that you have to make your freshman year as successful as possible. What better way to make new friends and take a break from your engineering classes than joining together for Freshman seminar and learn all of the resources available to you here at Pitt and answer any questions that you have to make your freshman year as successful as possible.

Your Peer Advisor:

Faith Thaler

Sophomore

Mechanical Engineering

Stroudsburg, PA

FORBES RESIDENTS ONLY

DAY/TIME:  Wednesday, 7 PM

CLASS NUMBER: 29771

FOR FORBES RESIDENTS ONLY

DAY/TIME:  Wednesday, 7 PM
Often confuse Cathy for Hogwarts? Day dream of the glory of becoming “the youngest seeker in a century” for the Pitt Quidditch team? Then this seminar is for you! The HP Seminar will focus on the magical wizarding world of Harry Potter – we’ll discuss, watch clips of, and play games pertaining to the boy wizard, He-Who-Must-Not-Be-Named, the Half-Blood Prince, and all your other favorite witches and wizards. We’ll take sorting hat quizzes to figure out which house we each really belong in, practice our dark mark tattoos, and try to forgive that owl who lost our Hogwarts acceptance letter in the mail when we were twelve.

We’ll also discuss issues that a typical freshman at Pitt’s Swanson School of Engineering faces. The aim of Freshman Seminar is to ease your transition into college, and we’ll accomplish this by learning about the techniques to a successful freshman year, such as utilizing the different academic resources on campus, dealing with new social environments, managing your time between effective studying and relaxation, and more. After conquering these skills, your freshman year is sure to be magical!

CLASS NUMBER: 21294

***FOR FORBES RESIDENTS ONLY***

DAY/TIME: Thursday, 9 AM
Freshman seminar is meant to help you make a successful transition to college. In seminar, we will talk about important things like how to manage your engineering course load and time management. In seminar, you will also meet plenty of other engineering students that are in the same boat as you. I’ll be sure to make time for any questions you have in order to help you acclimate to the Swanson School of Engineering!
OAKLAND ZOO

Your Peer Advisor:
- Charlie Hansen
- Chemical Engineering
- Junior
- Mechanicsburg, PA

Freshman Engineering Seminar is designed to assist you in your transition from high school to college. In addition to building relationships with your peers, we will talk about exams, study skills, time management, what to do in this great city, and anything else that can help you be successful in your first year here. I’m here to help you in any way that I can, and I’ll be glad to answer any questions you have about Pitt, engineering, or life in general!

If you don't want to wait until basketball season to get excited about Pitt basketball, this is your seminar. As Vice President of the Oakland Zoo, I can give you the inside scoop about Pitt hoops. Aside from helping you transition from high school to college, we will talk Pitt basketball, get hyped for the upcoming season, and maybe even shoot the rock if there's interest!

CLASS NUMBER: 21295
DAY/TIME: Thursday, 12 PM
For those interested in out of this world phenomena!

Meet Your Peer Advisor:
Grace Steward
Sophomore
Electrical Engineering
Mars, PA

Freshman Seminar is meant to help you successfully make the transition from high school to college life. We’ll be discussing a variety of topics such as time management, resources on campus, and how to handle your engineering course load. You’ll also be surrounded by peers who share your interests, and I’ll be there to answer any questions about this new frontier!

Have you always been fascinated by things extraterrestrial? Well, in this seminar we’ll be delving into some of the more mind blowing enigmas of the universe, as well as staying up to date on the newest developments in cosmic discoveries and exploration!

CLASS NUMBER: 13696
DAY/TIME: Thursday, 1 PM
Music Lovers – Playlists for College
A seminar for people who love music.

Your Peer Advisor:
- Josh Peters
- Chemical Engineering
- Junior
- Flemington, NJ

Freshman Seminar is all about helping you acclimate to Pitt and the Swanson School of Engineering. We’ll talk difficult course loads, resources on campus, stress management, and all the other experiences you’ll have as a new college student! It’ll be a place to meet new engineers like you, ask questions, and get information so you can enjoy your freshman year to the fullest.

If you love to create playlists for studying, working out, hanging, and in the car, this seminar is for you! Whether or not you play an instrument, this seminar is for everyone who loves to listen to music. Choose this seminar if you want to discover new artists and help create the playlists for your college life. Every week we’ll share new songs and albums with each other while getting to know each other.

CLASS NUMBER: 18502
DAY/TIME: Thursday, 1 PM
Welcome to Seminar! Seminar will help guide you through the struggles and transition of college. We will discuss time management, exams, things to do at Pitt, and anything else that can help you succeed in your first year as an engineering student! By coming to seminar, you can meet new people going through the same transition!

Do you like being artistic? Do you like to draw? If the answer is yes, then this is the seminar for you! Come take a break from the heavy workload and join other artists to draw each week!

CLASS NUMBER: 13702
DAY/TIME: Thursday, 3 PM
Skiing & Snowboarding!!!
A Winter Sports Freshman Seminar Section!

Your Peer Advisor:
- Daxton Scholl
- Year: Junior
- Major: Computer Engineer
- Hometown: Bethlehem, PA

What the heck is Freshman Seminar???
Freshman Engineering Seminar is a way for you to connect with an upperclassman Pitt engineer, who will help guide you through some of the changes freshmen experience. Here a group of freshman engineers will meet once a week and talk about different topics such as: study skills, roommates, relationships, independent living and on/off campus activities. This is a very open setting in which you are encouraged to have a good time, ask questions, make friends and embrace your new home at Pitt!

In this seminar, our group will do more than talk about the above listed information, our main focuses will be on snowboarding, skiing, and everything associated with the best parts of winter! From watching sick edits to talking about local mountains and opportunities to ride through Pitt, this seminar section is definitely a great fit for any winter sports lover. If you love skiing, snowboarding or even just want to get into the sports, this is without a doubt the seminar section for you!

CLASS NUMBER: 13697
DAY/TIME: Thursday, 3 PM
Freshman Seminar is meant to help you make a successful transition from high school to college. We will talk about things like roommate conflicts, a rough schedule, shortages in time, and the fun things to do on campus. You’ll meet new people and get the chance to ask all questions you have about college.

Some days, you’re too busy to make it to Market Central or the Perch or you’ve realized you’ve eaten at Market 12 times this week. Other days you’re just simply too lazy to walk to a cafeteria. That’s why this seminar is for you! You’ll get all kinds of recipes that you can make right in your dorm that’s not ramen, popcorn, or easy mac!

CLASS NUMBER: 24927  ***FOR FORBES RESIDENTS ONLY***  DAY/TIME: Thursday, 6 PM
Are you a person that loves to try new and interesting foods? Do you want to learn about some restaurants and foods that are unique to Pittsburgh? If you answered yes to either of these questions then this seminar is for you. When we finish the required material for the week, you will learn about some of the great food chains and restaurants in the Pittsburgh area like Primanti Bros., Quaker Steak and Lube, and Dave and Andy’s Ice Cream. If you pick this seminar, you will meet other engineers that love to try new things as well.

In Freshman Seminar, we will discuss many different aspects of your Freshman Year experience, so that you can acclimate yourself to college more easily. We will talk about things to do at school, such as different organizations you can join and cool places you can visit in the Pittsburgh area. We will also go over helpful study and time management techniques to help you thrive as an engineer at Pitt. You will come to know a bunch of other awesome freshmen engineers to help you succeed in your first year as well!
Shaping Your First Semester

The Origami of Engineering

Are you fascinated by the intricate designs of origami? Have you always wanted to learn the folds of the paper crane? Do you dream of creating beautiful origami masterpieces? If this is you, sign up now!

What is seminar all about?
In seminar, we will focus on the challenges that freshman engineers face. We will discuss topics anywhere from areas such as coping with grades or Oakland’s social scene. We will also spend time learning the art of origami to take a breather from the engineering course load and to spend time with peers!

CLASS NUMBER: 24928
DAY/TIME: Friday, 9 AM
Throughout your first semester of Freshman Engineering Seminar we will help you have a smooth and successful transition from high school to college. We will talk about the best ways to stay organized, implement good study habits, and utilize the ins and outs of Pittsburgh campus resources. Not only will you learn from me, but you will be able to ask any questions that you have, so you know everything you need to know for your first semester as a college student. This seminar will provide helpful information, and allow you to meet lots of other people who have similar interests.

Even though you will be going to college, don’t think there is not time for sports. Throughout the Swanson School of Engineering there are many sports fans! In this seminar we watch sports, talk trash to each other, and try to play different sports throughout the semester. You will have the opportunity to talk about sports, meet other dedicated sports fans (such as myself) and keep up with important sports news.
Yoga & Meditation

Your Peer Advisor:

- Charlie Hansen
- Chemical Engineering
- Junior
- Mechanicsburg, PA

Transitioning from high school to college can be a stressful experience, but there’s no better way to relax than with some yoga and meditation! In addition to helping you with that transition, we will take some of our session to clear our minds with different yoga and meditation practices. Whether you’ve never practiced before or you’re a master yogi, this is the seminar for you.

Freshman Engineering Seminar is designed to assist you in your transition from high school to college. In addition to building relationships with your peers, we will talk about exams, study skills, time management, what to do in this great city, and anything else that can help you be successful in your first year here. I’m here to help you in any way that I can, and I’ll be glad to answer any questions you have about Pitt, engineering, or life in general!

CLASS NUMBER: 18501
DAY/TIME: Friday, 11 AM
Freshman Engineering Seminar is meant to help make the difficult transition from high school to college a little bit easier. We will talk about important topics like studying for tests, living with a roommate, coping with homesickness, and many others that will help you find success in your freshman year. We will answer any questions you have, while making sure that you have all the information necessary to make a smooth transition into the Swanson School of Engineering. This is a place to meet freshmen in the same spot as you, and learn from someone who was in your shoes not too long ago.

Enjoy baseball? Play in high school? Play casually? Just like to watch games? This is the seminar for you. Fall is the best time of year for baseball fans, and we will take full advantage of the excitement. We will watch games, discuss who is going to win it all, and even go out for some friendly games of Wiffle ball. This is a good seminar for you if you like to hang out and have some fun.

CLASS NUMBER: 13705
DAY/TIME: Friday, 12 PM
Improvisational comedy is the world’s oldest form of comedy unless there were scripts before people were funny but I doubt it. In this seminar, we’ll be working our way around the edges of each other’s sanities through fun and delightful improv games! It’ll be a great way to find new quirky/good-looking individuals such as yourself, and an excellent recess from your worries. No previous experience required!

Freshman Engineering Seminar is a means of getting you guys important information that’ll help your transition into the college world. It’s also a place to discuss what you’re doing well or struggling with. Also friends! Seminar is another place where you can meet new people.

Your Peer Advisor

Abe Cullom
Civil Engineer
Junior
Leawood, KS
This freshman seminar is here to help you adjust to college, decide if engineering is the right fit for you, and to help you meet other engineers. We will talk about everything from fun things to do around Pittsburgh, to study habits, roommate problems, and time management. All questions are welcome! Also, this seminar is here to remind you that you are not alone in being a freshman engineer!

This seminar is also about having fun, relaxing, and taking a break from math and physics for a while! We will play interactive games and get to know each other while relaxing and having a good time doing something new!
Fantasy Football Seminar

YOUR PEER ADVISOR

- JOE DEL NANO
- JUNIOR
- CHEMICAL ENGINEERING
- PITTSBURGH, PA NATIVE

What is Little Seminar All About?
1.) Help you go from high school to college successfully
2.) Doing well academically and have a blast during freshmen year
3.) Answering all of your questions that you may have about school, the social scene, or anything at all really
4.) Nail down time management
5.) Meet other, awesome engineers and set up a network of friends within your major

Yo: Welcome to Fantasy Football Seminar.
In addition to talking about freshmen year and all that jazz, this little seminar will involve a fantasy football league, pick up football, and a ton of trash talking.

CLASS NUMBER: 13706
***FOR FORBES RESIDENTS ONLY***
DAY/TIME: Friday, 1 PM