GenJacks SFAS 1101.037 Freshman Seminar - Fall 2021
McKibben 351 – Tuesdays & Thursdays from 11-11:50 a.m.

Instructor: Kate Childress
Email: Katelyn.Childress@sfasu.edu
Office: Student Success Center, Room 203
Ralph W. Steen Library – 2nd Floor
Phone: (936) 468-3809
Office Hours: By appointment

Student Instructor: Jordan Frazier
Email: frazierj@jacks.sfasu.edu
Phone: 817.798.6428
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 polices.

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.
- 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 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.
- Apply college classroom learning strategies within this class and beyond.
- Investigate an overview of university resources.
- Develop personal survival skills.
- Examine SFA history, traditions, and pride.
- Argue the true value of a college education.
- Develop critical thinking, communication, and financial literacy skills.
- Relate university rules and procedures to student’s personal behavior at SFA.
- Demonstrate working successfully with peers, faculty, and staff

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 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:

- Group discussions
- Guest speakers & lectures
- Visits to campus locations
- Games, activities, videos, and exercises on student success
GRADING POLICY:
SFAS 1101 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:

<table>
<thead>
<tr>
<th>Points Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>500-450</td>
<td>A</td>
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<td>449-400</td>
<td>B</td>
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<td>399-350</td>
<td>C</td>
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<td>349-300</td>
<td>D</td>
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<tr>
<td>299 points or lower</td>
<td>F</td>
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TOTAL POINTS FOR COURSE = 500 POINTS
Making a good grade in this class is easily within reach of every student enrolled – simply by attending class each day and taking part in scheduled activities, as well as turning in assignments on time. All students have the opportunity to earn plenty of points to make a high grade. Should you have any concerns about your grade standing in this course, make an appointment to visit with me as soon as possible. There are selected opportunities listed below for bonus points. Late work is not accepted except for extenuating circumstances, and only if you have received prior approval from the instructor to submit an assignment late.

ATTENDANCE & PARTICPATION – 100 POINTS
Class Attendance: SFAS 1101 class attendance and participation are mandatory; therefore, plan to attend ALL class sessions. Due to the COVID-19 Pandemic, if you are not feeling well, do not come to class and Zoom if you are able. Zoom link options will only be available on a case by case basis, at the discretion of the instructor, and must be requested at least 2 hours in advance. Events that are university-sponsored events will be excused and students will receive 1 “pass” unexcused absence for the semester. Once a student has missed 2 classes and has received a total of 2 unexcused absences (not including the “pass”) the student will be dropped a letter grade. Attendance will be taken daily. Each class is worth 2 points (25 classes = 50 points).

Instructor Chats: Two individual sessions with either Kate or Jordan will be scheduled during the semester; these are important and count for a total of 20 points of your grade (10 points each). Please email Kate or Jordan to schedule an appointment, September 28th and November 18th.

Introduce Yourself Discussion Post: Tell us about yourself. List your name, hometown, major, hobbies, a fun fact about yourself, and post one of your favorite pictures (explain why) 10 points

Outside Events: You will be required to attend two (2) outside events provided by SFA. You must provide sufficient documentation of the event, brochure, or picture of you there at the event. OR 6 sentences about the event. Attendance at each of these events will be worth 10 points each. (2 events = 20 points) (Due to the COVID-19 pandemic, these events could be virtual).

   o Observatory night, Planetarium night, Fine Arts Options – TBA

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- OMA Events – Dates available at [www.sfasu.edu/oma](http://www.sfasu.edu/oma)
  - Brave Space Series
  - Something to Chew On
- Involvement Fair
- Career Fairs
- Virtual Events - TBA

**REFLECTION ASSIGNMENTS – 100 POINTS**

*All reflections must be at least 1-page in length, 12pt font, double spaced and are due to the D2L dropbox on or before the date due by 11:59 PM. What did you learn from these sessions? Please do not tell me what these sessions were about… I want to know what you got out of the event. Assignment details posted on D2L.*

**University Resources Paper:** Choose one SFA Resource discussed in class and write a paper over how you will utilize this service at SFA. Will you share this resource with others? Specific instructions will be provided in class and available in D2L. This reflection is worth **25 points.**

**Professor Chat Paper:** Each student will meet with a non-GenJacks professor. After meeting with your professor, you will submit a 1-page, 12pt font, double-spaced reflection on this experience. Specific instructions will be provided in class and available in D2L. This assignment is worth **25 points.**

**First-Semester Goals and Mindset Paper:** Each student will review reflect on their goals for the semester and throughout their time in college. Specific instructions will be provided in class and available in D2L. This assignment is worth **25 points.**

**Diversity and Inclusion Reflection Paper:** Following the class discussion Cultural Diversity and Inclusion, Social Justice, you will be asked to write a reflection on the experience. Specific instructions will be provided in class and available in D2L. This assignment is worth a total of **25 points.**

**GROUP PROJECT ASSIGNMENT – 100 POINTS**

**Traditions Presentation:** You will be placed in groups and asked to research a specific SFA tradition. The presentation must be presented in a creative way (ex: video, movie, poem, song, rap, commercial, slideshow). Topics and specific instructions will be provided in class and available in D2L. Student may utilize zoom to meet with group members and present. Assignment worth **100 points.**

**INDIVIDUAL ASSIGNMENTS – 100 POINTS**

**Career Research Discussion Post:**
- Initial Post and 2 Peer Responses

You will research a career you are interested in having after you graduate with your Bachelor’s degree. You will answer questions such as, how does this career align with your major? Will you will need to continue education? How do you think you can gain “years of experience” in college? Detailed instructions will be provided to you during the semester and you are expected to contribute to the discussion. Your initial
discussion post is due by September 14th 11:59PM and responses to 2 peers are due by October 5th by 11:59PM. This discussion is worth a total of 100 points.

SUCCESS COACH MEETINGS – 100 POINTS

All students are required to meet with their success coach once a month. You will need to fill out the form on D2L under Content and have your coach sign it. Please turn it into your instructor after each meeting or through Dropbox. You will need a minimum of four meetings, one per month.

 Meetings Required:
- #1: Due by September 23
- #2: Due by October 21
- #3: Due by November 11
- #4: Due by December 2

TOTAL POINTS FOR COURSE = 500 POINTS

**OPTIONAL EXTRA CREDIT ACTIVITIES***

Students may earn additional course points by completing an optional activity listed below. Students may complete up to two (2) outside extra credit activities for five (5) additional course points per activity. If a student would like to attend a different outside activity, you must get the alternate activity preapproved by the course instructor to earn points. If you attend an alternate activity, you can still earn a maximum of 10 additional course points.

- Attend Freshman Convocation for College (must bring event program or brochure-signed)
- Attend a Fine Arts event (must bring event program)- if not included in your Outside Events Points
- Involvement Advising (must bring advising sheet)
- Meet with your GJ Success Coach 2 additional times (must bring signed success coach sheet)
- Attend five (5) AARC SI study sessions (must provide pink slips)
- Attend the Leadership Conference (must provide signed verification slip or stamped booklet)

SFAS 1101 EXPECTATIONS:

Class Rules: Following these few rules will help to maximize the SFAS 1101 experience for you and your classmates:

1. Currently, face coverings are required to be worn in the classroom. Face covering requirements and FAQs can be found here: http://sfasu.edu/fall2020
2. If you become ill or are required to quarantine, contact your instructor immediately.
3. Attend every class.
4. Read any assigned material and turn in all required work on/or before the due date.
5. No late work is accepted.
6. Participate in individual and group activities and discussions.
7. Treat everyone in the class with respect and courtesy.
8. All students are expected to demonstrate professional behavior and use language appropriate for the classroom learning experience.
9. Cell phones and other electronic devices should be turned off and put away during class time.
10. Ask questions!

Communication - Email: Please check your Jacks email account regularly and communicate with me through your mySFA email. My email address is Katelyn.Childress@sfasu.edu. Your Jacks account is the official email
account for SFA and D2L will be the official tool in your SFAS 1101 class for communicating the important reminders, announcements, and further assignment directions. Please do not email me though the D2L email.

**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 Dr. Lydia Richardson, SFAS 1101 Program Coordinator of the Student Success Center. (Steen Library, Room 203; 936-468-5803; lprichardson@sfasu.edu).

**Food for Thought (Hunger Jacks):** The purpose of Food for Thought Student Food Pantry is to provide supplemental healthy food to SFA students who are experiencing food insecurities. The only requirements for eligibility are to be enrolled for courses at SFA during the current semester and not have a meal plan. *Food for Thought is not a University-funded service. It is supported by volunteers and by charitable contributions and donations. All items are offered as available. Located in the Baker Pattillo Student Center, Room 3.201*

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

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

**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/](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.

Please read the complete policy at: [http://www.sfasu.edu/policies/course-grades.pdf](http://www.sfasu.edu/policies/course-grades.pdf)

**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 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 Early Alert Program. This program provides students with recommendations for resources or other assistance that is available to help SFA students succeed.

**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](http://www.sfasu.edu/judicial/earlyalert.asp) or call the office at 936-468-2703.

**1 credit hour justification**
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.

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/

Mental Health and Wellness
SFA 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
**TENTATIVE CLASS CALENDAR – GENJACKS SFAS 1101.037 FALL 2021**

**This is a tentative calendar. Dates are subject to change and you will be notified of these changes by the instructor.**

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td><strong>Date</strong></td>
<td><strong>Assignment</strong></td>
</tr>
<tr>
<td>August 24</td>
<td>Class Overview and Introductions, COVID-19 Procedures, D2L, mySFA, Academic Integrity, The SFA Way</td>
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<tr>
<td><strong>Assignment</strong></td>
<td><strong>Complete Myers-Briggs Strengths Assessment [<a href="http://www.16personalities.com">www.16personalities.com</a>]</strong></td>
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<td>August 31</td>
<td>Note Taking vs. Note Making, Textbooks, AARC</td>
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<tr>
<td><strong>Assignment</strong></td>
<td><strong>Complete Myers-Briggs Strengths Assessment [<a href="http://www.16personalities.com">www.16personalities.com</a>]</strong></td>
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<td>September 7</td>
<td>Growth Mindset</td>
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<td>September 14</td>
<td>Social Interactions &amp; Interacting with Professors</td>
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<tr>
<td><strong>Assignment</strong></td>
<td><strong>Career Discussion Post: Initial Post Due by 11:59PM</strong></td>
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<td>September 21</td>
<td>SFA Involvement GJ Panel</td>
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<tr>
<td><strong>Assignment</strong></td>
<td><strong>Instructor Chat #1 Due 5PM</strong></td>
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<tr>
<td>September 28</td>
<td>Meet 1-1 with instructors; TA Topic</td>
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<tr>
<td><strong>Assignment</strong></td>
<td><strong>Career Discussion Post: Respond to 2 Peers by 11:59PM</strong></td>
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<tr>
<td>October 5</td>
<td>Nacogdoches 101</td>
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<tr>
<td><strong>Assignment</strong></td>
<td><strong>Professor Chat Assignment Due 11:59PM</strong></td>
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<tr>
<td>October 12 – No Class Health &amp; Wellness Self Care</td>
<td>Attend Wellness Fair Wednesday Oct. 13th</td>
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<td>Date</td>
<td>Assignment</td>
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<td>October 19 – No Class</td>
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<td>October 26</td>
<td>Group Traditions Presentations</td>
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<td>November 2</td>
<td>Cultural Diversity, Inclusion, and Social Justice</td>
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<td>November 9</td>
<td>Community Service Opportunity</td>
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<td>November 16</td>
<td>Metacognitive Skills</td>
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<tr>
<td>November 23 – NO CLASS *</td>
<td><em>Thanksgiving Holiday</em> Enjoy the Break!</td>
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<tr>
<td>November 30</td>
<td>No Class</td>
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<td>December 6-10</td>
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**Each assignment will have instructions in D2L. Please read instructions carefully**