**Faculty Instructor:** Mrs. Trina Menefee  
Office: Miller Science Building Room 127G  
Email: trina.menefee@sfasu.edu  
Office Phone: 936-468-1037  
Office Hours: Tuesday 12-1pm or by appointment  
Department: Academic Advising-Science & Math

**Student Instructor:** Alyssa Mauz  
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Email: mauzaa@jacks.sfasu.edu  
Office Phone: N/A  
Office Hours: By Appointment  
Major: Family Consumer Science  
Classification: Senior

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**Meet Your Instructors**

Ms. Trina Benson Menefee is a proud SFA alumna and have 23 years of experience in higher education. Ms. Menefee serves as an Academic Advisor III for The College of Sciences & Mathematics and has served in this role for the past 15 years. In addition to advising, she serves as the Administrator for the university’s advising software as well as teaches an SFAS 1101 each year. She graduated from SFA in 1999 with a Bachelor of Arts in Criminal Justice with an additional major in Sociology, and in 2017 with a Master of Arts in Student Affairs and Higher Education. She loves SFA Basketball, and supports all students. Ms. Trina is married Clarence and they have 2 daughters, Jena and Jeeana; who are both students of SFA.

Hey Y’all! My name is Alyssa Mauz and I am a senior here at SFA. SFA is my home and I want to help make it y’alls as well. I am super involved around campus as a AXEperience Student Director, Orientation Leader, Jack Camp Counselor, GenJack, Dance Marathon Student Director and so much more. I have taught SFAS 1101 many times as a TA and I am very excited to be yours! Outside of SFA, I live on a farm with my boyfriend 30 minutes east of SFA in Center Tx. We have cows, horses, donkeys and a German Shepard that is our baby and thinks she is a farm animal as well. I also own my own photography business and I love spending time with my family and friends! I can’t wait to get to know y’all this semester!

**Course Information**

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.

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.

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.

Grading Policy and Assignments

There is a total of 400 points available to be earned, as SFAS 1101 is a graded course counting as one-hour
credit. The grading system is as follows:

<table>
<thead>
<tr>
<th>Points Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>358 – 400</td>
<td>A</td>
</tr>
<tr>
<td>318 – 357</td>
<td>B</td>
</tr>
<tr>
<td>278 – 317</td>
<td>C</td>
</tr>
<tr>
<td>238 – 277</td>
<td>D</td>
</tr>
<tr>
<td>237 points &amp; below</td>
<td>F</td>
</tr>
</tbody>
</table>

Attendance Activities (130 total points)

- **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.

- **Instructor/Student Meetings: (20 points):** Two individual meetings will be scheduled; One with
  the instructor and the other with the student instructor. The purpose of the meetings are 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 towards 10 points per meeting.

- **Campus Visits (30 points):** Throughout the semester you will be required to attend two (2) outside
events provided by SFA. You will be required to write a reflection on each event, take a selfie and
include it with your reflection. Each reflection will be counted as 15 points each for a total of 30
points. *Each reflection should be at least ½ page, typed, and double-spaced.*

- **Guest Speakers (30 Points):** Throughout the semester we will have guest speakers. Take good notes.
  You will be required to write a reflection for at least 2 speakers. Each reflection will be counted as
15 points each for a total of 30 points. *Each reflection should be at least ½ page, typed, and
double-spaced.*

Assignments (275 total points): Students will be given an assignment to be completed using
Brightspace/D2L, email directly to instructor 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. ALL course assignments should be turned into
D2L.
• **Growth-Mindset/Social Belonging (25 points):** After the discussion and review, it is important to understand that as a student you have a sense of social belonging and a growth-mindset. In this assignment you will be asked to identify the difference between growth and fixed mindsets and what is means to belong. You will write a one-page double space paper.
  
  - What can I learn from this?

• **Student Success Plan (25 points):** Each student will utilize the following questions to guide them in their construction of a Student Success Plan. The Student Success Plan should adequately showcase the student’s ability to identify personal and academic goals, evaluate current academic strengths and weaknesses, and address intentions of developing one’s self within college
  
  - What are your academic and personal intentions for this semester?
  - How are you going to evaluate success at the end of the semester?
  - What new idea or approach am I hesitant to try? How can I best manage my time?
  - The biggest strength that will guide me through this semester is…
  - What challenges and problems am I facing now?
  - What are the opportunities available to me right now?
  - What is one skill I hope to develop this semester?
  - During stressful times, how will I handle the stress?

• **Professor Chat (20 points):** Building relationships is an important component of transitioning into college. Each student will be required to visit with one Professor, a Professor other than the SFAS 1101 Instructor, to gauge an understanding of the Professor’s expectations. Proof of your professor chat/visit will be in the form of a one-page double spaced paper. You will need to list the date/time, Instructor Name, and course Consider the following questions to help you brainstorm some things you might have a chat with your Professor about:
  
  - When you need clarification on an assignment, policies, and/or schedules.
  - When you’re not getting the grades you know you’re capable of.
  - When you want feedback on a draft
  - When you have questions about a specific grade you’ve received
  - When you would like advice on the subject of your major
  - Do you have suggestions on study strategies for your class/exam?
  - If I must miss a class, what is your policy for notifying you and make-up?

• **Maker Space Assignment (100 points)** The class will tour the SFA makerspace located on the first floor of the library to receive an introduction of the space and the opportunity. You will then CREATE or DESIGN a project of your own. You will then present your project to the class. You will receive 50 points for the project and 50 points when you present.

• **Writing for Reflection-Final Exam/Reflection (100 points):** An important part of developing as a college student is reflecting on where you started, where you are now, and what you have learned along the way. In doing so, you will be able identify areas that you have grown in, areas for continual improvement, and what habits you have developed to help you become successful. Please use the following questions to help guide you in constructing a two-page double spaced paper reflecting on your time this Fall at SFA:
  
  - If you had to do it over again, what would you change?
  - What seemed hard at first, but turned out to be easy?
  - What seemed easy at first, but turned out to be hard?
How are you going to improve your habits for the future?
What did you learn about yourself that you didn’t know before?
What does college mean to you now?
Did you achieve your goals?
Describe something you like and something you do not like about college life?
What advice would you give to next year’s new student?

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.

VI. 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.
VII. 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/

VIII. 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

IX. Other Resources
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Class Topic</th>
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<tbody>
<tr>
<td>Thursday January 18</td>
<td>First day of classes</td>
<td></td>
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<tr>
<td>Monday, January 22</td>
<td>SFAS 1101</td>
<td>Class overview/Review syllabus &amp; semester calendar Getting to Know the TA</td>
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<tr>
<td></td>
<td></td>
<td>Alyssa in Charge</td>
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<tr>
<td><strong>Tuesday 1/23</strong></td>
<td>Last day to add full term course</td>
<td>Last day to register for classes/change schedule other than dropping a class;</td>
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<tr>
<td>Wednesday, 1/24</td>
<td>SFAS 1101</td>
<td>Class overview/Review syllabus &amp; semester calendar</td>
</tr>
<tr>
<td>Monday, 1/29</td>
<td>SFAS 1101</td>
<td>Academic Integrity-SFA Way College Success 1st week &amp; Beyond Time Management/Academic Plans 10 (Bring your syllabi for all classes)</td>
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<tr>
<td>Wednesday, 1/31</td>
<td>SFAS 1101</td>
<td>GROWTH Mindset &amp; Social Belonging Presentation</td>
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<tr>
<td>Monday 2/5</td>
<td>SFAS 1101</td>
<td>AARC Presentation; Learning Strategy Workshop Meet in AARC</td>
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<tr>
<td>Wednesday 2/7</td>
<td>SFAS 1101</td>
<td>Begin Scheduling Instructor/Student Meeting speaker University Police Department</td>
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<td>Self-Assessment-SMART GOALS-Student Success Plan</td>
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<tr>
<td>Monday, 2/12</td>
<td>SFAS 1101</td>
<td>Student Success Plans Due Difference between High School and College Taking Responsibility</td>
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<tr>
<td>Wednesday, 2/14</td>
<td>SFAS 1101</td>
<td>Importance of Academic Advising; Course Registration Advising/Degree Audits Creating your ACADEMIC-Career Plan continue scheduling Instructor/Student Meetings</td>
</tr>
<tr>
<td>Monday, 2/19</td>
<td>SFAS 1101</td>
<td>Finish Creating your Career Plan/Advising Successful Interactions with Peers, Faculty, and Staff</td>
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<td>Wednesday, 2/21</td>
<td>SFAS 1101</td>
<td>MakerSpace Tour # Meet in Steen Library (Alyssa in charge)</td>
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<td>Monday 2/26</td>
<td>SFAS 1101</td>
<td>OMA Presentation</td>
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<td>Wednesday 2/28</td>
<td>SFAS 1101</td>
<td>Stress Management?</td>
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<td>Monday, 3/4</td>
<td>SFAS 1101</td>
<td>Stress Management ?</td>
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<tr>
<td>Wednesday, 3/6</td>
<td>SFAS 1101</td>
<td>Stress Management ?</td>
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<tr>
<td>Date</td>
<td>Course/Activity</td>
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<tr>
<td><strong>MIDTERM</strong></td>
<td>Begin to Check Mid-Term Grades</td>
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<tr>
<td>March 9-17</td>
<td>SFAS 1101</td>
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<tr>
<td>Monday 3/18</td>
<td>SFAS 1101, Spring Break</td>
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<tr>
<td>Wednesday, 3/20</td>
<td>SFAS 1101, SFA History, Traditions, and Pride or <strong>ADULTING 101</strong>?</td>
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<td>Monday, 3/25</td>
<td>SFAS 1101, <strong>ADULTING 101</strong>?</td>
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<tr>
<td>Wednesday, 3/27</td>
<td>SFAS 1101; SFASU Rec Center, Maker Space Presentations</td>
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<tr>
<td>Thursday 3/28-29</td>
<td>SFAS 1101, Out for Eater Holiday</td>
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<tr>
<td>Monday, 4/1</td>
<td>SFAS 1101, SFASU REC Center, or Maker Space Presentations</td>
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<tr>
<td>Wednesday, 4/3</td>
<td>SFAS 1101, Last day to drop a full-term course</td>
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<tr>
<td>Wednesday 4/3</td>
<td>SFAS 1101, Maker Space Presentations</td>
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<tr>
<td>Monday 4/8</td>
<td>SFAS 1101, Maker Space Presentations</td>
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<tr>
<td>Wednesday 4/10</td>
<td>SFAS 1101, Last day to drop, Maker Space Presentations</td>
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<tr>
<td>Monday 4/15</td>
<td>SFAS 1101, Budgets/Money Management</td>
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<tr>
<td>Wednesday 4/17</td>
<td>SFAS 1101, Classes Resume, Last Day to Drop a Full Semester Course</td>
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<tr>
<td>Monday 4/22</td>
<td>SFAS 1101, Guest Speaker/Campus Visits Reflections Due</td>
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<td>Growth Mindset Reflections Due</td>
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<td>Evaluating your first semester as a New Lumberjack:</td>
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<td>What have you learned?</td>
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<td></td>
<td>Preparing for Finals</td>
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<td>True Value of a College Education – Grades, GPA, Spring scheduling</td>
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<tr>
<td>Wednesday 4/24</td>
<td>SFAS 1101, Celebration-Final Reflections Due</td>
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<tr>
<td>May 6-10</td>
<td>Final Exams, <strong>GOOD LUCK</strong></td>
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<tr>
<td>Tuesday, May</td>
<td>Grades Due, Final Grades Due By NOON</td>
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