

Palomar College Freshman Seminar Courses

Counselors: Help our EAP students to be successful in their first semester at Palomar College!

Our Counseling Department will be offering 1 unit Freshman Seminar courses that will cover the following topics:

- **Campus Culture**
- **Time Management**
- **Campus Resources**
- **Life Skills in Balancing Stressors and more . . .**



Sections:

76072	W	8-8:50am	76041	T	12:30-1:20pm
76044	Th	12:30-1:20	76049	M	1-1:50pm
76050	T	1-1:50pm	76045	T	2-2:50pm
76046	Th	2-2:50pm	76048	T	2-2:50pm

Escondido:

76073	T	10-10:50am	76074	Th	11-11:50am
--------------	----------	-------------------	--------------	-----------	-------------------

Instructors: Theresa Hogan-Egkan, Jo-Anne Lesser, Gabriel Sanchez, and Andre Sanz. Section 76044 taught in Spanish and English.