SFA 101.012
Freshman Seminar, Fall 2019, MW 2:00-2:50

Instructor Information

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Email</th>
<th>Office Location &amp; Hours</th>
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<tbody>
<tr>
<td>Ashley Johnson</td>
<td><a href="mailto:johnsonar13@sfasu.edu">johnsonar13@sfasu.edu</a></td>
<td>Library 102D, M-F 8-2:30, 3:30-4:30, or by appt</td>
</tr>
<tr>
<td>Ashlyn Adams, SI</td>
<td><a href="mailto:adamsam7@jacks.sfasu.edu">adamsam7@jacks.sfasu.edu</a></td>
<td>Hall 14 Lobby or Starbucks in by appt</td>
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Remind App
We will be able to communicate through the Remind App. Text @sfa101012 to 81010 or download the app on your phone. Letting the instructors know when you may be sick or have an issue is huge in college. It shows that you are responsible and care.

General Information

Course Description
This course provides study and practice in methods for success in college. Topics include critical thinking skills, study skills, time and money management, goal setting, career planning, and a review of university resources and regulations.

Learning Outcomes and Objectives
Upon completion of SFA 101, the student will be informed of the following areas and how they relate to their success:
- Evaluate the significance of academic integrity.
- Construct a strategy for accessing and evaluating information through Steen Library.
- Select campus and community service opportunities in which the student is interested in.
- Apply college classroom learning strategies within the class and others.
- Investigate an overview of university resources.
- Develop personal survival skills.
- Examine SFA history, traditions, and pride.
- Argue the true value of a college education.
- Relate university rules and procedures to the student’s personal behavior at SFA.
- Demonstrate working successfully with peers, faculty, and staff.

Course Readings and Materials

Required Materials
All students will receive a SFA 101 Freshman Success Handbook at the beginning of the semester. Information in the study sheet and handbook will be used for class discussions. Make sure you get them, read them, and understand them. You will also need a class notebook to keep required coursework and assignments organized.
Course Methods
You will participate in the class in the following ways: small group and whole class discussions, guest speakers, visits to campus locations, videos, illustrated lectures, individual meetings, games and exercises.

Grading Policy
There are a total of 400 points available to be earned, as SFA 101 is a graded course. The grading system is as follows:

- 400 - 360 points A
- 359 - 320 points B
- 319 - 280 points C
- 279 - 240 points D
- 239 points & below F

Attendance 100 points total

Instructor/Student Meetings (20 points): Two individual meetings with the instructor or the student instructor will be scheduled. The purpose of the meeting is to allow you to ask questions, get clarification on college processes, or just to develop a professional relationship. Your participation in these meetings will count as 10 points per meeting.

Outside Events (30 points): You will be required to attend two (2) outside events provided by SFA. You must provide sufficient documentation of the event. Attendance at each of these events will be valued at 15 points each.

Class attendance (50 points): Class attendance is mandatory and will be recorded during each class meeting. Therefore, please plan to attend all sessions. For every absence you incur, a deduction of 2 points will be taken from your final grade.

Assignments 100 points total

Several times during the semester you will be given an assignment to be completed using D2L or to be turned in at the beginning of class. NO LATE WORK WILL BE ACCEPTED. These assignments are intended to provide you with an opportunity to reflect on and benefit from what is happening in college.

Reflections 100 points total

You will be assigned four writing for reflection assignments, each valued at 25 points. These assignments may range from journaling, structured papers, or online discussions. Formatting for these assignments will be provided to you in class and accessible in D2L.
Exam 100 points total

There will be one exam given during the semester. It will include true/false, matching, multiple choice, fill in blank and essay items. The exam will be based on material from assigned readings and class discussions. In addition to testing you on course material, this exam will indicate how you perform with different types of test questions and allow your instructor to make suggestions to improve your test taking skills in other classes. There is no final exam.

All of these portions added together will equal 400 points.

Class Rules

Following these rules will help maximize the SFA 101 experience for you and your classmates.

- Attend every class.
- Read the assigned material and submit all required work on the day it is due. No late work is accepted.
- Participate in individual and group activities and discussions.
- Treat everyone in the class with respect and courtesy.
- All students are expected to demonstrate professional behavior and use language appropriate for the classroom learning experience.
- Cell phones and other electronic devices should be turned off and put away during class time.

When students have personal technology available in the classroom, it should be used appropriately. Using devices for interacting on social media sites is not an appropriate in-class use of technology. Sending or receiving texts, instant messages, or making/receiving phone calls can cause distractions to the instructor and to fellow students. Cell phones, computers, and other electronic devices in the classroom are to be used for class purposes only.

Communication

Please check your SFA email account regularly as this is the official email for SFA. D2L will be the official tool used in your SFA 101 class for communicating the important reminders, announcements, and further assignment directions.

Additional Information and Resources

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. Brittany Fish (Steen Library, Room 203; 936-468-5803).
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/

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.

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.
# Course Schedule

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<tr>
<th>Week</th>
<th>Monday Topic</th>
<th>Homework</th>
<th>Wednesday Topic</th>
<th>Homework</th>
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<tr>
<td>Week 1: Aug 26</td>
<td>Resetting Yourself: College vs High School</td>
<td>Bring syllabi and calendar of some kind for Wednesday</td>
<td>Planning for Success: Keeping Track of the Important Stuff</td>
<td>Job/Internship Fair Assignment for semester: Take a selfie!</td>
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<td>Week 2: Sept 2</td>
<td>Who Do We Choose to Be: Part 1 - LINC Classroom Day</td>
<td>Take the personality quiz @ <a href="https://www.16personalities.com/">https://www.16personalities.com/</a></td>
<td>Who Do We Choose to Be: Part 2</td>
<td>Benefit Mindset Challenge Assignment</td>
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<td>Week 3: Sept 9</td>
<td>How to Retain Information in a Different Way</td>
<td>Adapting and Innovating to get Through your Problems</td>
<td>How to Retain Information in a Different Way</td>
<td>Identifying a Problem Flow Chart</td>
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<td>Week 4: Sept 16</td>
<td>How to Retain Information in a Different Way</td>
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<td>AARC Tour! Meet in Library 101.</td>
<td>Assign Action Plan</td>
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<td>Week 5: Sept 23</td>
<td>Effective Communication with Others</td>
<td>Homework: Assign Resume, due week of Nov 11</td>
<td>Effective Communication with Peers</td>
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<td>Week 6: Sept 30</td>
<td>Rules &amp; the Consequences that Go With Them: What on earth is Academic Integrity?</td>
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<td>Rules &amp; the Consequences that Go With Them: Part 2</td>
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<td>Week 7: Oct 7</td>
<td>Interview #1</td>
<td>Interview #1</td>
<td>Action Plan is due this week!</td>
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<td></td>
<td>Gift of Time</td>
<td></td>
<td>Exam #1 Due in D2L today!</td>
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<td>Week 8: Oct 14</td>
<td>Making Studying Work: Workshop with Kay Winfield and washable for tomorrow!</td>
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<td>Self Care: Managing the Stresses that Go With College</td>
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<td>Week 9: Oct 21</td>
<td>SFA Traditions</td>
<td>Homecoming this week!</td>
<td>SFA Selfie Challenge!</td>
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<td>Week 10: Oct 28</td>
<td>Your Mental Health and You: Wise Choices on Tuesday! Your Own</td>
<td>Planetarium Visit</td>
<td>Drugs, Alcohol, and You...</td>
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<td>Wednesday Topic</td>
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<td><strong>Week 11: Nov 4</strong></td>
<td>Failure is actually good! How to be resilient.</td>
<td>Tunnel of Oppression Opportunity this week!</td>
<td>Building Your Support System</td>
<td>Cover Letter &amp; Resume due in D2L by 11/7 at 11:59 pm</td>
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<td><strong>Week 12: Nov 11</strong></td>
<td>Self-Assessment: Looking Inward Interview #2</td>
<td>Discussion of Resumes</td>
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<td><strong>Week 13: Nov 18</strong></td>
<td>Wait... What?! I need a budget?!</td>
<td>Homework: Put together a rough budget, due 11/24 by 11:59 pm in D2L</td>
<td>FAFSA, Scholarships, &amp; Student Jobs... Oh my!</td>
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<td><strong>Nov 23- Dec 1</strong></td>
<td>Thanksgiving Holiday Break</td>
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<td>College &amp; Me: A Reflection of Who I Am</td>
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<td><strong>Week 13: Dec 2</strong></td>
<td>Reminders: Strategies for Finals Success</td>
<td>Homework: Know when your finals are!</td>
<td>Revisiting the Action Plan and Revising It.</td>
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<td><strong>Week 14: Dec 9</strong></td>
<td>Finals week!</td>
<td>You’ve got this!</td>
<td>It was great having you in class!</td>
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