Freshman Seminar
SFAS 1101 – Section 009
Fall 2020

Instructor: Tiffany Rivers
Office: Human Services (HSTC) Rm. 325
Phone: 936-468-3004
Email: trivers@sfasu.edu
Department: Disability Services
Class time: MW 1-1:50 p.m.

Student Instructor: Jennifer Brown
Phone: 
Email: brownjn3@jacks.sfasu.edu
Office hours: By appointment
Class location: FERG 371

COVID-19 MASK POLICY: Masks (cloth face coverings) must be worn over the nose and mouth at all times in this class and appropriate physical distancing must be observed. Students not wearing a mask and/or not observing appropriate physical distancing will be asked to leave the class. All incidents of not wearing a mask and/or not observing appropriate physical distancing will be reported to the Office of Student Rights and Responsibilities. Students who are reported for multiple infractions of not wearing a mask and/or not observing appropriate physical distancing may be subject to disciplinary actions.

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. We want to make this as enjoyable and informative for you as possible. The ultimate responsibility for your success in college rests with you! You have a great opportunity – take complete advantage of it! We are excited to be a part of your journey!

PROGRAM/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 this class and others.
- 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.

CLASS READINGS 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 METHODS AND ACTIVITIES: 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.

COMMUNICATION: Please check your SFA email account regularly as this is the official email for SFA.

CLASS RULES: Following these few rules will help to maximize the SFAS 1101 experience for you and
your classmates:
- Attend every class.
- If you become ill or are required to quarantine, contact your instructor immediately.
- Read the assigned material, and turn in all required work on the day it is due.
- Participate in individual and group activities and discussions.
- Treat everyone in the class with respect and courtesy.
- Demonstrate professional behavior and use language appropriate for classroom learning.
- Cell phones and other electronic devices should be turned off and put away during class time.
- 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 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

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.

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

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.

**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 information, go to [http://www.sfasu.edu/disabilityservices/](http://www.sfasu.edu/disabilityservices/)

**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 (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.

**GRADING POLICY:** 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. The grading system is as follows:

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

**ATTENDANCE POLICY:**

- **Instructor/Student Instructor Meetings:** One individual meeting with the instructor and the student instructor will be scheduled. The purpose of the meeting is to allow you to ask questions, get clarification about college life or just to chat about whatever is on your mind. This will count for a total of **20 points**.

- **Outside Events:** You will be required to attend two (2) outside events provided by SFA. You must provide sufficient documentation of attendance. Attendance to these events will be valued at **15 points each** for a total of **30 points**. (Due to the pandemic, events could potentially be virtual)

- **Class Attendance.** Class attendance is mandatory; therefore, please plan to attend ALL class sessions. Attendance will be taken daily; this will count for a total of **50 points**.

**MID-TERM EXAM:**

Only one exam will be given during the semester. The exam will be based on material from assigned readings and class discussion; it should not be difficult if you have done the readings and participated in classes. In addition to testing you on the 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.**

**ASSIGNMENTS:**

Several times during the semester you will be given an assignment to be completed and either turned in or presented in class. These assignments are intended to provide you with an opportunity to reflect on and benefit from what’s happening in college. **Late assignments will reduce the possible points by half.** Extra Credit opportunities will be offered throughout the semester.
Assignments are as follows:

- My College Experience Paper 25 Points
- Career Inventory/Interpretation 25 Points
- SFA Traditions Presentation 25 Points
- Diversity Project 100 Points
- Involvement Project 25 Points

**TOTAL POINTS FOR COURSE** 400 points

**IMPORTANT UNIVERSITY DATES:**
Please take note of the following important dates:

- August 27: Last day to change schedule other than to drop courses
- August 31: AARC services begin
- September 8: Last day to drop online (official enrollment reporting)
- October 21: Last day to drop a course (**without** a WP or WF)
- November 23: Beginning of Thanksgiving Holiday
- November 30: Last day to withdraw from the university (with WP or WF)
- December 7-11: Finals week

**ASSIGNMENT INSTRUCTIONS**

- **My College Experience Paper** - Write a 3 page (12 point font - double spaced) paper discussing what you want your college experience to be like. Include your ideas, aspirations and your goals for the next several years. Talk about what you would like to accomplish regarding not only your academics, but your social and leisure time also. Talk about your ideas for careers, relationships, organizations, sports, spiritual activities and anything else that you plan to be involved in while in college. **Please Proofread!!!**
- **Involvement Project** - You will research and review the areas of student involvement and leadership on campus; this may include student organizations, service programs and community engagement. Based on your findings, you will decide which area is a good fit for you and why you made this determination. (Additional information will be provided in class.)
- **SFA Traditions Presentation** - You will pair up with another student and research an SFA tradition and then make a presentation for the class. You and your partner can use whatever visual-aids you would like.
- **Career Inventory** - You will take a career inventory during class and we will have career counselors provide a general interpretation of the inventory.
- **Diversity Paper/Presentation** - You will interview someone that is different from you in some way. The difference can be related to gender, religion, race, sexual orientation, disability, political views, socio-economic backgrounds, size, etc. Find out from the person what it is like for them to be who they are and how they are different from you. Also, include ways that you are similar to this person in other ways even with diversity in other areas. Stretch yourself with this assignment.

**OUTSIDE OF CLASS EVENTS:**

- New Student Academic Convocation – See Handout
- Observatory Trip – TBA; buses provided
- Planetarium – TBA
- Tunnel of Oppression – TBA times will be provided at a later date
- Fine Arts Event – Turner Auditorium – TBA
**TENTATIVE CLASS SCHEDULE:** Any changes will be communicated in advance.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td><strong>August 24</strong></td>
<td><strong>August 26</strong></td>
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<tr>
<td>Class introduction and overview</td>
<td>Differences in high school and college</td>
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<tr>
<td>📜 Getting to know each other</td>
<td>📜 College Experience - Why am I here?</td>
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<td><strong>August 31</strong></td>
<td><strong>September 2</strong></td>
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<tr>
<td>Student Success – AARC Resources</td>
<td>Student Success – Time Management</td>
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<td>📜 AARC tour</td>
<td>📜 Prioritizing &amp; Goal Setting SMART goals</td>
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<td><strong>September 7</strong></td>
<td><strong>September 9</strong></td>
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<tr>
<td>The Road to Student Success</td>
<td>Working successfully with Faculty &amp; Peers</td>
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<td>📜 AARC Presentation</td>
<td>📜 The SFA Way</td>
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<td><strong>September 14</strong></td>
<td><strong>September 16</strong></td>
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<td>Student Wellness Action Team (SFA SWAT)</td>
<td>Student Engagement &amp; Service Learning</td>
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<td>📜 Alcohol Jeopardy</td>
<td>📜 College Experience Paper Due</td>
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<td><strong>September 21</strong></td>
<td><strong>September 23</strong></td>
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<tr>
<td>Overview of University Resources</td>
<td>Skills &amp; Strategies</td>
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<td>📜 Get to know your surroundings</td>
<td>📜 Note-taking &amp; Testing tips</td>
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<td><strong>September 28</strong></td>
<td><strong>September 30</strong></td>
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<td>Career Exploration: What are my skills?</td>
<td>Academic Integrity</td>
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<td>📜 Typefocus Inventory</td>
<td>📜 Library Resources</td>
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<td>📜 Involvement Project Due</td>
<td><strong>October 5</strong></td>
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<tr>
<td>Grades, GPA, Scheduling classes</td>
<td>SFA Traditions Presentations Due</td>
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<td>📜 Registrar’s Office</td>
<td>📜 All group members must be present</td>
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<td><strong>October 12</strong></td>
<td><strong>October 14</strong></td>
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<td>What have you learned?</td>
<td>Midterm Exam</td>
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<td>📜 Midterm review</td>
<td><strong>October 19</strong></td>
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<td><strong>Individual Conferences – Grade Review</strong></td>
<td>Last day to drop classes</td>
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<td>Individual Conferences – Grade Review</td>
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<td><strong>October 26</strong></td>
<td><strong>October 28</strong></td>
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<td>Personal Survival Skills</td>
<td>Career Interest Inventory Interpretation</td>
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<td>📜 Safety Information - UPD</td>
<td>📜 TBA</td>
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<td><strong>November 2</strong></td>
<td><strong>November 4</strong></td>
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<td>Diversity, Equity and Inclusion</td>
<td>QPR Suicide Prevention Training</td>
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<td>📜 Tunnel of Oppression?</td>
<td>📜 Counseling Services</td>
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<td><strong>November 9</strong></td>
<td><strong>November 11</strong></td>
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<td>Personal Survival Skills</td>
<td>Personal Survival Skills</td>
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<td>📜 Sexual Attitudes</td>
<td>📜 Financial Planning</td>
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<td><strong>November 16</strong></td>
<td><strong>November 18</strong></td>
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<td>Diversity Presentations</td>
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<td><strong>November 23</strong></td>
<td><strong>November 25</strong></td>
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<td>Happy Thanksgiving!!!</td>
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<td>📜 Holiday – No Class</td>
<td>📜 Holiday – No Class</td>
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<td><strong>November 30</strong></td>
<td><strong>December 2</strong></td>
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<tr>
<td>Preparing for Final Exams</td>
<td>End of Semester Reflection</td>
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<tr>
<td>📜 Are you Ready</td>
<td>📜 Good Luck on Finals!!!</td>
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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.