SFA 101.640
Freshman Seminar, Online & Livestream Hybrid Format, Fall 2021, MW 10:00-10:50 AM

Instructor Information

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Email</th>
<th>Office Location &amp; Hours</th>
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<tbody>
<tr>
<td>Ashley Johnson</td>
<td><a href="mailto:ashley.johnson@sfasu.edu">ashley.johnson@sfasu.edu</a></td>
<td>Library 102D (LINC Lab/Help Desk), Microsoft Teams message or call, or by appointment</td>
</tr>
<tr>
<td>Jaliyah Herbert, SI</td>
<td><a href="mailto:herbertjm@jacks.sfasu.edu">herbertjm@jacks.sfasu.edu</a></td>
<td>Microsoft Teams, email, or Tues 4-5, Thurs 10-11 on Zoom</td>
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Microsoft Teams App

We will be able to communicate through the Teams App on your phone or desktop. Download the app on your phone and sign in with your SFA email. Send me a PM, letting me know you are on, and we will make a class chat. Letting the instructors know when you may be sick or have an issue is huge in college. It shows that you are responsible and care. Please have this downloaded and tested by the end of the first week of class.

General Information

Course Description

This course provides study and practice in methods for success in college. A major focus of study will be how to enhance the online modality of learning on campus while gaining valuable knowledge and skills for success in college and beyond. 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 Format

Our class will meet as a hybrid modality of livestream and online. This means that 15-50% of class will be spent in a live Zoom environment. 50-85% of class will be spent working in Brightspace on various activities that will enhance the topic of the week.
Livestream: We will meet most Mondays and then spend the rest of the week working on an activity. These activities will enhance the virtual learning experience in some way or fashion, whether in small break out groups, pairs, or alone. Activities will include visits with outside visitors, interactive time on various objectives and topics, interactive polls, and check ins.

Online: Much of our time will be spent working on activities in Brightspace, Teams, or Zoom. The online, asynchronous activities will enhance the weekly topic through activities will include discussion posts, Flipgrid video discussions, journal discussions, projects, surveys, resumes, cover letters, interactions and check-ins through Microsoft Teams, and a midterm activity.

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.

Intended Learning Outcomes, Goals, and Objectives

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 SFA 101, 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 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.

Course Readings and Materials

Required Materials
All students will receive a digital copy of the SFA 101 Freshman Success Handbook at the beginning of the semester via Brightspace by D2L in the Content section of the course. Information in the handbook will be used for class discussions. Make sure you look at them in Brightspace, read them, and understand them. You will also need a class notebook and planner of your choosing to keep required coursework and assignments organized.

Grading Policy
There are a total of 350 points available to be earned, as SFAS 1101 is a graded course. The grading system is as follows:

- 350 - 315 points A
- 314 - 280 points B
- 279 - 245 points C
- 244 - 210 points D
- 209 points & below F

Attendance 70 points total

Instructor/Student Check-In (40 points): Two individual check-ins 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 to take with you along your college experience. Your participation in these meetings will count as 10 points per meeting.

Dimensions of Wellness (30 points): You will be required to show proof of your participation in the Seven Dimensions of Wellness in your daily life. This will be as simple as a photo or screenshot of your participation that will be added to the course dropbox in D2L. The Seven Dimensions include: Physical, Intellectual, Vocational, Spiritual, Emotional, Environmental, and Social. Examples will be given in your D2L course. Attendance for each will be valued at 15 points each.

Class attendance: Class attendance is mandatory on days that are through Zoom and will be recorded during each class meeting. Therefore, please plan to attend all sessions. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. When possible, students should notify
their instructors in advance about absences. Students are responsible for providing documentation in a timely manner to the instructor for each absence. For every unexcused absence you incur, a deduction of 2 points will be taken from your final grade.

Assignments & Discussions 140 points total
There will be seven assignments and seven discussion posts to participate in during the semester. You will use Brightspace modules in the Content portion of the course to turn in your work by 11:59 pm on Sundays. Thoughtful comments on classmate posts are required. 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, as well as learn from other classmates.

Reflections 50 points total
You will be assigned two writing for reflection assignments, each valued at 25 points. These assignments will be during the traditions and the diversity modules. Formatting for these assignments will be provided to you in your D2L course.

Exam 100 points total
There will be one exam given during the semester. It will be a choice board with six options on how to reflect from your semester in SFAS 1101. The format options will include: letter, collage, FlipGrid /video, song/music, poem, or drawing. You will choose a format and creatively tell others what you learned, what challenged you, and what you will take with you as you move forward through your college experience.

All of these portions added together will equal 350 points.

Class Rules
Following these rules will help maximize the SFA 101 experience for you and your classmates.

- Attend every class.
- If you become ill, 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 livestream class time.
- Please be present during livestream time. Logging in and turning off your camera to walk away is not respectful of your instructors or classmates’ time.
When students have personal technology available during class time, it should be used appropriately. Using devices for interacting on social media sites is not an appropriate livestream 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 livestream classroom are to be used for class purposes only.

**Communication**

Please check your SFA email account regularly as this is the official email for SFA. Brightspace will be the official tool used in your SFAS 1101 class for communicating the 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 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.

**General Student Policies**

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

**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.
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 Accommodations 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/

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 D34.1). 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 iCare Early Alert Program. This program provides students with recommendations for resources or other assistance that is available to help SFA students succeed.
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
## Course Schedule

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<thead>
<tr>
<th>Week</th>
<th>Weekly Focus</th>
<th>Weekly Activity</th>
<th>Due Date</th>
<th>Livestream Day</th>
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<tbody>
<tr>
<td>Week 1: Aug 23</td>
<td>We’re Here at SFA... Now What? Time Management Focus</td>
<td>Time Log, Introduction assignment</td>
<td>Sunday, 11:59 pm</td>
<td>Monday</td>
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<td>Week 2: Aug 30</td>
<td>Metacognition: Thinking</td>
<td>AARC Tour, MAI Inventory Discussion, Action Plan</td>
<td>Sunday, 11:59 pm</td>
<td>Monday</td>
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<tr>
<td>Week 3: Sept 6</td>
<td>Learning Strategies Part 1</td>
<td>Study Schedule &amp; Discussion</td>
<td>Sunday, 11:59 pm</td>
<td>Monday</td>
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<td>Week 4: Sept 13</td>
<td>Our Choices Shape Who We Are</td>
<td>Type Focus, 16 personalities, Who We Are Discussion, Check In #1</td>
<td>Sunday, 11:59 pm</td>
<td>Monday</td>
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<td>Week 5: Sept 20</td>
<td>Budget 101</td>
<td>Budgeting Discussion</td>
<td>Sunday, 11:59 pm</td>
<td>Monday</td>
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<tr>
<td>Week 6: Sept 27</td>
<td>Learning Strategies Part 2</td>
<td>Testing Strategies Discussion</td>
<td>Sunday, 11:59 pm</td>
<td>Monday</td>
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<td>Week 7: Oct 4</td>
<td>Effective Communication</td>
<td>TED Talk Discussion, Resume &amp; Cover Letter Assignment</td>
<td>Sunday, 11:59 pm</td>
<td>Monday</td>
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<td>Week 8: Oct 11</td>
<td>Advising &amp; Looking Forward</td>
<td>Speaker, ID your Advisor Assignment</td>
<td>Sunday, 11:59 pm</td>
<td>Monday</td>
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<td>Week 9: Oct 18</td>
<td>Traditions</td>
<td>Traditions Reflection (Possible speaker &amp; activities)</td>
<td>Sunday, 11:59 pm</td>
<td>Monday</td>
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<tr>
<td>Week 10: Oct 25</td>
<td>Wellness Model Part 1</td>
<td>Self Care Plan, Check in #2</td>
<td>Sunday, 11:59 pm</td>
<td>Monday</td>
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<tr>
<td>Week 11: Nov 1</td>
<td>Wellness Model Part 2</td>
<td>Speaker</td>
<td>Sunday, 11:59 pm</td>
<td>Monday</td>
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<td>Week 12: Nov 8</td>
<td>Our Actions Have Equal &amp; Opposite Reactions</td>
<td>Academic Integrity Discussion</td>
<td>Sunday, 11:59 pm</td>
<td>Monday</td>
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<tr>
<td>Week</td>
<td>Weekly Focus</td>
<td>Weekly Activity</td>
<td>Due Date</td>
<td>Livestream Day</td>
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<td><strong>Week 13: Nov 15</strong></td>
<td>Diversity &amp; Inclusion</td>
<td>OMA Lesson &amp; Activity, Diversity Reflection</td>
<td>Sunday, 11:59 pm</td>
<td>Monday</td>
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<td><strong>Nov 22- Nov 28</strong></td>
<td>Fall Break/Thanksgiving</td>
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<td><strong>Week 13: Nov 29</strong></td>
<td>Dead Week: Finals Strategies &amp; Reflections</td>
<td>Do you know when your finals are? Reflection Exam Choice Board</td>
<td>Sunday, 11:59 pm</td>
<td>Monday</td>
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<td><strong>Week 14: Dec 6</strong></td>
<td>Finals Week: You’ve got this!</td>
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