SFAS 1101.030 Freshman Seminar (LLA) Fall 2020

Meets Tuesday and Thursdays from 2:00-2:50 p.m.
Ferguson Liberal Arts 175

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<tr>
<th>Faculty Instructor: Veronica Beavers</th>
<th>Student Instructor: Dia Conerly</th>
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<tr>
<td>Office: BPSC 3.101</td>
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<td>Email: <a href="mailto:vbeavers@sfasu.edu">vbeavers@sfasu.edu</a></td>
<td>Classification: Junior</td>
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<td>Office Hours: by appointment</td>
<td>Major: Animal Science</td>
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<td>Department: Multicultural Affairs</td>
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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 policies.

Program and Student Learning Outcomes:
Upon completion of SFAS 1101, the student will be informed of the following areas and how they relate to their success:

- Evaluate the significance of academic integrity.
- Apply college classroom learning strategies within the class and beyond.
- Relate the Wellness Model to personal life activities and behaviors.
- Apply a Growth Mindset to learning in college and beyond.
- Evaluate the importance of academic advising while in college and explore SFA advising protocols.
- Demonstrate an increased understanding of cultural diversity, inclusion and social justice.
- Demonstrate the understanding of metacognitive skills and applying strategies academically and beyond.
- Construct a strategy for accessing and evaluating information through Steen Library.
- Select campus and community service opportunities in which the student is interested.
- 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.

This interactive course will also cover the following topics:

Leadership
- An introduction to Leadership Studies
- Self-leadership
- Group dynamics
- Servant leadership
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.

Class text and materials: All students will receive a Student Success Handbook in a digital format at the beginning of the course. Information in the 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 requirements and expectations: Attendance is required at each class period. Because of the importance of classroom interaction for this course, it is imperative that students attend class. Students are expected to actively participate in class discussion.

Grading policy: SFAS 1101 is a graded course. Passing this course will earn you one semester credit hour. The grading system is as follows:

**Required for participation and attendance, leadership, cultural and service points:**

**Participation and Attendance (50 points)**
- **Class Attendance:** Students will lose points for being tardy and/or missing class.
- **One-on-One Meetings with Instructor:** Each student is required to set-up one outside of class meeting with one of the instructors. You will sign up for these meetings during class.
- **Class Reflections:** During class meetings, a reflection prompt will be assigned. You must participate in order to receive credit.
- **Assignments:** During the semester you may be given an assignment to be completed using Brightspace/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.

**Leadership and Service Development (40 points)**
- **FLA Service Leadership Group Project:** Each student will be put into a group that will plan and implement a class leadership lesson. Your instructor will allow class time to work on these lessons.
- **Involvement:** Complete the following task:
  - Participate in Involvement Advising, which has to be scheduled by appointment. Email the Involvement Center today at getinvolved@sfasu.edu to schedule your appointment. You must have appointment before Oct. 2nd.
  - Attend Involvement Fair
  - Have President or advisor of organization email vbeavers@sfasu.edu to verify membership in organization

**Cultural Development (10 points)**
- Pick one of the following tasks:
  - Tunnel of Oppression
  - Something to Chew On, October 7th from 12-1:30 p.m. in the Multicultural Affairs Office (Student Center 3rd floor)
  - Brave Space Series, September 30 from 4-5:00 p.m. in the Student Center Multimedia (2nd floor)
  - Brave Space Series, November 12 from 4-5:00 p.m. in the Student Center Multimedia (2nd floor)
<table>
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<tr>
<th>Points</th>
<th>Category</th>
<th>Grade Range</th>
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<tbody>
<tr>
<td>50</td>
<td>Participation, Attendance, and Class Reflections</td>
<td>90-100 = A</td>
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<tr>
<td>40</td>
<td>Leadership &amp; Service Development</td>
<td>80-89 = B</td>
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<tr>
<td>10</td>
<td>Cultural Development</td>
<td>70-79 = C</td>
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<td>60-69 = D</td>
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<td>59 or below = F</td>
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<td>100</td>
<td>Possible</td>
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**Behavioral Expectations:**
Following these rules will help maximize the SFAS 1101 experience for you and your classmates.

- Currently, face coverings are required to be worn in the classroom. Face covering requirements and FAQ can be found here: [http://sfasu.edu/fall2020](http://sfasu.edu/fall2020)
- Attend every class.
- If you become ill or are required to quarantine, contact your instructor immediately.
- 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 and form of communication for SFA. Brightspace/D2L will be the official tool used in your SFAS 1101 class for important reminders, announcements, and further assignment directions.

**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 SFAS 1101, the chairperson is Raquel Skidmore, Interim Director of the Student Success Center. (Steen Library, Room 203; 936-468-6232; skidmorerr@sfasu.edu).

**General Student Policies**

The following policies apply to all students enrolled in courses at Stephen F. Austin State University.

1. **Student Academic Dishonesty (4.1)**
   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.
2. **Definition of 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

3. **Course Grades (5.5)**

   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.

4. **Academic Accommodation for Students with Disabilities (6.1)**

   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/

5. **Student Code of Conduct (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 (see the Student Conduct Code, policy 10.4). 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 Academic Early Alert Program. This program provides students with recommendations for resources or other assistance that is available to help SFA students succeed.
<table>
<thead>
<tr>
<th>Week</th>
<th>Tuesdays</th>
<th>Thursdays</th>
<th>Outside of Class Activities</th>
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| Week 1 | **August 25**  
Class Overview and Introductions, COVID-19 Protocols, Brightspace/D2L, mySFA  
Academic Integrity- “The SFA Way” | **August 27**  
Time management, STAR | Aug. 27: Last day to change your schedule, except for drops. |
| Week 2 | **September 1**  
University Resources | **September 3**  
AARC Overview | September 3rd- 5-7 p.m.- #JacksGetInvolved Fair  
(Involvement Fair)-Campus Recreation Center |
| Week 3 | **September 8**  
Introduction to Leadership Studies  
Leadership Project Explanation | **September 10**  
Learning Styles  
Library Resources and Study Locations | Sept. 8: Go to ALL your classes, it’s the 12th class day and professors take attendance! |
| Week 4 | **September 15**  
Challenges and SMART Goal planning for the semester  
Social Interactions & Interacting with Professors | **September 17**  
Campus Involvement and Belonging | |
| Week 5 | **September 22**  
Personal Survival Skills: Mental Health/Personal Survival Skills, Alcohol & Drug Awareness, UPD | **September 24**  
Health and Wellness Self Care Stress Management | |
| Week 6 | **September 29**  
Myers-Briggs: Strengths Assessment and Discussion | **October 1**  
College Classroom Learning Strategies | Involvement advising due October 2nd |
| Week 7 | **October 6**  
Cultural Diversity, Inclusion, and Social Justice | **October 8**  
Cultural Diversity, Inclusion, and Social Justice | |
| Week 8 | **October 13** | **October 15** | Oct. 14: Mid-Semester |
| Week 9 | October 20  
SFA History, Traditions, and Pride | October 22  
One-on-one meetings | Oct. 21: Last day for dropping without WP/WF |
|--------|---------------------------------|-----------------|---------------------------------|
| Week 10 | October 27th  
Career Planning-Resume Construction 101 | October 29th  
The Value of a College Education  
Telling Your Story  
Social Media and Self Image | Nov. 1: Daylight Saving Time Ends (Time goes back an hour at 2:00am)  
Nov. 2: Tunnel of Oppression BPSC Movie Theatre, 6:00 -8:00 pm |
| Week 11 | November 3  
Community Service Opportunities | November 5  
Money Management/Financial Literacy | |
| Week 12 | November 10  
Student Leadership Lessons | November 12  
Student Leadership Lessons | |
| Week 13 | November 17  
Student Leadership Lessons | November 19  
My first semester at college Re-Evaluate goals Preparing for Finals: Study Skills | |
| Week 14 | November 24  
NO CLASS! | November 26  
NO CLASS! | Enjoy your Thanksgiving break! Be safe! |
| Week 15 | December 1  
Dead Week | December 3  
Dead Week | Nov. 30: Last day to withdraw from the University  
Study hard for finals! Best of luck! |
| Week 16 | **Dec. 9 - 13 FINAL EXAMS! GOOD LUCK! STUDY HARD!** | | |

*Please note that due to the dynamic nature of this course, topics covered on a given day may be altered from this schedule.*
At Stephen F. Austin State University, our faculty, staff, alumni and students believe in doing things “The SFA Way.” We expect the best from ourselves and from each other, and we hold each other accountable when we fail to maintain these standards. Grounded in the five “Root Principles” below, members of the SFA community seek to strive for personal excellence in everything that we do.

The Principle of Respect: Lumberjacks command respect and treat others with respect • They are considerate of others and tolerant of differences • They demonstrate respect for those around them by avoiding the use of offensive or profane language • They do not threaten or harm anyone and deal peacefully and civilly with conflict.

The Principle of Caring: Lumberjacks think of the needs of others and seek to improve the quality of life of those around them • They are compassionate, empathic and kind • They respond with humility to those they have helped and express gratitude freely to those who help them • Lumberjacks prepare themselves to become leaders in their communities and workplaces • They dedicate themselves to excellence in their chosen field of study and to using what they learn in the service of others.

The Principle of Responsibility: Lumberjacks do what is right • They persevere in times of adversity • Through self-control and self-discipline, they strive to do their best • Lumberjacks challenge each other to exceed expectations • They are active learners both inside and outside of the classroom • They are reliable; they do what they say they will do • Lumberjacks hold themselves accountable for their decisions •

The Principle of Unity: Lumberjacks are loyal to their friends, family, university, state and country • Lumberjacks stand together against any adversary • They recognize that though we are very different from one another, we are united by the Lumberjack Spirit. Lumberjacks seek to understand the people and world around them • When one lumberjack fails, all fail • When one lumberjack succeeds, all succeed.

The Principle of Integrity: Lumberjacks have the courage to do what is right, even when it is hard or unpopular • They respond to each situation with steadfast values that are not subject to change based on the actions of others • They seek opportunities to practice effective and ethical leadership • Lumberjacks are honest; they do not deceive, cheat or steal • Lumberjacks stand up for those who cannot stand up for themselves • As lifelong learners, lumberjacks are committed to continuously improving themselves.