SFAS 1101.SECTION #020
New Lumberjack Experience
Fall 2023

Faculty Instructor: Jessica Conn M.S. CCC-SLP
Office: Human Services 205 B
Office Phone: 468-1330
Email: connjl@sfasu.edu
Office Hours: M 2:00-5:00 & Th 11:00-1:00
Department: Human Services and Educational Leadership
Class Day/Time: M/W 11:00 – 11:50

Student Instructor: Naquila Barnes
Email: barnesnd1@jacks.sfasu.edu
Office Hours: W 2:00 – 3:00
Major: CSDS
Classification: Senior

I. Course Description
The purpose of the New Lumberjack Experience is to create a welcoming and affirming environment for each new student. Students will develop self-efficacy, self-awareness, and a sense of purpose; become actively engaged in the learning environment inside and outside of the classroom; and become socially integrated within the diverse Lumberjack community.

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 two 50-minute meetings per week for 16 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.

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 Learning Outcomes
Students participating in the New Lumberjack Experience will:
1. discover and connect with the Lumberjack community at Stephen F. Austin State University.
2. develop the skills necessary to achieve personal and academic goals.
3. contribute to a respectful and inclusive environment.

**Student Learning Outcomes**
As a result of this course, students will be able to:
1. develop positive relationships and a sense of community with peers, staff and faculty.
2. identify and use appropriate campus resources and engage in opportunities that contribute to their learning and beyond the classroom.
3. identify academic resources and apply appropriate learning strategies to support their academic success and timely progress towards a degree.
4. identify and apply strategies to effectively manage time and priorities.
5. examine and develop strategies that promote wellbeing and explain how wellness impacts their academic and personal success.
6. describe the community expectations and their responsibility to ensuring a safe, respectful, and supportive learning environment for all members.
7. recognize and critically reflect upon one’s own cultural biases and articulate how this shapes their perspectives and relationships with people who are similar to and different from themselves.
8. use their skills and knowledge of financial resources to make informed and effective decisions to reach their financial goals.

III. **Class Readings and Materials**

All students will receive a SFAS 1101 Freshman Success Handbook in a digital format in their Brightspace Course. Information in the handbook will be used for class discussions. Make sure you read and understand them. You will also need a class notebook to keep required coursework and assignments organized.

IV. **Course Requirements**

*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* (20 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 10 points.

*LWN presentation attendance* (30 points): You will be required to attend presentations by the Lumberjack Wellness Network on three different topics outside of class time. Each topic will be presented on various days and times (see below) throughout the semester, so plan accordingly. Your attendance at these presentations will count 10 points each. The schedule of presentations is noted below.
### Class Schedule

<table>
<thead>
<tr>
<th>Presentation</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>QPR</td>
<td>9/11/23</td>
<td>Monday</td>
<td>11:00 – 11:50 am</td>
<td>Theatre (BPSC)</td>
</tr>
<tr>
<td>Stress Management</td>
<td>9/18/23</td>
<td>Monday</td>
<td>11:00 – 11:50 am</td>
<td>Theatre (BPSC)</td>
</tr>
<tr>
<td>Adulting 101</td>
<td>9/25/23</td>
<td>Monday</td>
<td>11:00 – 11:50 am</td>
<td>Theatre (BPSC)</td>
</tr>
<tr>
<td>QPR</td>
<td>10/10/23</td>
<td>Tuesday</td>
<td>2:00 – 2:50 pm</td>
<td>Kennedy Auditorium</td>
</tr>
<tr>
<td>Stress Management</td>
<td>10/17/23</td>
<td>Tuesday</td>
<td>2:00 – 2:50 pm</td>
<td>Theatre (BPSC)</td>
</tr>
<tr>
<td>Adulting 101</td>
<td>10/31/23</td>
<td>Tuesday</td>
<td>2:00 – 2:50 pm</td>
<td>Theatre (BPSC)</td>
</tr>
<tr>
<td>QPR</td>
<td>11/8/23</td>
<td>Wednesday</td>
<td>5:00 – 5:50 pm</td>
<td>Kennedy Auditorium</td>
</tr>
<tr>
<td>Stress Management</td>
<td>11/15/23</td>
<td>Wednesday</td>
<td>5:00 – 5:50 pm</td>
<td>Theatre (BPSC)</td>
</tr>
<tr>
<td>Adulting 101</td>
<td>11/1/23</td>
<td>Wednesday</td>
<td>5:00 – 5:50 pm</td>
<td>Theatre (BPSC)</td>
</tr>
</tbody>
</table>

**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** (60 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** (75 points): You will be assigned three 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.
**Final Assignment** (50 points): You will be required to complete a final assignment described by your instructor. This assignment will provide you an opportunity to demonstrate the knowledge and skills you acquired throughout this experiential program.

V. **Course Calendar**
*Please see the tentative course calendar at the end of this syllabus.*

VI. **Grading Policy**
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:

<table>
<thead>
<tr>
<th>Points Range</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>273 – 305</td>
<td>A</td>
</tr>
<tr>
<td>243 – 272</td>
<td>B</td>
</tr>
<tr>
<td>212 – 242</td>
<td>C</td>
</tr>
<tr>
<td>182 – 211</td>
<td>D</td>
</tr>
<tr>
<td>181 points &amp; below</td>
<td>F</td>
</tr>
</tbody>
</table>

VI. **Attendance Policy**
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.

IV. **Academic Integrity**
The Code of Student Conduct and Academic Integrity outlines the prohibited conduct by any student enrolled in a course at SFA. It is the responsibility of all members of all faculty, staff, and students to adhere to and uphold this policy.

Articles IV, VI, and VII of the new Code of Student Conduct and Academic Integrity outline the violations and procedures concerning academic conduct, including cheating, plagiarism, collusion, and misrepresentation. Cheating includes, but is not limited to: (1) Copying from the test paper (or other assignment) of another student, (2) Possession and/or use during a test of materials that are not authorized by the person giving the test, (3) Using, obtaining, or attempting to obtain by any means the whole or any part of a non-administered test, test key, homework solution, or computer program, or using a test that has been administered in prior classes or semesters without permission of the Faculty member, (4) Substituting for another person, or permitting another person to substitute for one’s self, to take a test, (5) Falsifying research data, laboratory reports, and/or other records or academic work offered for credit, (6) Using any sort of unauthorized resources or technology in completion of educational activities.

Plagiarism is the appropriation of material that is attributable in whole or in part to another source or the use of one’s own previous work in another context without citing that it was used previously, without any indication of the original source, including words, ideas, illustrations, structure, computer code, and other expression or media, and presenting that material as one’s own academic work being offered for credit or in conjunction with a program course or degree requirements.

Collusion is the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any provision of the rules on academic dishonesty, including disclosing and/or distributing the contents of an exam.
Misrepresentation is providing false grades or résumés; providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment for the purpose of obtaining an academic or financial benefit for oneself or another individual or to injure another student academically or financially.

VII. Withheld Grades Semester Grades Policy (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 coursework 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 to compute the grade point average. For additional information, go to https://www.sfasu.edu/policies/course-grades-5.5.pdf.

VIII. 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 promptly may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.

IX. Student Wellness and Well-Being

SFA values students’ overall well-being, mental health and the role it plays in academic and overall student success. Students may experience stressors that can impact both their academic experience and their personal well-being. These may include academic pressure and challenges associated with relationships, emotional well-being, alcohol and other drugs, identities, finances, etc.

If you are experiencing concerns, seeking help, 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:
The Dean of Students Office (Rusk Building, 3rd floor lobby) www.sfasu.edu/deanofstudents
936.468.7249
dos@sfasu.edu

SFA Human Services Counseling Clinic Human Services, Room 202
www.sfasu.edu/humanservices/139.asp
936.468.1041

The Health and Wellness Hub “The Hub”
Location: corner of E. College and Raguet St.
To support the health and well-being of every Lumberjack, the Health and Wellness Hub offers comprehensive services that treat the whole person – mind, body and spirit. Services include:

- Health Services
- Counseling Services
- Student Outreach and Support
- Food Pantry • Wellness Coaching
- Alcohol and Other Drug Education

www.sfasu.edu/thehub
936.468.4008
thehub@sfasu.edu

Crisis Resources:
- Burke 24-hour crisis line: 1.800.392.8343
- National Suicide Crisis Prevention: 9-8-8
- Suicide Prevention Lifeline: 1.800.273.TALK (8255)
- johCrisis Text Line: Text HELLO to 741-741

X. Other Resources

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. **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.
<table>
<thead>
<tr>
<th>Week</th>
<th>Class</th>
<th>Class Topics</th>
<th>Class Activities/Assignments</th>
</tr>
</thead>
</table>
| **Week 1**  
**Weeks of Welcome (WoW)** | 8/28  
**Weeks of Welcome (WoW)** | Class overview and Introductions; | Complete Get to Know you Survey Due 8/28 by 11:59 pm |
|       | 8/30  
Week 2 **WoW** | Brightspace/D2L; mySFA | |
| **Week 2**  
**WoW** | 9/4  
**WoW** | Academic Integrity – “The SFA Way” | |
|       | 9/6  
Week 3 **WoW** | AARC Tour – Meet outside the AARC in the library | |
| **Week 3**  
**WoW** | 9/11  
**WoW** | Library Resources QPR Presentation Available 9/11 | Watch and Reflect Due 9/11 by 11:59 pm |
|       | 9/13  
Week 4 | University Resources | Discussion Board: Resources Infographic Due 9/18 by 11:59 |
| **Week 4** | 9/18  
**Week 4** | Time Management/Goal Planning Stress Management Presentation Available 9/18 | |
|       | 9/20  
Week 5 | Learning Strategies: Note-Taking, Study Skills, Test – Taking Possible Speaker: AARC Presentation | |
| **Week 5** | 9/25  
**Week 5** | Student Rights and Responsibilities Adulting 101 Presentation Available 9/25 | Discussion Topic: Time Stealers Due 9/25 11:59 pm |
|       | 9/27  
Week 6 | Successful Interactions with Peers, Faculty, and Staff | |
| **Week 6** | 10/2  
**Week 6** | Campus Involvement and Social Belonging; Growth Mindset | PPT Slide: Student Orgs Due 10/2 by 11:59 pm |
<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic</th>
<th>Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 7</td>
<td>10/4</td>
<td>Importance of Academic Advising; Course Registration</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10/9</td>
<td>One on One meetings</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10/11</td>
<td>Self-Assessment: Evaluating your Academic and Personal Progress</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>QPR Presentation Available 10/10</td>
<td></td>
</tr>
<tr>
<td>Week 8</td>
<td>10/16</td>
<td>SFA History, Traditions, and Pride</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10/18</td>
<td>Telling Your Story: Social Media and Self Image</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Stress Management Presentation Available 10/17</td>
<td></td>
</tr>
<tr>
<td>Week 9</td>
<td>10/23</td>
<td>Health and Wellness</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10/25</td>
<td>Mental Health/Stress Management –</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Discussion Topic: How Can SFA Help? Due 10/25 by 11:59 pm</td>
<td></td>
</tr>
<tr>
<td>Week 10</td>
<td>10/30</td>
<td>Alcohol and Drug Awareness</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11/1</td>
<td>What’s Next? Majors and Careers</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Adulting 101 Presentation Available 10/31</td>
<td></td>
</tr>
<tr>
<td>Week 11</td>
<td>11/6</td>
<td>Building Your Resume</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Discussion Board: Future Plans! Due 11/6 by 11:59 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11/8</td>
<td>Imposter Syndrome</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>QPR Presentation Available 11/08</td>
<td></td>
</tr>
<tr>
<td>Week 12</td>
<td>11/13</td>
<td>Financial Literacy/Money Management</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Build Your Resume Due 11/13 by 11:59 pm</td>
<td></td>
</tr>
<tr>
<td>Date</td>
<td>Event Description</td>
<td></td>
<td></td>
</tr>
<tr>
<td>-------</td>
<td>-------------------</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| 11/15 | One on One Meetings  
|       | Stress Management  
|       | Presentation Available  
|       | 11/15 |
| Week 13 | **THANKSGIVING BREAK** |
| Week 14 | 11/27  
|       | Evaluating your first semester as a New Lumberjack: What have you learned?  
|       | Preparing for Finals  
|       | Adulting 101  
|       | Presentation Available  
|       | (date coming soon) |
| 11/29 | Final Assignment  
|       | (Photo Voice) |
| Week 15 | Prepare for Final Exams (no class) |
| Week 16 | FINALS (no class) |