

Affirming Methodologies

A first-year seminar is a course, every first-year takes it. It's a course designed to get you involved in the liberal arts education and what the liberal arts actually looks like. A lot of these courses are unique and are something that professors are interested in but don't often teach. For instance, I teach a course called the Language of Conspiracy Theories, which is a fun course where we study why do conspiracy theories exist, where do they exist in the 21st century, and why do they keep popping up. Those are the types of courses that you'll be taking with your first-year seminar. They're a great way for you to engage with peers in your new class. Your first-year seminar professor is also your advisor. So it's a great way to get you involved with your first-year experience here at Middlebury and to get you set up for the rest of your academic career. Next I wanna talk to just quickly about choosing a major. This is my third year at the College, and I can say that I've been surprised how many students show up, they have a major in mind. They know what they want to do in life. And then after a semester, maybe a year, they've completely changed their mind. They'll go from something that, oh, they were all about science, and now they wanna do something a little liberal arts. Or vice versa. So to find a major, we really suggest taking a broad array of classes. Really exploring the possibilities of what interests you. And you'll be surprised by what you might want to major in. It's okay if you have a major already in mind when you get here, and maybe that stays your major. Maybe the major changes. Or maybe you don't have a major in mind, and that's great as well. The great thing is you'll focus on taking different sorts of courses and working with your professor to find the best major for you.

Reference

[Psychology: Contemporary Perspectives](#)

[Nature's Wild Ideas: How the Natural World is Inspiring Scientific Innovation](#)