In fall 2013 the Western Connecticut mathematics department introduced a new foundations course titled "MAT 207 Proofs." This course, taken concurrently with Calculus II, is described as an introduction to higher mathematics and proof techniques with supporting content drawn from number theory. The course is divided into three units. The first is reading and analyzing definitions and theorems. The second is analyzing and writing proofs in various styles. The third concentrates on analyzing and proving content related to number theory. This talk will detail the course outline and activities. An added bonus is the assessment rubric designed to measure NCTM/CAEP Standard 2 for Mathematical Practices. (Received September 18, 2016)