SFAS1101.033 Lumberjack Experience Fall 2023
Meets Mondays and Wednesdays (Ferguson 175) from 9:00-9:50 a.m.

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Office Hours: Wednesdays, 1:30-2:30pm and by appointment

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Major: Criminal Justice
Office Hours: By appointment

Meet Your Instructors: Welcome to class! My name is Amanda west and I am a proud SFA Alumna. I received my Bachelor of Science in Psychology, minor in Leadership in 2020 and my Master of Arts in Student Affairs and Higher Education in 2022. I serve as a Coordinator in Student Engagement overseeing Spirit and Traditions and Jack Camp. I advise two amazing student organizations, AXEperience and Purple Haze, which means you will often see me running around campus hosting events or in the student section cheering on the Lumberjacks! I am so excited for the 2023 academic year and look forward to teaching you how to be an AXE-cellent student!

Abby Perkins is your student instructor! She is a senior Criminal Justice major, minoring in Pre-Law with plans to graduate in May of 2024 with her bachelors! Abby is from Forney, Texas. She serves as a Captain for the SFA Dance Team. Abby hopes to pursue a job in Criminal Justice upon graduation.

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 of 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.
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:

- discover and connect with the Lumberjack community at Stephen F. Austin State University.
- develop the skills necessary to achieve personal and academic goals.
- contribute to a respectful and inclusive environment.

Student Learning Outcomes: As a result of this course, students will be able to:

- develop positive relationships and a sense of community with peers, staff and faculty.
- identify and use appropriate campus resources and engage in opportunities that contribute to their learning and beyond the classroom.
- identify academic resources and apply appropriate learning strategies to support their academic success and timely progress towards a degree.
- identify and apply strategies to effectively manage time and priorities.
- examine and develop strategies that promote wellbeing and explain how wellness impacts their academic and personal success.
- describe the community expectations and their responsibility to ensure a safe, respectful, and supportive learning environment for all members.
- 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.
- use their skills and knowledge of financial resources to make informed and effective decisions to reach their financial goals.

Class Readings and Materials: All students will receive a SFAS 1101 Freshman Success Handbook in a digital format in their D2L 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.

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.

**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 Dr. Lydia Richardson, Program Coordinator of The New Lumberjack Experience (Steen Library, Room 203; 936-468-5808; lprichardson@sfasu.edu). Near the conclusion of each semester, students enrolled in SFAS 1101 electronically evaluate courses (the teaching itself and the content/assignments). Evaluation data is used for a variety of purposes including: (1) course and program improvement and planning; (2) instruction evaluation purposes; and (3) making decisions on instructors pay and retention. 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 summarized data 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.

**Class Attendance and Excused Absence (6.7):** Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. 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 during a semester or one week of a summer term, 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 (6.16.6):** 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/

**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.

**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 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.

**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.

**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:
- National Suicide Crisis Prevention: 9-8-8
- 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

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:

Required for participation, attendance, and leadership development points:

Participation and Attendance (65 points): Class attendance is mandatory and will be recorded during each class meeting. Therefore, please plan to attend all sessions.
- Class Attendance (50): Students will lose points for being tardy and/or missing class.
- One-on-One Meetings with Instructor (5): Each student is required to set up one outside of class meeting with one of the instructors. You will sign up for these meetings during class.
- Lumberjack Wellness Network Presentations (10): Each student will attend three LWN presentations outside of class time. Each topic will be presented on various days and times (see below) throughout the semester, so plan accordingly.

<table>
<thead>
<tr>
<th>Presentations (must attend one from each topic)</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>
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<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>
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Assignments and Reflections (35 points)

- **Class Reflections and Discussions (10):** During several class meetings, a reflection prompt will be assigned. You must participate to receive credit.

- **Leadership presentation (10):** Each student may partner with one other classmate to put together a leadership presentation over a topic of interest. Each presentation will begin with a short icebreaker that is facilitated by the student(s), followed by a 10–15-minute presentation.

- **Resume Development (5 points):** Develop a resume that can be updated during your time as a student.

- **Final Assignment (10 points):** Each student will document their identity here at SFASU through photography and storytelling. Students will select one to two photographs that they have taken over the course of this semester that capture who they are as a Lumberjack. Each photo should be captioned and relate to the concepts of identity and social belonging. Students will use photographs, captions, and displays to complete the assignment. See D2L Dropbox for additional instructions.

<table>
<thead>
<tr>
<th>65pts- Participation and Attendance</th>
<th>90-100 = A</th>
</tr>
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<tbody>
<tr>
<td>35 pts- Assignments and Reflections</td>
<td>80-89= B</td>
</tr>
<tr>
<td>100 points possible</td>
<td>70-79= C</td>
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<tr>
<td></td>
<td>60-69= D</td>
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<tr>
<td></td>
<td>59 or below= F</td>
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<tr>
<td></td>
<td>QF= Failure due to unauthorized withdrawal or excessive absence.</td>
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<tr>
<td>Week</td>
<td>Mondays</td>
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</tbody>
</table>
| **Week 1** | **August 28**  
Course overview  
D2L overview | **August 30**  
University and library resources |
| **Week 2** | **September 4**  
About Me slide due during class time.  
See D2L news feed for instructions | **September 6**  
Working with faculty |
| **Week 3** | **September 11**  
Presentation groupwork | **September 13**  
Learning strategies and AARC  
Class will meet first floor of library in AARC |
| **Week 4** | **September 18**  
Personal Survival Skills | **September 20**  
Social interactions and working with faculty |
| **Week 5** | **September 25**  
Money management | **September 27**  
Academic integrity, The SFA Way  
Accessing and evaluating information |
| **Week 6** | **October 2**  
SFA History, Traditions, and Pride | **October 4**  
Time Management  
Alcohol and Drug Awareness |
| **Week 7** | **October 9**  
Highly effective presentation tips  
Sign up for one-on-one meetings with instructors | **October 11**  
Study skills  
Test taking strategies |
| **Week 8** | **October 16**  
Homecoming week  
One-on-one meetings | **October 18**  
Homecoming week  
One-on-one meetings |
| **Week 9** | **October 23**  
Growth mindset  
Goal setting | **October 24**  
Academic Advising and registration  
Health, safety, wellness  
Reflection #1 due in Dropbox by 11:59 pm |
| **Week 10** | **October 30**  
Presentation groupwork | **November 1**  
Resumes and professionalism |
| **Week 11** | **November 6**  
Leadership presentations | **November 8**  
Leadership presentations  
Resume due in Dropbox, 11:59 pm. |
| **Week 12** | **November 13**  
Leadership presentations | **November 15**  
Evaluating your first semester as a New Lumberjack:  
What have you learned?  
Reflection #2 due in Dropbox by 11:59 pm. |
| **Week 13** | **November 20**  
NO CLASS! Thanksgiving holiday. | **November 22**  
NO CLASS! Thanksgiving holiday. |
| **Week 14** | **November 27**  
Leadership presentations  
All presentations must be uploaded into Dropbox by 11:59 pm. | **November 29**  
Finals study plan. Finals schedule.  
Final Assignment due 11:59pm |
<p>| <strong>Week 15</strong> | <strong>December 4</strong>  | <strong>December 6</strong>  |</p>
<table>
<thead>
<tr>
<th>Week 16</th>
<th>Meet with instructor as needed</th>
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</thead>
</table>

**December 11-15 Finals Week-Study!!!**
Be sure to check the times of your finals as they may be different than your class time.