**Syllabus is subjective to change.**

**Instructors:** Sarah Drake MS, RD, LD and Jill Pruett MS, RD, LD

**Email:** Through this course in D2L (preferred) or at drakes@sfasu.edu or pruettjs@sfasu.edu

**Phone:** Office- (936) 468-5560 (Drake) and (936) 468-7010 (Pruett); Department – (936) 468-4502

**Office:** Human Science North 101D (Drake) and 101C (Pruett)

**Office Hours:** Mrs. Pruett: T/Th 10am-12pm; Th 1-2pm; Ms. Drake: M 10am-1pm, T/Th 11am-12pm

*Office hours will be conducted in our physical offices and via Zoom. For information on how to join the Zoom virtual office hours, please review the Getting Started module in Brightspace. Additional days and times can be scheduled with us. Please email both instructors to set up an appointment.

**NOTE:** Emails and phone calls will be responded to within 24-48 hours, Monday-Friday. The preferred method of communication is through email. Students are expected to respond to instructor emails within 24-48 hours as well.

**Department:** School of Human Sciences

**Course Time & Location:** 15-week course; M 5-5:50pm in the HMS North Building room 201

*This is a full-term 15-week Spring course. The course starts on 01/18/2024 and ends 05/10/2024. This course and corresponding coursework supports the Italy Study Abroad trip. The trip will take place during Maymester on 5/19–5/30/2024. Students must attend mandatory pre-trip meetings during the Spring semester to present research and prepare for international travel.*

**Prerequisites:** none required

**Credits:** 1 hr

**Course Description:** This is a variable credit-hour independent study course. In these sections students meet face-to-face for the second 8-week term of the Spring 2024 semester, and receive a withheld (WH) pending completion of the study abroad program in May 2024. During the study abroad program, students will spend 12 days (May 19-30, 2024), coming face-to-face with Italian history, culture, food, and healthcare. Course instruction throughout the second-term Spring semester will include international travel best practices and a solid grounding in Italian culture, focusing on food and wellness practices. Students will learn to become global citizens while engaging with Italian culture.
Domestic and international travel experiences are critical in all majors. The School of Human Sciences seeks to offer educational travel experiences that reinforce program curriculum while expanding students’ understanding of their field beyond the traditional classroom. The course goal is to gain a greater understanding of disciplines within human sciences through hands-on investigation and exploration. Students will apply knowledge gained during excursions and tours to reinforce program of study goals within their given discipline. Students may increase their interest in other cultures, become less ethnocentric as they become aware of cultural difference, become more culturally sensitive and accepting.

Course Contact Hours and Study Hours: Students in this course receive extensive course content information via face-to-face and online content modules equivalent to 50 (1 credit hour) minutes per week for 15 weeks. Students will engage in a variety of lessons and assignments that may include, but are not limited to, exploration of travel, culture, health/wellness in the Italian culture. Asynchronous instruction may include (but is not limited to) written content, video content, discussions, case studies, reflection activities, peer review, and travel preparation.

Asynchronous instruction may include (but is not limited to) written content, video content, discussions, reflection activities, peer review, and travel preparation. For every hour a student spends engaging with the course content, they spend at least three hours completing associated activities and assessments. Beyond spring course hours, students will have opportunities to explore the culture and food of the country during the trip with a minimum of seven hours per day for nine days in country during the Maymester.

Domestic and international travel experiences are critical in all majors. The School of Human Sciences seeks to offer educational travel experiences that reinforce university mission and goals, and program curriculum while expanding students’ understanding of their field beyond the traditional classroom. The course goal is to gain a greater understanding of topics within their major through hands-on investigation and exploration. Students will apply knowledge gained during excursions and tours to reinforce program study goals within their given discipline.

II. Intended Learning Outcomes/Goals/Objectives:

The objectives of this course support the University Mission to be 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.”

The objectives of this course also support the James I. Perkins College of Education mission to “prepare competent, successful, caring, and enthusiastic professionals from diverse backgrounds dedicated to responsible service, leadership, social justice, and continued professional and intellectual development in an interconnected global society.”

Program Learning Outcomes:

Upon successful completion of this course the student will be able to:
1. The student will display the professional disposition (academic excellence, life-long learning, collaboration, openness, integrity, and service) relative the various disciplines of the School of Human Sciences.

2. The student will exhibit the professional behavior (strong communication skills, a professional image, a good work ethic and adequate preparation for employment in his/her specific discipline) expected in the fields of study in the School of Human Sciences.

Student Learning Outcomes:

In general, through successful completion of this course, the student will exhibit:

1. Confidence and curiosity by navigating unfamiliar places and exploring the local culture.
2. Empathy and self-awareness by understanding difference in cultural values and norms.
3. Global perspective and cultural knowledge by identifying how to engage appropriately in culturally-diverse contexts.
4. Adaptability and relatability by embracing and adopting local cultural norms.

III. Course Assignments, Activities, Instructional Strategies, and use of Technology:

Students will prepare presentations before the trip and present to the class for upcoming sites, events, and background on the healthcare of Italy and research on the health benefits of the Mediterranean diet. These presentations are done so we can all be informed of background of the Mediterranean diet/lifestyle, activities or sites to visit on free time during our itinerary, and other topics. A summary sheet will be given to each student at this time. In addition, students will submit a pictorial journal of sites visited, which will both be submitted in Brightspace after our return home. Professionalism is a large part of this course. Students are expected to be on-time for all events and must attend required class periods.

Using technology

This course is delivered online and in person and will be coordinated through Brightspace. It is imperative that you check Brightspace weekly to stay informed with any course updates. Additionally, students should check their grade points in Brightspace. Any discrepancies in points must be resolved within one week after the assignment grades have been posted, otherwise, the posted grade points are considered final and will not be reviewed later.

All assignments will be submitted through Brightspace by D2L, and all course materials will be posted on this platform. If you need technical assistance please call Brightspace Support at (936) 468-1919.

This trip requires that students bring a personal cell phone, and a tablet or small laptop on the trip and are responsible for obtaining the appropriate charging items for European travel. In addition, students are required to purchase an international travel phone through their phone provider. All devices should be updated, and all issues resolved prior to the trip. For assistance, contact:
1. Brightspace technical support (936) 468-1919 from 8:00 am to 5:00 pm. Please note the Brightspace technical support is not available on weekends.
2. SFA IT computer support: (936) 468-4357, available from 8:00 am to 5:00 pm M-F.

IV. Evaluation and Assessments (Grading)
1. **Presentation and Resources Handout (75 points; 50 points for the presentation, 25 points for handout)** – In small groups, students will work one presentation. Students who are in the 1-credit-hour section of the course will cover travel tips and tricks and places to visit during the down time.

2. **Class Attendance (100 points)** – Class attendance is required. Students must attend all classes (including final exam week) to receive credit for class attendance. The class will cover topics critical to preparing for the Italian study abroad experience, and also offer an opportunity to get to know the instructors and peers who will be participating in the study abroad.

3. **Daily Journal with Pictures (100 points)** – Upon returning home, students will upload a journal. This will be in a word document, and will include pictures and description of activities for each of the days (excluding travel days) of the study abroad experience.

4. **Professionalism (200 points).** Professionalism will be assessed during the study abroad in Italy and includes the following:
   - Attitude toward the tour guide, faculty leaders, and peers.
   - Attentiveness on planned tours
   - Punctuality to all planned events
   - Appropriate use of cellphones during tours, etc.
   - Following the guides and instructor’s guidelines and directions – including packing criteria and items to bring (walking shoes), etc.
   - Adhering to the behavior policies that are explained during the required class meetings. The behavior policy will be presented at that time, and all students must sign it. **Failure to adhere to the behavior policy could constitute the student being sent home immediately at their own expense and an “F” will be given to the student for the course grade.**

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Presentation and Handout</td>
<td>75</td>
</tr>
<tr>
<td>Daily Journal with Pictures</td>
<td>100</td>
</tr>
<tr>
<td>Class Attendance</td>
<td>100</td>
</tr>
<tr>
<td>Professionalism</td>
<td>200</td>
</tr>
<tr>
<td><strong>TOTAL POINTS POSSIBLE</strong></td>
<td>475</td>
</tr>
</tbody>
</table>

**Grading scale:**

- A = 427-475
- B = 380-426
- C = 332-379
- D = 285-331
- F = less than 285

**NOTE:** Grades will be withheld (“WH”) at the end of the Spring 2024 term. Following the completion of the study abroad program, and official grade will be provided to the registrar and the “WH” will be replaced with a letter grade based on the scale directly above.
V. Course Calendar

Note: The Italy itinerary is included in this course calendar. For the months of January through May, the meetings will take place from 5-5:50pm on Mondays in room 201 in the HMS North Building.

The following calendar is an outline of the assessments and activities that will be completed during the semester prior to the trip. The trip agenda is also summarized in this calendar. The instructor has the right to change the calendar at any time during the semester with notice.

*Attendance is optional (or no class is scheduled) only for the days noted with an asterisk.

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Activity/Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, 1/22</td>
<td>Introduction and Overview, Deadlines for Materials and Assignments, Travel documents, Scholarships</td>
<td>Select presentation topics</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Discuss and assign raffle fundraiser</td>
</tr>
<tr>
<td>*Monday, 1/29</td>
<td>Independent topic research (no face-to-face class)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>*Walking club—meet at SFA stadium</td>
<td></td>
</tr>
<tr>
<td>*Monday, 2/5</td>
<td>Independent topic research (no face-to-face class)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>*Walking club—meet at SFA stadium</td>
<td></td>
</tr>
<tr>
<td>*Monday, 2/12</td>
<td>Get to know each other! We will have a potluck and/or picnic, answer questions, and mingle.</td>
<td>Bring a dish to share with your classmates. Italian dishes and foods are welcome. Due via Dropbox: Presentation slides and Handout (Sunday, 2/18, before 11:59pm)</td>
</tr>
<tr>
<td>Monday, 2/19</td>
<td>Student Presentations on various topics</td>
<td>Everyone: Prepare a list of places you would like to visit in the various locations.</td>
</tr>
<tr>
<td>Monday, 2/26</td>
<td>Student Presentations on various topics</td>
<td>Everyone: Prepare a list of places you would like to visit in the various locations.</td>
</tr>
<tr>
<td></td>
<td>*Walking club after presentations—pickleball at student rec center</td>
<td></td>
</tr>
<tr>
<td>Monday, 3/4</td>
<td>Student Presentations on various topics</td>
<td>Everyone: Prepare a list of places you would like to visit in the various locations.</td>
</tr>
<tr>
<td>3/11-15</td>
<td>HAPPY SPRING BREAK</td>
<td></td>
</tr>
<tr>
<td>Monday 3/18</td>
<td>Student Presentations on various topics</td>
<td>Everyone: Prepare a list of places you would like to visit in the various locations.</td>
</tr>
<tr>
<td></td>
<td>*Walking club walk around campus</td>
<td></td>
</tr>
<tr>
<td>Monday 3/25</td>
<td>Language/Key phrases</td>
<td>Mrs. Kelsey Pelham, guest lecturer.</td>
</tr>
</tbody>
</table>
**TBD: restaurant fundraiser event** – information; raffle tickets

**Complete quiz stating that you have read the professionalism/behavior guidelines** (DUE: Sunday, 3/31, by 11:59pm)

| Monday 4/1 | Ines Maxit – Guest Speaker (TBD); discussion will include currency exchange, money, and safety |
| Monday 4/8 | Graduate Presentation on chosen research topic |
| Monday 4/15 | Graduate Presentation on chosen research topic |
| Monday 4/22 | Graduate Presentation on chosen research topic |

*Walking club-TBD

**Monday 4/29**

| Monday 4/29 | TBD |
| Monday 4/29 | *Walking club-TBD |

**Monday 5/6**

| Monday 5/6 | Final Discussions, travel checklist |
| Finals Week | Reminder: Daily travel journals due upon returning home, no later than 6/3/2024 |

---

**Italian Travel Itinerary**

| Day 1 Sun (5/19) | Depart: Fly overnight to Rome, Italy |
| Day 2 Mon (5/20) | Arrive in Rome – Hotel check-in, trip orientation and cultural walking tours **Welcome Dinner (included in trip)** |
| Day 3 Tu (5/21) | **Rome** – Daily briefing & breakfast  
Historical site tours  
Social Cooperative Meeting  
*Dinner on your own* |
| Day 4 Wed (5/22) | **Rome** – Daily briefing & breakfast  
Historical/cultural tours  
San Teodoro Farmer’s Market tour and lunch break  
**Free afternoon in Rome**  
*Dinner on your own* |
| Day 5 Th (5/23) | Daily briefing & breakfast  
**Rome  Florence** – Bullet train to Florence; hotel check-in  
Daily briefing; historical and cultural walking tour  
San Lorenzo Market tour and lunch break  
**Free afternoon in Florence**  
**Dinner on your own** |
| Day 6 Fri (5/24) | Daily briefing & breakfast  
**Florence  Tuscan Countryside** – day trip by private coach  
Dairy factory and Butcher shop tours  
**Dinner on your own** |
| Day 7 Sat 5/25 | Daily briefing & breakfast  
**Florence  Le Cinque Terre** – day trip by private coach  
Walking tour of Cinque Terre, the 5 centuries old villages on the coastline  
Pesto making class and tasting (**included the trip**)  
Return to Florence – **Dinner on your own** |
| Day 8 Su (5/26) | Daily briefing & breakfast  
**Florence/Fucecchio** – gallery tour,  
Day trip by private coach to La Pineta Farm (Tuscan Countryside)  
**Cooking class and group dinner (included in the trip)** |
| Day 9 Mon 5/27 | Daily briefing & breakfast  
**Florence  Bologna** by private coach  
Lunch at FICO Eataly World—largest Italian food park  
Hotel check-in  
Evening Bologna historical and cultural walking tour  
**Dinner on your own** |
| Day 10 Tu (5/28) | Daily briefing & breakfast  
**Bologna/Modena ** Day trip to Modena by private coach  
Parmigiano Reggiano cheese factory tour & tasting  
**Free time in Modena**  
Traditional acetaia (balsamic vinegar) tour  
Return to Bologna  
**Dinner on your own** |
| Day 11 Wed (5/29) | Daily briefing & breakfast  
**Bologna: free time OR Optional** Brisa Bakery, chocolate and coffee tour and tasting  
**Bologna  Rome** by bullet train  
**Free time in Rome**  
**Farewell Dinner and Program Closing (included in trip)** |
| Day 12 (5/30) | Daily Briefing & breakfast  
Airport transport  
Depart Rome for home |
VI. Readings (Required and recommended—including texts, websites, articles, etc.):

There is no required textbook for this course. Instructional material will be from lecture, guest presentations, videos and student conducted research as needed.

Other materials—required.

Students must carry a working cellphone and purchase an international phone plan for the time we are traveling to ensure students can be reached during the trip as needed. This could include group texts, calls, and emails. A small laptop or tablet may be brought.

Each student is required to obtain a valid US passport and an EU visa waiver by 2/10/2024; otherwise, the student will not travel.

Each student is required to pay all travel and SFASU fees as directed by OIP or else forego the travel.

Depending upon US, EU, or Italy travel guidelines, the student must get any mandated vaccinations prior to travel.

VII. Course Evaluations:

Near the conclusion of each semester, students in the Perkins College of Education electronically evaluate courses taken within the PCOE. Evaluation data is used for a variety of important purposes including: 1. Course and program improvement, planning, and accreditation; 2. Instruction evaluation purposes; and 3. Making decisions on faculty tenure, promotion, pay, and retention. As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the PCOE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the Perkins College of Education, 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. Student Ethics and Other Policy Information

Institutional Absences (HOP 04-110): An Institutional Absence may be granted to a student who participates as a representative of the University in academic (including research), extra- or cocurricular, or athletic activities. Students will be excused for institutional purposes from otherwise required academic activity only when a valid Institutional Absence is approved by the appropriate
administrative unit or official and the documentation of approval is provided to the faculty member at least five (5) days in advance.

Institutional absences will not be approved for keystone events, defined as: a special or unique assignment, test, project, experience, or other academic exercise identified by the Faculty member as critical for successful completion of standards of the class and unable to be missed. These events must be identified on the syllabus at the beginning of the semester and communicated to the students. Events added to the syllabus at a later date will not qualify for Keystone Event status. Keystone Events where the date/time is changed will no longer be considered a Keystone Event. Students should make themselves aware of any Keystone Events identified in the syllabus to ensure there are no conflicts.

For keystone events where the assignment dates vary, it is incumbent upon the students to work with their faculty member to not select a conflicting date.

More information on Institutional Absences, including how to apply, can be found at https://www.sfasu.edu/deanofstudents/student-resources/institutional-absences.

**Code of Student Conduct and Academic Integrity (HOP 04-106):** The Code of Student Conduct and Academic Integrity (HOP 04-106) 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. For additional information, go to https://www.sfasu.edu/docs/hops/04-106.pdf.

Withheld Grades/Semester Grades Policy (HOP 02-206): 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/docs/hops/02-206.pdf.

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/.

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.
Other important course-related policies: Other SFA policy information is found in the Handbook of Operating Procedures (HOP)

IX: Resources

On-campus Resources:

- The Dean of Students Office (Rusk Building, 3rd floor lobby)
  www.sfasu.edu/deanofstudents
  936.468.7249
  dos@sfasu.edu

- SFASU Counseling Services • www.sfasu.edu/counselingservices
  Health and Wellness Hub (corner of E. College and Raguet) • 936-468-2401

- SFASU Human Services Counseling Clinic • www.sfasu.edu/humanservices/139.asp
  Human Services Room 202 • 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)
  - Crisis Text Line: Text HELLO to 741-741

Disclaimer: This syllabus represents a “best” plan for this course; however, plans can change when circumstances necessitate change. Any changes to this syllabus will be announced to the class in a timely manner. Your feedback is greatly appreciated to aid in the development of this class for future semesters.