



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**
- ENWR 100, ENWR 105 or ENWR 110
- Based on placement code

Course 3

- **MATH 123 College Algebra**
- **General Education Math**
- Based on placement code

Course 4

- **RAMS 101 or General Education Foundations Seminar****

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

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