



Getting Started: Information for First-Year Students (Freshmen)

As first-year students at ASU, you can declare your major at any time. However, you will not officially roll over to our program until you have completed at least 30 semester hours (s.h.) and formally declare your major. At that point you will be assigned to HEP Program Associate & Advisor [Mrs. Donna Bly](#) for the remainder of your time at App State.

Your main priority as a first-year freshman is to complete [General Education requirements](#). Per your program of study, you are required to [complete 44 s.h.](#) of Gen Ed requirements. Within these 44 s.h., you want to meet as many designators as possible in your Integrative Learning Experience (ILE) theme, although doing so requires careful planning with your advisors.

- **ILE Designators (4):** Fine Arts-FA, Historical Studies-HS, Literary Studies-LS, and Social Sciences-SS. **Good news!** All History/Social Studies Education majors will automatically meet the Social Sciences-SS designator by completing our program of study, which contains 18 s.h. in Social Studies.
- **Gen Ed Themes.** We recommend the following themes for our majors: *Las Americas* (World History/Western Hemisphere focus), *Revolutions: Social and Political* (World History focus), *American Cultures: Past and Present* (U.S. History/Western Hemisphere focus), *How We Know What We Know About the Past: Method, Evidence, Knowledge* (Historical & Social Science Skills focus), and *Appalachian Mountains: Community, Culture, and Land* (U.S. and N.C. History focus - which can be helpful for teaching middle grades social studies).
 - **Please note:** History (HIS) courses at the 1000-level are helpful and provide background content knowledge, but they **do not** count towards your History major.

For a list of Gen Ed 2.0 courses (and aligned themes), see [course descriptions](#)

We advise all first-year students to consult with your advisor (incl. the HEP Advisor) as you plan your first 2-3 semesters. The goal is satisfy Gen Ed requirements as soon as you can before moving on to advanced History, Social Studies, and Education courses