I. 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.

Credit Hour Description
SFAS 1101 “Freshman Success Seminar” (1 credit hour) is an optional but highly recommended course for all first-year freshman and transfer students at Stephen F. Austin State University. Direct instruction is provided for three 50-minute meetings per week for 6 weeks. Students have weekly readings and assignments that focus on topics related to student development and college success. These activities average at a minimum two hours per week to prepare outside of classroom hours.

Course Delivery Modality
This course is a fully in-person course which offers all of its meetings in person on campus at a scheduled time. Instructional content will be made available through illustrated lectures, individual meetings, guest speakers, small group and whole class discussions, visits to campus locations, videos, games, and exercises.

Respect for Diversity
At SFA, our commitment to diversity and inclusion is more than words—it is actions. We believe diversity and inclusion are the keys to promoting more engaged individuals locally and globally. We at SFA are committed to amplifying a campus culture that nurtures belonging and embraces similarities while celebrating that every Lumberjack will be different. Those differences are valued, acknowledged, and supported purposefully. We encompass ground-breaking strategies fostered from our diverse campus while taking a holistic approach to how we function as a university.

II. Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):
This course supports the mission of Stephen F. Austin State University:
Stephen F. Austin State University is a comprehensive institution dedicated to excellence in teaching, research, scholarship, creative work, and service. Through the personal attention of our faculty and staff, we engage our students in a learner-centered environment and offer opportunities to prepare for the challenges of living in the global community.

This course also supports the mission of the Student Success Center:

The Student Success Center supports undergraduate students by optimizing campus resources through innovative and intentional programs, which empowers students to attain academic success and persist toward graduation and beyond.

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.

III. Class Readings and Materials

All students will receive a SFAS 1101 Freshman 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.

IV. Grading Policy and Assignments

SFAS 1101 is a graded course. Passing this course will give you one semester credit that can be used towards the total number of credits you need to graduate. The grading system is as follows:

- 385 – 345 points A
344 – 307 points B
306 – 268 points C
267 – 230 points D
230 points & below F

Attendance Policy 100 points

- **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 the event will be valued at 15 points.

- **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

You will be assigned additional assignments throughout the semester 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.

Writing for Reflection 100 points

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 Brightspace/D2L.

Exam 100 points

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.

V. Class Rules

Following these rules will help maximize the SFAS 1101 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.
• Do not wear apparel from other universities or colleges

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.

VI. 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.

VII. Course Complaints/Evaluations

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 Lydia Richardson, Program Coordinator of the Freshman Success Courses. (Steen Library, Room 203; 936-468-5808; lprichardson@sfasu.edu).

Near the conclusion of each semester, students enrolled in SFAS 1101 electronically evaluate the course and instructor. Evaluation data is used for, (1) course and program improvement and planning; and (2) instruction evaluation purposes. As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the SFAS 1101 faculty are committed to excellence in teaching and continued improvement. Therefore, your response is critical!

The course evaluation process has been simplified and is completed electronically through mySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

VIII. 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.

IX. Mental Health Statement
SFASU values students’ mental health and the role it plays in academic and overall student success. SFA provides a variety of resources to support students’ mental health and wellness. Many of these resources are free, and all of them are confidential.

On-campus Resources:
SFASU Counseling Services
www.sfasu.edu/counselingservices
3rd Floor Rusk Building
936-468-2401

SFASU Human Services Counseling Clinic
www.sfasu.edu/humanservices/139.asp
Human Services Room 202
936-468-1041

Crisis Resources:
Burke 24-hour crisis line: 1(800) 392-8343
Suicide Prevention Lifeline: 1(800) 273-TALK (8255)
Crisis Text Line: Text HELLO to 741-741
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<thead>
<tr>
<th>Week</th>
<th>Class</th>
<th>Class Topics</th>
<th>Class Activities/Assignments</th>
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| Week 1  
(August 23 – August 27)  
**Weeks of Welcome (WoW)** | August 24, 2021 | Class overview and Introductions; Brightspace/D2L; mySFA | Student Profile & Letter to yourself – Due August 31st  
Writing Reflection #1 |
| | August 26, 2021 | Difference between HS & College, Time Management/Goal Planning | How Colors Speak |
| Week 2  
(August 30 – September 3)  
**WoW** | August 31, 2021 | Navigating College: Planning and Organizations. Bring All Syllabi to Class! | Student Success Plan  
Due Sept 7th  
Assignment #1 |
| | September 2, 2021 | AARC Overview  
Academic Integrity – “The SFA Way” | Tour of AARC- meet outside of AARC in Library |
| Week 3  
(September 6 – September 10)  
**WoW** | September 7, 2021 | Campus Involvement and Belonging | |
| | September 9, 2021 | University Resources & Library Resources | Teams Assignment #2 |
| Week 4  
(September 13 – September 17) | September 14, 2021 | Student Rights and Responsibilities  
Speaker: Nathan Hendrix from OSRR | |
| | September 16, 2021 | Successful Interactions with Peers, Faculty, and Staff | Group Work |
| Week 5  
(September 20 – September 24) | September 21, 2021 | Mental Health/Stress Management – Possible Speaker Counseling Services | Writing Reflection # 2- How do you handle stress? |
| | September 23, 2021 | Health and Wellness - Tour of Rec Meet at REC Center | |
| Week 6  
(September 27 – October 1) | September 28, 2021 | One on One meetings | |
| | September 30, 2021 | One on One meetings | |
| Week 7  
(October 4 – October 8) | October 5, 2021 | Cultural Diversity, Inclusion, and Social Justice  
Possible Speaker from Office of Multicultural Affairs | Assignment # 3 |
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<tr>
<th>Week 8 (October 11 – October 15) Fall 2021 Wellness Fair (October 13; 10:00 – 2:00)</th>
<th>October 7, 2021</th>
<th>Cultural Diversity, Inclusion, and Social Justice Possible Speaker from Office of Multicultural Affairs</th>
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<tr>
<td>Week 9 (October 18 – October 22)</td>
<td>October 12, 2021</td>
<td>Growth Mindsets</td>
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<td>October 14, 2021</td>
<td>Instructor’s Choice</td>
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<td>Week 10 (October 25 – October 29) <strong>HOMECOMING WEEK</strong></td>
<td>October 19, 2021</td>
<td>One on One meetings</td>
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<td>October 21, 2021</td>
<td>One on One meetings</td>
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<td>October 26, 2021</td>
<td>SFA History, Traditions, and Pride Homecoming Slide Show- Due Nov 4th Assignment #4</td>
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<td>October 28, 2021</td>
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<td>Week 11 (November 1 – November 5) Tunnel of Oppression</td>
<td>November 2, 2021</td>
<td>Course Registration “How to” Writing Reflection #3- Tunnel of Oppression- Due Nov 11th</td>
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<td>November 4, 2021</td>
<td>Importance of Academic Advising with Trina Menefee</td>
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<td>Week 12 (November 8 – November 12)</td>
<td>November 9, 2021</td>
<td>Financial Literacy/Money Management</td>
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<td>November 11, 2021</td>
<td>Evaluating your first semester as a New Lumberjack: What have you learned? Writing Reflection #4- First Semester in College -Due Nov 18th</td>
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<td>Week 13 (November 15 – November 19)</td>
<td>November 16, 2021</td>
<td>Preparing for Finals &amp; Celebrate!</td>
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<td>November 18, 2021</td>
<td>EXAM</td>
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<td>Week 14 (November 22 – November 26)</td>
<td><strong>THANKSGIVING BREAK</strong></td>
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<td>Week 15 (November 29 – December 3)</td>
<td>DEAD WEEK</td>
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<td>Week 16 (December 6 – December 10)</td>
<td>FINALS</td>
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