SFA 101 014
MW 9:00-9:50 I LIBRARY, AARC, RM. A
Engaging in opportunities, developing better habits, and removing obstacles!

INSTRUCTORS
M.E. McWilliams 936 585 3928
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Office Location & Hours
AARC, TR 9-10 and by appt.

COURSE DESCRIPTION
This course is designed to provide first-time undergraduates with the necessary skills to transition from high school to college. Unlike probably your other classes, this class is worth 1 credit towards all the credits you need to graduate. Students choose to take this class because they learn so much that they would not know otherwise! This is a graded course which is calculated into your total GPA.

LEARNING OUTCOMES
Upon completion of this course, the student will:

- Shift mindset to one of growth
- Grow in confidence
- Process information
- Assess for understanding
- Adjust learning strategies for improved outcomes

ASSIGNMENTS, ATTENDANCE, AND GRADES
You have ten assignments each worth ten points (see course schedule here). Your grade for this class is a sum of your points: 100-90=A, 89-80=B, 79-70=C, 69-60=D, 59-0=F.

- If you miss class, you may miss the explanation for the assignment and/or you may miss turning in the assignment as most are completed in class. If you ever miss class, here is what to do: Immediately email your apology. State that this is not your habit. If you were ill or had an emergency, tell us this as an explanation but not an excuse. We will decide how to respond.

- If you can establish that you had an illness or an emergency, go to the Office of Rights and Responsibilities (third floor Rusk) and ask if they might be able to provide an email to all instructors substantiating a legitimate absence. This requires professors to work with you to make up work and not penalize you.
### COURSE SCHEDULE

**Woo hoo Welcome Email!** Check your SFA jacks email

### RESET: embracing change
- The Blank Page, Nothing is written, I am From/I am Going Game, Profile sheets. We were once you!
- Course Overview, D2L, 2 Emails, Tuesday Text Check, Assignments, Exit Tickets
- Pencils and Pens
- D2L Pic and Post

### ENGAGING IN OPPORTUNITIES

#### DRIFTING NO MORE: finding your purpose
- Navigating College: College/School, Dept, Major (change form), Minor, Core, Electives, Hours, GPA, Degree Plan, Myers Briggs, myplan.com/careers
- Dimes to print
- Resources: Career Center, mysfa audit, General bulletin, Convocation
- Do what you love Quiz

#### TRY IT!: exploring new adventures
- Leadership, service-learning, friendships, diversity, out of comfort zone, stretch
- Snacks
- Resources: SAA, Athletic events, OMA, Greeks, Academic orgs, Volunteering, Nac events, SGA, Campus Ministries, Rec Center
- Hate it, Love it, Don’t Care Quiz

### GIFT OF TIME

#### DEVELOPING BETTER HABITS

##### MONKEYS: getting things done
- Procrastination monster, procrastination productivity, Drop and do in 2, 54321—Jump in the pool! Start it and sustain it, in the zone, merciless about mood, choices—take your pick, fireman, white space, perfection vs. productivity, student systems, celebrity systems, plan the day or the day plans you, morning vs night, big monkey, do the thing you dread, eating an elephant
- Postanotes
- Buzzfeed Time-Waster Quiz

**Calendar of deadlines (syllabi, univ. calendar)=10 pts**

#### SENSE-MAKING: processing notes
- To get the best notes, review the new in 24, reorg vs. recopy, synthesize and compress, Jack’s Wall of Learning, explain in your own words out loud
- Colored markers
- What kind of notetaker are you Quiz

**Sense-making notes (1 page + original)=10 pts**

#### HOOK IT UP: remembering information
- Association, mnemonics, state of recall, pods, brain loves crazy, predict questions, minute to memorize it
- Scantrons and blue books
- How good is your memory Quiz

**Pretend Teacher=10 pts.**
### DEAD DOG TRUTH: assessing and adjusting
- Self-regulation, action goals vs. glittering generalities, goals vs. wishes, false and fake light bulbs, grade check, self-handicapping, learned helplessness, learning strategy options, distributed vs. mass studying, hope is not a strategy, trying harder is not enough, hamster on the wheel, Help Bob attitude
- Coffee "wake up and smell the coffee!"
- What is your learning style Quiz

### CONSEQUENCES: recognizing cause/effect
- Syllabi policies (phones, earbuds, back row), academic integrity, plagiarism, Office of Rights and Responsibilities, missing class, sex and drugs, accountability, health risks, new friends (who they are is who you will be too), creating trajectories
- Folders
- Resources: Driving Jacks
- Are your friends good friends Quiz

### 1:1 POD

#### REMOVING OBSTACLES

##### BRAIN SCRIPTS: rebounding from disappointing grades
- brain scripts, luck vs. control, growth vs. fixed, confusion and mistakes=normal, resiliency, I want to walk script, Will Smith’s fail forward video, resiliency, AARC tour, AARC Open Enrollment
- AARC shirts
- Resources: AARC, Disability Services, Professor office hours, Advisor
- Fixed or Growth mindset Quiz
- 2 AARC pink slips or 1 Prof chat=10 pts

##### THE TUNNEL: responding to depression
- Some measure of anxiety is good, perspective, action antidote, problem solving algorithm, decision making wheel, do for others, support team
- Chocolate
- Resources: 2 counseling centers, Health center, Title IX Counselor
- Chocolate
- How depressed are you Quiz
- Support team rubric and texts=10 pts

##### WORDS TO OPEN DOORS: securing finances
- How to write a financial aid appeal, how to complete a scholarship forms, how to write a resume, how to write a cover letter, how to secure references, how to do a follow up, work study, loans and grants, subsidized and not, difference checks, debt reduction, living small
- Resources: Career center, Jobs4Jacks, Financial Aid counselors
- Freebie Grab Bag
- Are you money smart Quiz
- Jobs4Jacks Profile or scholarship application= 10 pts

### ARBORETUM: DROP AND LET GO!

#### REWIND AND FAST FORWARD:
- Reflection, what to expect next, exam schedule, probation, suspension on appeal, dean’s list, cumulative GPA vs semester GPA, mysfa scheduler, registration, holds, Tuition Drop Day (for quick add/drop), Housing change day, Plan B, Grade posting
- Note Cards!
- The Blank Page has become the story you wrote!

We have one additional Gift of Time we will give based on our needs.
INFORMATION ALL SFA STUDENTS ARE REQUIRED TO KNOW

Acceptable Student Behavior
Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program (see the Student Conduct Code, policy D34.1). Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic, or other penalties. This prohibition applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare Early Alert Program. This program provides students with recommendations for resources or other assistance that is available to help SFA students succeed.

Course Complaints
Any college course complaints or problems should first be discussed with the course instructor for the particular course. Difficulties can usually be resolved there. If the complaint cannot be resolved, the next person to see is the appropriate department chairperson. For SFA 101, the chairperson is Dr. Dana Cooper at extension 2224.

Students With Disabilities
To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004 / 468-1004 (TDD) as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/

Withheld Grades Policy (A-54)
Ordinarily, at the discretion of the instructor of record and with the approval of the academic chair/director, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F. If students register for the same course in future terms the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

Academic Integrity (A-9.1)
Academic integrity is a responsibility of all university faculty and students. Faculty members promote academic integrity in multiple ways including instruction on the components of academic honesty, as well as abiding by university policy on penalties for cheating and plagiarism.

Academic Dishonesty
Academic dishonesty includes both cheating and plagiarism. Cheating includes but is not limited to (1) using or attempting to use unauthorized materials to aid in achieving a better grade on a component of a class; (2) the falsification or invention of any information, including citations, on an assigned exercise; and/or (3) helping or attempting to help another in an act of cheating or plagiarism. Plagiarism is presenting the words or ideas of another person as if they were your own. Examples of plagiarism are (1) submitting an assignment as if it were one's own work when, in fact, it is at least partly the work of another; (2) submitting a work that has been purchased or otherwise obtained from an Internet source or another source; and (3) incorporating the words or ideas of an author into one’s paper without giving the author due credit. Please read the complete policy at http://www.sfasu.edu/policies/academic_integrity.asp Students not complying with SFA’s academic dishonesty regulations will be given a failing grade in this course and may be subject to further disciplinary action.