Freshman Seminar - SFA 101.53
Instructor – Casie Logan
Mon/Wed 11:00 – 11:50 AM – HSTC 319
ann.logan@sfasu.edu
936.468.4429 office
Office Hours: By appointment

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. SFA 101.53 is a section dedicated to scholarship student-athletes.

Program/Student Learning Outcomes:
Upon completion of SFA 101, the student will be informed of the following areas and how they relate to their personal 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 he/she is interested.
- Apply college classroom learning strategies within this 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 his/her personal behavior at SFA.
- Demonstrate working successfully with peers, faculty, and staff.

Text and Materials
All student-athletes will receive an SFA Student-Athlete Handbook that will be utilized during this course for special discussions.

Course Methods and Activities
You will participate in the class in the following ways:

∞ Small group discussion
∞ Whole class discussion
∞ Visits to campus locations
∞ Illustrated lecture
∞ Guest speakers
∞ Games and exercises
∞ Individual conferences

Grading
SFA 101 is a graded course. Passing this course will give you one semester credit that can be used toward the total number of credits you need to graduate. Your final grade will be determined by:

410 – 358 points = A
357 – 318 points = B
317 – 278 points = C
277 – 238 points = D
237 or less points = F

Attendance/Tardiness – 200 points
Attendance is mandatory; therefore, please plan to attend ALL class sessions. Attendance will be taken daily. More than 4 unexcused absences will result in a drop in a letter grade. Tardiness is defined as ‘more than 5 minutes’ late for class. Every 2 tardies is considered an absence. More than 8 tardies will result in a drop in a letter grade. Excused Absences: Absences due to athletic related events require notification by email before the day of the class(es) missed. Absence due to illness requires notification by you athletic trainer or physician.

Assignments – 210 points
You will have weekly modules to complete in your GamePlan account. Modules will be assigned on Monday prior to the start of class and due to Wednesday (next class period) BEFORE 11:00 AM when class meets. Also, several times during the semester you will be given an assignment to be completed using D2L or to be submitted at the beginning of class. These assignments are intended to provide you with an opportunity to reflect on and benefit from what’s happening in college. NO LATE WORK WILL BE ACCEPTED.

Class Participation
You will be expected to participate in class discussions and activities. Ask questions when appropriate. Guest speakers will frequent this class to share their expertise. You will be expected to take an active, rather than passive, part in these presentations. Class participation is part of your attendance grade.

Conduct
You will be expected to behave in a manner that is becoming of and complimentary to yourself, you team, and SFA Athletics as a whole. Your conduct in class, on campus, and during guest speakers is significant part of your final grade.
Meetings with Student-Instructor

Your student-instructor will be a worthwhile resource for you. Utilize it wisely.

E-mail

Check your Jacks email and D2L accounts regularly. Your Jacks email is the official tool for communicating the important reminders, announcements, and further assignment directions.

Class Rules

Following these few rules will help to maximize the SFA 101 experience for you and your classmates:

1. Attend every class.
2. Read the assigned material, and turn in all required work on the day it is due. (This is because your other professors will likely not be flexible.)
3. Participate in individual and group activities and discussions.
4. Treat everyone in the class with respect and courtesy.
5. All students are expected demonstrate professional behavior and use language appropriate for the classroom learning experience.
6. Cell phones and other electronic devices should be turned off and put away during class time. Please be prepared to be excused from class if you are unable to leave your phone alone for the duration of class.
7. NO clothing/accessories with other college or university names or logos may be worn to class. You are a LUMBERJACK.
8. Ask questions!

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.

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. M.C. Breen (Steen Library, Room 203L; 936-468-1588).

STUDENT ETHICS AND OTHER POLICY INFORMATION: FOUND AT HTTP://WWW.SFASU.EDU/POLICIES

Class Attendance and Excused Absence: Policy 6.7

Regular, punctual attendance, documented participation, and submission of completed assignments are expected. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student's attendance and participation as well as note this information in required reports (including the first 12 day attendance report) and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6

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, 936-468-3004 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/

Student Academic Dishonesty: Policy 4.1

Abiding by university policy on academic integrity is a responsibility of all university faculty and students. Faculty members must promote the components of academic integrity in their instruction, and course syllabi are required to provide information about penalties for cheating and plagiarism, as well as the appeal process.

Definition of Academic Dishonesty

Academic dishonesty includes both cheating and plagiarism. Cheating includes, but is not limited to:

- using or attempting to use unauthorized materials on any class assignment or exam;
- falsifying or inventing of any information, including citations, on an assignment;
- 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 one's own. Examples of plagiarism include, but are not limited to:

- submitting an assignment as one's own work when it is at least partly the work of another person;
- submitting a work that has been purchased or otherwise obtained from the Internet or another source;
- incorporating the words or ideas of an author into one's paper or presentation without giving the author credit.
Penalties for Academic Dishonesty
Penalties may include, but are not limited to, reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university.

Student Appeals
A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

Withheld Grades: Policy 5.5
At the discretion of the instructor of record and with the approval of the academic unit head, 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, except as allowed through policy (i.e., Active Military Service (6.14)). If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

Student Code of Conduct: Policy 10.4
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. 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. 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 at SFA. Information regarding the iCare program is found at http://www.sfasu.edu/judicial/earlyalert.asp or call the office at 936-468-2703.

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<thead>
<tr>
<th>Date</th>
<th>2018 Topic/Subject</th>
<th>Assignment</th>
<th>DUE</th>
<th>Class Location</th>
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</table>
| Aug-26 | Welcome to SFA 101-Class Overview  
  D2L/mySFA/forwarding emails  
  GamePlan Overview  
  First day Info sheet | Interest  
  Inventory & ID Transition in GamePlan |                                | HSTC 319                     |
| Aug-28 | Campus Scavenger Hunt  
  Note: 8/31, last day to adjust schedule |                                | GamePlan: Interest  
  Inventory & ID Transition.  
  Scavenger Hunt Selfies | HSTC 319                     |
| Sept-02| TED Talk: Grit: the power or passion and perseverance | Welcome to College & Habits for Success |                                | HSTC 319         |
| Sept-04| Module Discussion  
  Review Student-Athlete Handbook  
  Values Activity  
  What’s your WHY? | Values final score-email via D2L | GamePlan: Welcome to College & Habits for Success | HSTC 319         |
| Sept-9 | TED Talk: Time Management Habitudes: Priorities (Rocks??)  
  Discussion: Time Mgmt & Priorities | Choosing a major & email etiquette | Values final school emailed via D2L | HSTC 319         |
| Sept-11| Plagiarism Activity  
  Citing Credible Sources | Choosing a Major and Email Etiquette |                                | HSTC 319         |
| Sept-16| Studying Basics, *Student-Instructor lead* | Studying Basics |                                | HSTC 319         |
| Sept-18| Who I am Poems  
  T-shirt Day, wear a t-shirt that describes you (Not sport related) | Studying Basics |                                | HSTC 319         |
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<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>Sept-23</td>
<td>Guest Speaker – Kathy Bryson, AARC (1/2 of class to Kathy)</td>
<td>Note Taking &amp; Time Mgmt.</td>
<td>HSTC 319 - ½ Guest speaker - ½</td>
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<tr>
<td>Sept-24</td>
<td>Time Management Calendar Activity</td>
<td>Note Taking &amp; Time Mgmt</td>
<td>HSTC 319 - ½ Guest speaker - ½</td>
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<tr>
<td>Sept-30</td>
<td>Mock Press Conference</td>
<td>Upload to Youtube, submit via D2L dropbox</td>
<td>HSTC 319</td>
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<tr>
<td>Oct-2</td>
<td>Guest Speakers – SFA Media Relations</td>
<td>Social Media</td>
<td>LBAN 142</td>
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<td>Oct-7</td>
<td>Guest Speakers – SFA Marketing Dept. Feedback on Mock Press Conferences</td>
<td>Goal Setting</td>
<td>HSTC 319</td>
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<tr>
<td>Oct-9</td>
<td>Personal Timeline Activity</td>
<td>Goal Setting</td>
<td>HSTC 319</td>
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<tr>
<td>Oct-14</td>
<td>TBA</td>
<td>Strengths and Weaknesses</td>
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<td>Oct-16</td>
<td>Love Languages Assessment</td>
<td>Strength &amp; Weaknesses</td>
<td>HSTC 319</td>
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<tr>
<td>Oct-21</td>
<td>Guest Speaker – Dr. Cegelka/Rachel Gill</td>
<td>Self-Awareness</td>
<td>Rachel – MTH 210 Dr. Cegelka – FERG 374</td>
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<td>Oct-23</td>
<td>Watch One Love Video</td>
<td>Self-Awareness</td>
<td>HSTC 319</td>
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<td>Oct-28</td>
<td>Guest Speaker – Dr. Cegelka/Rachel Gill</td>
<td>Domestic Violence</td>
<td>Rachel – FERG 374 Dr. Cegelka – MTH 210</td>
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<td>Oct-30</td>
<td>Personal Health Debriefing</td>
<td>Domestic Violence</td>
<td>HSTC 319</td>
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<td>Nov-04</td>
<td>Guest Speaker – TJ White, career svcs.</td>
<td>Build a Resume/Cover Letter</td>
<td>LBAN 142</td>
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<td>Nov-06</td>
<td>Mentor Thank you letter</td>
<td>Building a Resume/Cover Letter</td>
<td>HSTC 319</td>
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<td>Nov-11</td>
<td>Guest Speaker – Lauren Becker, finances</td>
<td>Budgeting and Finances</td>
<td>LBAN 142</td>
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<td>Nov-13</td>
<td>Creating your Budget</td>
<td>Budgeting &amp; Finances</td>
<td>HSTC 319</td>
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<tr>
<td>Nov-18</td>
<td>Determine your final exam schedule</td>
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<td>HSTC 319</td>
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<tr>
<td>Nov-20</td>
<td>TBD</td>
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<td>Nov-25</td>
<td>THANKSGIVING HOLIDAY – NO CLASS</td>
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<td>Nov-27</td>
<td>THANKSGIVING HOLIDAY – NO CLASS</td>
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<td>Dec-02</td>
<td>Dead Week – TBD</td>
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<td>Dec-04</td>
<td>Dead Week – TBD</td>
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<tr>
<td>Dec-9</td>
<td>Finals Week – NO CLASS</td>
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<td>Finals Week – NO CLASS</td>
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