First-Year Bachelor of Science (BSc and BA) Advising Guide to Choosing Courses- Truro Start

Getting Started with Course Planning

This advising guide is here to help you plan your first year at Dalhousie Truro Start with confidence. Choosing courses can feel overwhelming at first—but you don't have to figure it out alone. If you have questions, your academic advisor, Ashley Coffin is here to help. You can email her at Ashley.coffin@dal.ca to book an appointment or ask a question. Start by using the course recommendations table, the academic timetable, and the schedule worksheet in this guide. Plan your required courses first, then choose electives based on your interests and future goals. The worksheet is a planning tool to help you think through options—it doesn't list every course. For full details, check the Dalhousie Academic Calendar (www.dal.ca/calendar) or talk with an advisor.

Section 1: Choosing Courses and Helpful Hints

The Dalhousie Timetable (www.dal.ca/timetable) is one of the most important tools you'll use to build your schedule. It shows:

- Course descriptions and terms (Fall or Winter)
- Days, times, and locations
- In-person or online delivery
- Required components (lecture, lab, tutorial)
- Course Registration Numbers (CRNs)
- Instructor names

To register successfully, you must enter the CRN for each required component of a course (for example: lecture + lab + tutorial). Many courses offer multiple sections, giving you flexibility to build a schedule that works for you. Some courses are offered in both the fall and winter semester, giving you flexibility to take the course in either semester.

Choosing the Number of Courses to Take:

Most courses at Dalhousie are worth 3 credit hours. Taking 9 credit hours per term is considered full-time, while a full course load is 15 credit hours per term (usually five courses). You can take up to 30 credit hours total across the Fall and Winter terms. Some students choose to take fewer courses to balance their academic workload and other commitments, which is perfectly okay—just be sure to check any scholarship, funding, or student loan requirements before reducing your course load. You can find more information about course loads on Dalhousie's website.

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Choosing First-Year Courses

Your first-year course choices are often shaped by your interests, your career goals, or both—and they also play an important role in meeting your degree requirements, making early planning helpful.

Choosing Your Science Courses

If you're interested in a specific science subject or potential major (such as Marine Biology, Psychology, or Chemistry), review the recommended courses by BSc major table in **Section 2** of this guide. This will show you which first-year courses you need to move into upper year.

If you're interested in a health-related career (such as medicine, dentistry, nursing, or pharmacy), refer to the recommended first-year courses for different health professions in **Section 3** of this guide. If you don't see your career listed—or you're unsure how to balance interests and requirements— your advisor, Ashley Coffin, can help you plan your next steps.

Choosing Your Math Courses

As part of your BSc degree, you'll need to complete 6 credit hours of approved Math or Statistics courses before you graduate. Choosing the right course depends on your academic background and your intended major.

To help you decide, Dalhousie offers a Brightspace resource with helpful information, including a Math Self-Assessment. This self-assessment is a great way to check how prepared you feel for first-year math and to guide your course choice.

Below are recommended first-year math and statistics courses based on common majors. These recommendations are meant to help you get started while keeping your future program options open.

Course Recommendations by Intended Major

MTHA 1000 (Introductory Calculus I)		STAA 2000 (Introduction to Statistics)
Actuarial Science	Biochemistry	Actuarial Science
Biology	Chemistry	Biology
Earth Sciences	Economics	Economics
Environmental Science	Ocean Sciences	Environmental Science
Marine Biology	Mathematics	Marine Biology
Microbiology	Neuroscience	Neuroscience
Psychology	Statistics	Psychology
MTHA1001 (Introductory Calculus II)		**MTHA 3000 (Applied Linear Algebra)**
Actuarial Science		Actuarial Science
Chemistry		Economics
Earth Sciences		Mathematics

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Economics Ocean Sciences Mathematics Statistics	Physics Statistics

If you're unsure which course is the best fit for you, or if you're still exploring your options, your advisor, Ashley Coffin, can help you choose a course that aligns with your goals.

Choosing Your First-Year Electives

Electives are a great way to explore subjects you're curious about while also completing degree requirements. Choosing courses you're genuinely interested in can make your first year more enjoyable and engaging. As part of your BSc, you must complete the following requirements before you graduate. In your first year, you may want to take courses to satisfy these requirements:

- The writing Requirement (see below)
- 6 credit hours in Social Sciences
- 6 credit hours in Language & Humanities

IB, AP, or A-Level Credits

If you've completed IB, AP, or A-levels, you may be eligible for transfer credits, which can affect your course choices. Connect with your advisor, Ashley Coffin, early to understand how these credits fit into your degree and to plan your courses wisely.

Join a First-Year Interest Group (FIGS)

First-Year Interest Groups (FIGS) are a great way to make your first year at Dalhousie in the Truro Start program more connected. FIGS are free, non-credit, group experiences designed especially for first-year BSc students. You'll meet weekly with a group of other Truro Start Science students who share similar interests, talk about big ideas related to science and society, and connect faculty, staff, and professionals. FIGS are a fun way to make friends, explore possible majors or careers, and feel more confident navigating university life. You can sign up for a FIG when you register for your courses.

Fall 2026	Winter 2027
FIGS 0201: BSc Truro Start I FIGS 0203: Truro Start: Health and Medicine	FIGS 0202: BSc Truro Start II FIGS 0204: Truro Start: Health and Medicine

Good to know: FIGS appear on your transcript with a Pass notation, but they don't count toward degree credits.

Remember: You don't need a perfect plan right away. Course planning is a process—and your advisor is here to support you every step of the way.

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Degree Requirements

The subjects listed below can be used to meet the Language & Humanities and Social Science requirements for BA and BSc degrees in the Faculty of Science and the Faculty of Arts and Social Sciences at Dalhousie. Some subjects fit into both categories, so you can choose which requirement they count toward. This gives you flexibility to explore topics you enjoy while staying on track with your degree requirements.

- Please note courses that are offered on the Truro campus or online are bolded below.

Languages & Humanities

Arabic (ARBC)	**English (EGLA) online or in-person**	Italian Studies (ITAL)
Black and African Diaspora Studies (BAFD)	French (FREN)	King's Foundation Year (FYP)
Canadian Studies (CANA)	Film Studies (FILM)	**Music (MUSC)- online**
Chinese (Mandarin) (CHIN)	Gender and Women's Studies (GWST)	Performance Studies (PERF)
Classics (CLAS)	**German (GERM) (online)**	Philosophy (PHIL)
Contemporary Studies (CTMP)	History (HIST)	Religious Studies (RELS)
Creative Writing (CRWR)	History of Science and Technology (HSTC)	**Spanish (SPAN)- online**
Early Modern Studies (EMSP)	Indigenous Studies (INDG)	Theatre (THEA)

Social Sciences

Black and African Diaspora Studies (BAFD)	History (HIST)	Law, Justice and Society (LJSO)
Canadian Studies (CANA)	History of Science and Technology (HSTC)	**Political Science (POLS)**
Contemporary Studies (CMTP)	**Human Geography (GEOA)**	**Psychology (PSYO or PSYC) online or in-person**
Early Modern Studies (EMSP)	Indigenous Studies (INDG)	Sociology and Social Anthropology (SOSA)
Economics (ECOA)	International Development Studies (INTD)	**Sustainability (SUST) — BSc only (online)**
Gender and Women's Studies (GWST)	King's Foundation Year (FYP)	

Writing Requirement

Single courses that satisfy writing requirement in 3 credit hours:	Single courses that satisfy writing requirement in 6 or more credit hours
EGLA 1000 (Composition) in-person or online **EGLA1002 (Nature in Literature)** **EGLA1004 (English Studies in Sci & Tech)**	**SUST 1000 (What is Sustainability)**

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Section 2: Choosing your courses by intended major(s)

Use the tables below to select your courses. Identify the major(s) you are considering and follow the recommended courses listed under each major option.

RECOMMENDED FIRST-YEAR COURSES, BY INTENDED BSc MAJOR

Program	**PSYCHOLOGY (PSYO)*** ***BA (Psychology): see BA section of this Guide**		**NEUROSCIENCE (NESC)**	
Term	Fall Courses	Winter Courses	Fall Courses	Winter Courses
Courses	• PSYC 1000 or PSYO 1031 • STAA 2000 • ELECTIVE • ELECTIVE • ELECTIVE	• PSYC 1001 or PSYO 1032 • MTHA or STAA** • ELECTIVE • ELECTIVE • ELECTIVE	• PSYC 1000 or PSYO 1031 • BIOA 1002 or BIOL 1020 • CHMA 1000 • MTHA 1000** • ELECTIVE	• PSYC 1001 or PSYO 1032 • BIOA 1003 or BIOL 1021 • CHMA 1001 • STAA 2000** • ELECTIVE
Notes	**MTHA/STAA options: Calculus: MTHA 1000; or Applied Linear Algebra: MTHA 3000; or Statistics: MATH 2080 (available in Halifax or online in summer)		**Note MTHA 1000 and STAA 2000 can be taken in either semester	
Program	**BIOCHEMISTRY & MOLECULAR BIOLOGY (BIOC)**		**MICROBIOLOGY & IMMUNOLOGY (MICI)**	
Term	Fall Courses	Winter Courses	Fall Courses	Winter Courses
Courses	• BIOA 1002 or BIOL 1020 • CHMA 1000 • MTHA 1000 • ELECTIVES • ELECTIVES	• BIOA 1003 or BIOL 1021 • CHMA 1001 • MTHA 1001 or STAA 2000 • ELECTIVES • ELECTIVES	• BIOA 1002 or BIOL 1020 • CHMA 1000 • MTHA 1000 • ELECTIVES • ELECTIVES	• BIOA 1003 or BIOL 1021 • CHMA 1001 • MTHA 1001 or STAA 2000 • ELECTIVES • ELECTIVES
Program	**BIOLOGY (BIOL)**		**MARINE BIOLOGY (MARI)**	
Term	Fall Courses	Winter Courses	Fall Courses	Winter Courses
Courses	• BIOA 1002 or BIOL 1020 • CHMA 1000 • STAA 2000 • ELECTIVES • ELECTIVES	• BIOA 1003 or BIOL 1021 • CHMA 1001 • MTHA/STAA** • ELECTIVES • ELECTIVES	• BIOA 1002 or BIOL 1020 • CHMA 1000 • STAA 2000 • ELECTIVES • ELECTIVES	• BIOA 1003 or BIOL 1021 • CHMA 1002 • MTHA/STAA** • ELECTIVES • ELECTIVES
Notes	**MTHA/STAA options: Calculus: MTHA 1000; or Applied Linear Algebra: MTHA 3000; or Statistics: MATH 2080 (available in Halifax or online in summer)		**MTHA/STAA options: Calculus: MTHA 1000; or Applied Linear Algebra: MTHA 3000; or Statistics: MATH 2080 (available in Halifax or online in summer)	

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	Possible Elective: • SUST 1000 (online) (satisfies writing requirement).		Possible Elective: • SUST 1000 (online) (satisfies writing requirement).	
Program	**ENVIRONMENTAL SCIENCE (ENVS)* *BA (Environmental Science): see BA section of this Guide**		**ENVIRONMENT, SUSTAINABILITY AND SOCIETY (SUST)**Can be completed as a double major with any BA or BSc**	
Term	Fall Courses	Winter Courses		
Courses	• ENVA 2000 • BIOA 1002 (or 1020) • MTHA 1000 • CHMA 1000 • ELECTIVE	• ENVA 2001 • GELA 2000 • STAA 2000 • CHMA 1001 • ELECTIVE	Environment, Sustainability and Society (SUST) can be combined as a double major alongside many BA or BSc programs, allowing you to combine knowledge of global issues in sustainability with another area of interest. Students in this program must complete either SUST 1000** or SUST 1001 as a 1000-level requirement. **SUST 1000 (satisfies writing requirement) for BA and BSc	
Notes	Possible Electives: • SUST 1000 (online). Note for SUST 1000, BIOA 1002 can be deferred to 2nd or 3rd year.			
Program	**OCEAN SCIENCES (OCEA)**		**EARTH SCIENCE/GEOLOGY (ERTH)**	
Term	Fall Courses	Winter Courses	Fall Courses	Winter Courses
Courses	• PHYS 1002 • CHMA, BIOA or ERTH* • MTHA 1000 • ELECTIVE • ELECTIVE	• PHYS 1003 • CHMA, BIOA or ERTH* • STAA 2000 • ELECTIVE • ELECTIVE	• GELA 2000 • CHMA 1000 • MTHA 1000 • ELECTIVE* • ELECTIVE	• ERTH 1091** • CHMA 1001 • MTHA/STAA*** • ELECTIVE • ELECTIVE
Notes	Notes: *Pick at least 1 course pairing of: Chemistry: CHMA 1000 **&** 1001; or Earth Science: ERTH 1080 **&** 1091; or Biology: (BIOA 1002 or BIOA 1003) **&** (BIOL 1011 or BIOL 1021) Possible Electives: • SUST 1000 (satisfies writing requirement). • MTHA 1001 or another CHMA/BIOA/ERTH pairing.		Notes: *PHYS 1002 would be a good elective. **ERTH1091 is a Halifax class. This will need to be picked up this course in your 2nd year in Halifax. You can take an elective instead in your 1st year. ***MTHA/STAA options: Calculus: MTHA 1000; or Applied Linear Algebra: MTHA 3000; or Statistics: MATH 2080 (available in Halifax or online in summer)	
Program	**CHEMISTRY (CHEM)**		**PHYSICS AND ATMOSPHERIC SCIENCE (PHYC)**	
Term	Fall Courses	Winter Courses	Fall Courses	Winter Courses
Courses	• PHYS 1002 • CHMA 1000 • MTHA 1000 • ELECTIVE	• PHYS 1003 • CHMA 1002 • MTHA 1001 • ELECTIVE	• PHYS 1002 • CHMA 1000 • MTHA 1000 • ELECTIVE*	• PHYS 1003 • CHMA 1001 • MTHA 1001 • ELECTIVE*

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	• ELECTIVE	• ELECTIVE	• ELECTIVE	• ELECTIVE
			*Students are encouraged to take MTHA 3000 in either their first or second year (Halifax code: MATH1030) to meet pre-requisite and degree requirements.	

Program	**ACTUARIAL SCIENCE (ACSC)**		**ECONOMICS (ECON)*** ***BA (Economics), see BA section of this Guide**	
Term	Fall Courses	Winter Courses	Fall Courses	Winter Courses
Courses	• MTHA 1000 • STAA 2000 • ECOA 1000 • ELECTIVE • ELECTIVE	• MTHA 1001 • MTHA 3000 • ECOA 1001 • ELECTIVE • ELECTIVE	• MTHA 1000 • STAA 2000 • ECOA 1000 • ELECTIVE • ELECTIVE	• MTHA 1000 • MTHA 3000 • ECOA 1001 • ELECTIVE • ELECTIVE
Program	**MATHEMATICS (MATH)**		**STATISTICS (STAT)**	
Term	Fall Courses	Winter Courses	Fall Courses	Winter Courses
Courses	• MTHA 1000 • MATH 2110* • ELECTIVE • ELECTIVE • ELECTIVE *This course can be taken in your 2nd year in Halifax and replaced with another Truro course.	• MTHA 1001 • MTHA 3000 • ELECTIVE • ELECTIVE • ELECTIVE	• MTHA 1000 • STAA 2000 • ELECTIVE • ELECTIVE • ELECTIVE	• MTHA 1000 • STAT 2080 (Halifax campus or online summer) • MTHA 3000 • ELECTIVE • ELECTIVE

BA degrees with Science Programs

Did you know? Many programs within the Bachelor of Science (BSc) can also be completed as a Bachelor of Arts (BA). Choosing between a BSc and a BA often depends on your interests, academic background, and long-term goals. For students who do not meet the pre-calculus math requirement for entry to the BSc, starting in a BA can be a great option. Many students begin in the BA and work closely with an advisor to identify a pathway either toward transitioning into the BSc at a later time or completing their degree within the BA. Below is a selection of programs that students commonly complete as a BA. If you are interested in pursuing a BA in another subject or would like help exploring your options, we encourage you to connect with your academic advisor, Ashley Coffin.

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RECOMMENDED COURSES BY BA MAJOR

Program	**PSYCHOLOGY (PSYO)*** ***BSc (Psychology): see BSc section of this Guide**		**ECONOMICS (ECON)*** ***BSc (Economics), see BSc section of this Guide**	
Term	Fall Courses	Winter Courses	Fall Courses	Winter Courses
Courses	• PSYC 1000 or PSYO 1031 • AGRI 1200 • ELECTIVE • ELECTIVE • ELECTIVE	• PSYC 1001 or PSYO 1032 • STAA 2000 ** • ELECTIVE • ELECTIVE • ELECTIVE	• MTHA 1000 • STAA 2000 • ECOA 1000 • AGRI 1200 • ELECTIVE	• MTHA 1001 • MATH 3000 • ECOA 1001 • ELECTIVE • ELECTIVE
Notes	**STAA 2000 is recommended but not required		*MTHA 1000: Students who do not have pre-calculus from high school or are strongly encouraged to connect with their advisor to develop a plan before taking MTHA 1000.	
Program	**ENVIRONMENTAL SCIENCE (ENVS)*** ***BSc (Environmental Science): see BSc section of this Guide**		**ENVIRONMENT, SUSTAINABILITY AND SOCIETY (SUST)*** ***Can be completed as a double major with any BA or BSc**	
Term	Fall Courses	Winter Courses		
Courses	• ENVA 2000 • AGRI 1200 • BIOA, CHMA or ERTH • ELECTIVE • ELECTIVE	• ENVA 2001 • STAA 2000 • BIOA, CHMA or ERTH • ELECTIVE • ELECTIVE	Environment, Sustainability and Society (SUST) can be combined as a double major alongside many BA or BSc programs, allowing you to combine knowledge of global issues in sustainability with another area of interest.	
Notes	*Pick at least 1 course pairing of: Chemistry: CHMA 1001 & 1002 or Earth Science: ERTH 1080 **&** 1091; or Biology: (BIOA 1002 & 1003) or (BIOL 1011 or BIOL 1021); or Economics: ECOA 1000 & 1001 Possible Elective: • SUST 1000 (satisfies writing requirement).		Students in this program must complete either SUST 1000** or SUST 1001 as a 1000-level requirement. **SUST 1000 (satisfies writing requirement) for BA and BSc	

Section 3: Course Selection for Health Sciences and Other Professional Pathways

Many students start university knowing they're interested in a broad area—like Life Sciences or pursuing pre-requisites for health-related fields—and aren't ready to choose a specific program right away. The good news is that there is considerable overlap in first-year course requirements across many Life Science (e.g. Biology, Neuroscience) and Health programs (e.g. Pharmacy, Dentistry). By following a general first-year course plan within this theme, you can keep your options open while still making progress toward multiple possible majors and completing pre-requisites for Health programs. The sample course plans below show common pathways that allow you to explore different disciplines

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before deciding. Many students choose this approach in first year. For detailed requirements for specific programs, be sure to see the tables in **Section 2** of this guide.

Example First-Year Courses, by Major Groupings

Program	Fall Courses	Winter Courses
Psychology Neuroscience Biology Marine Biology Biochemistry & Molecular Biology Microbiology & Immunology	• PSYC 1000 or PSYO 1031 • BIOA 1002 or BIOL 1020 • CHMA 1000 • MTHA 1000** • ELECTIVE	• PYSC 1001 or PSYO 1032 • BIOA 1003 or BIOL 1021 • CHMA 1001 • STAA 2000** • ELECTIVE
	*Note: MTHA 1000 (Winter) and STAA 2000 (FALL) is also a valid option.	

Science2Health

A **BSc or BA degree** is a great starting point if you're interested in **health-related professional programs** that do not accept students directly from high school. Programs such as **Semester 3 Nursing**, **Pharmacy, Dentistry, and Dental Hygiene** require specific university-level prerequisite courses before you can apply. By starting in a BSc or BA, you can begin completing these prerequisites while also exploring your interests and building a strong academic foundation. Below are recommendations to help you choose your **first-year courses** in a way that keeps these health-related pathways open.

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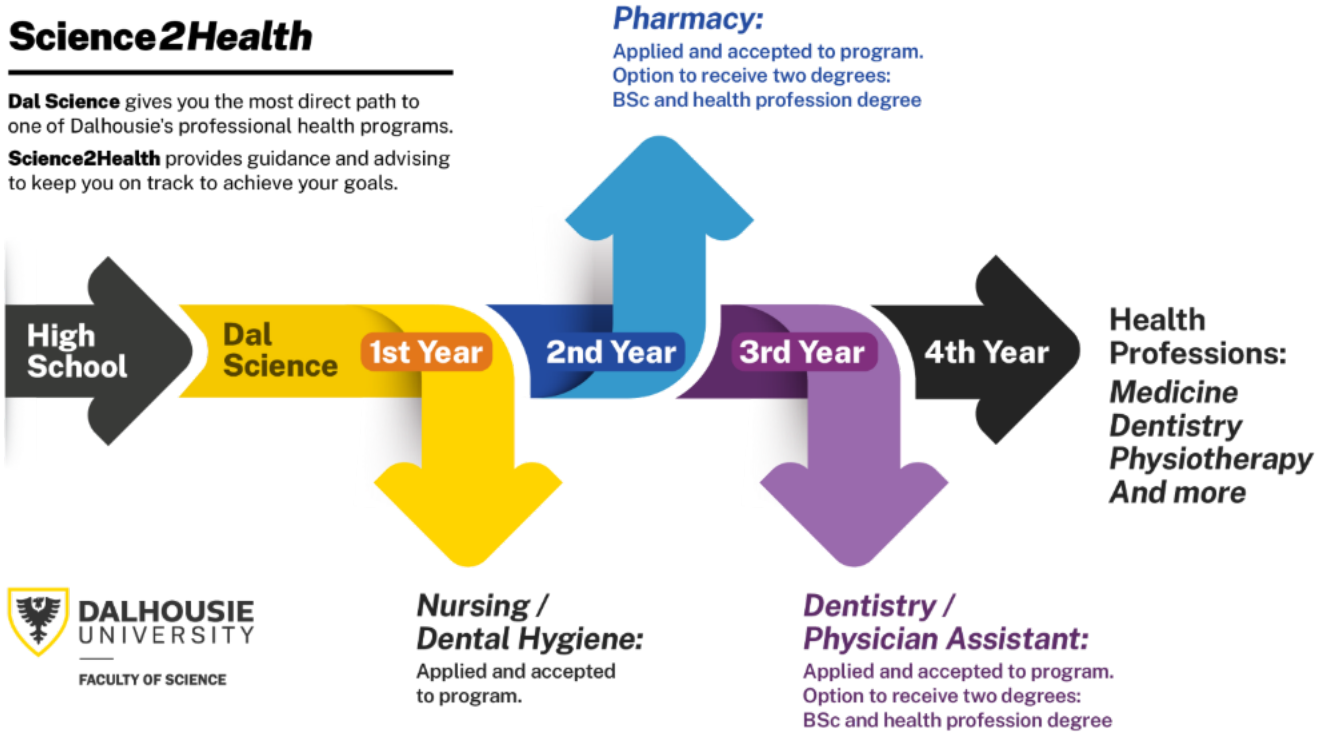

Considering Applying to the Semester 3 Nursing Program?

Starting in a BA or a BSc program can serve as a pathway to the Nursing Program. On the next page, you will find course recommendations that meet pre-requisite requirements for Dalhousie's Semester 3 program.

Program	Fall Courses	Winter Courses
BA or BSc Students: Pathway to Semester 3 Nursing (Satisfies Admission Pre-Requisite Requirements)	• PHYL 1011 or PHYL 1001 • MCRA 2000 • EGLA 1000, EGLA 1002 or EGLA 1004 • PSYC 1000 • ELECTIVE	• PHYL 1012 or PHYL 1001 • STAA 2000 • ANAT 1010 • PSYC 1001 • EGLA 1000, EGLA 1002 or EGLA 1004

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Interested in Engineering?

If you plan to start university in Science but are considering Engineering, you can apply to switch into Engineering during your first year. To keep this option open, it is important to choose courses that meet Engineering requirements while also taking courses that will count towards your Science degree.

Below is a recommended first-year course plan for students interested in transferring to Engineering:

Fall	Winter
CHMA 1000	CHMA 1001
PHYS 1002	PHYS 1003
MTHA 1000	MTHA 1001
MTHA 3000	ELECTIVE
ELECTIVE	ELECTIVE

For help selecting your electives, you can connect with an advisor in the Faculty of Engineering by contacting engineering@dal.ca.

Earn Two Degrees
Engineering students have a unique opportunity to earn two degrees:

Bachelor of Science (90-credit hour degree)
Bachelor of Engineering

This option is known as a concurrent degree. If this pathway interests you or if you would like help choosing your courses, contact an advisor at the Bissett Student Success Centre for more information.