

First Year Seminar – SRSU 1101 (Section 9)

CRN#	11913
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Office Hours (online):

Mission:

The mission of First-Year Seminar is to provide first-year students an opportunity (1) to experience and develop knowledge, behaviors and attitudes that promote successful college study and positive campus participation, and (2) to appreciate multiple perspectives that reflect intellectual and cultural diversity within and beyond college.

Course Description:

First-Year Seminar is designed to help students develop strategies and skills necessary for a successful college career. Topics include adjusting to college, setting academic goals, managing time and keeping organized, learning and studying in college, preparing for and taking tests, understanding college policies and regulations, and accessing and using SRSU computer technology. Students will learn about SRSU's resources, activities, and rich cultural diversity. Throughout the course, students will use critical thinking skills to make informed choices, to understand their responsibilities for academic success, and to become independent, motivated learners.

All First-Year Seminars have the same five common goals. The student will be able to:

1. Expand and deepen your understanding of the world and of self
2. Enhance your ability to read and think critically
3. Enhance your ability to communicate effectively, in writing, speech, and other appropriate forms
4. Develop the fundamentals of information literacy and library research
5. Work closely with a faculty mentor

Text:

McRaven, W. H. (2017). Make your bed: Little things that can change your life...And maybe the world. Grand Central Publishing.

[Link](#) to purchase book on Amazon. The hardcover copy is also acceptable.

Student Learning Outcomes:

1. Implement personal time management strategies based on short and long-term goals.

2. Describe behaviors that support personal responsibility for learning, characteristics of an effective learner, techniques that promote student success and problem solving of academic issues, and be able to discuss respect, civility, and academic integrity at SRSU.
3. Describe institution, department, and course requirements to earn a college degree and be able to identify SRSU policies in relation to them.
4. Identify and/or utilize college resources, activities, and events and demonstrate use of SRSU technology: student e-mail, SRSU website, Blackboard, and Lobo Online.
5. Exhibit financial literacy in relation to college and beyond.
6. Discuss the importance of SRSU in the larger community.

Academic Honesty:

“The University expects all students to engage in all academic pursuits in a manner that is beyond reproach and to maintain complete honesty and integrity in the academic experiences both in and out of their classroom. The University may initiate disciplinary proceedings against a student accused of any form of academic dishonesty, including but not limited to, cheating on an examination or other academic work, plagiarism, collusion, and the abuse of resource materials.”

--Excerpt from the Student Handbook.

Further information about *Academic Honesty* can be read in the [SRSU Student Handbook](#) and procedures for dealing with these acts are outlined in the [Scholastic Dishonesty Policy](#).

SRSU Library Services

The Sul Ross Library offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library’s website, library.sulross.edu Off-campus access requires your LoboID and password. Check out materials using your photo ID. Librarians are a tremendous resource for your coursework and can be reached in person, by email (srsulibrary@sulross.edu), or phone (432-837-8123).

Attendance & Participation:

You are expected to be on time for each class session online and in-person.

Classes will be held online on Tuesday August 25th and November 24th at our scheduled class time (10:00 to 10:50am).

Classes will be held in person beginning September 1st through November 17th. (Please see schedule below).

You should be actively involved online and/or in person. Active involvement includes prompt and regular attendance, active listening, writing, participating via an online poll or quiz, engaging in discussions, volunteering or doodling. Early departure or late arrival for class (more than 15 minutes) on a weekly basis will lower your participation grade. If you repeatedly leave early or are late to class (**more than twice**), this will be counted as one absence and may result in a failing grade for the course. Besides attendance, all other forms of participation judged subjectively by me that showcases active involvement will increase your participation grade.

Attendance – Class attendance is governed by the SRSU policy stated in the schedule of classes. If you are unable to attend a class session, please discuss the reason with me and arrange with another student

to obtain any notes, handouts or assignments you may have missed. Excused absences entail established religious observance, or providing emergency, university-authorized, legal or medical documentation. Excessive unexcused absences (more than 2 missed class sessions) will result in a failing grade for the course.

Cell Phone Use - During the entire class period, you should be fully engaged in the day's activity. Phones or tablets are welcomed at every class meeting for the academic purposes of note taking or following along with the instructor's lesson. Inappropriate computer usage (e.g. checking your e-mail, using instant messaging, accessing Facebook, etc.) or off-topic activity (e.g., reading the newspaper, cell phone use) is highly discouraged and very disrespectful to the instructor and your peers. Please be advised that cell phone use not pertaining to the class activity or discussion will be noted and result in being marked "absent" for the day.

Distance Education Statement - Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login information to verify students' identities and to protect students' information. The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

The Online Support Desk

The Support Desk is where you can direct your more technical questions. For example, if you are having issues submitting a document, getting videos to play, or you are dealing with a technical error in the course. The support desk is open 24 hours a day/7 days a week for your convenience. You can reach the support desk:

- By calling 888.837.6055
- Via email blackboardsupport@sulross.edu
- Using resources from the Technology Support tab within blackboard
- Clicking the Support Desk graphic on the course homepage

Regular communications with the professor - It is essential that you keep me current on your progress and any difficulties you may be having so that I can respond in real time to support your success. GENERAL QUESTIONS are to be posted to a discussion board for all. For PERSONAL or PRIVATE ISSUES email me at alicia.trotman@sulross.edu or call me at 432-837-8147. I strive to respond as soon as possible. If you do not receive a reply within 24 hours during the work week, please resend your email. The most efficient way of contacting me is by email, meeting with me during our weekly Zoom meetings or scheduling a meeting with me which provides you with contact hours for the rest of the semester.

Course Behaviors - Respect and Disruptions - Watch the VIDEO on NETTIQUETTE - https://www.youtube.com/watch?v=FWMk_Zv7nB8 and

<https://www.youtube.com/watch?v=8ouREg72uQo> .

You are encouraged and expected to openly engage in discussions, ask questions, share ideas, and express your thoughts in this web-based course in the same manner as in a face-to-face course. Please treat each other with dignity and respect and avoid disruptive behaviors. You are responsible for knowing what behaviors are acceptable versus unacceptable as referred to in the Student Conduct and Discipline section of the [SRSU Student Handbook](#).

Conversations Can Change Lives

Have you ever been worried about a student or friend on campus? Faculty, staff, and students are in an ideal position to recognize when someone is struggling emotionally and may need help. KognitoCampus (<https://kognitocampus.com/>) is an online simulation that lets you practice conversations with a virtual student, so you'll know what to say in real life.

Sul Ross State University is making this program available to you to help create a safer and more supportive campus. To access this free resource, visit <https://kognitocampus.com/> or contact Counseling & Accessibility Services (<https://blogs.sulross.edu/counseling/>) for more information.

SRSU Disability Services:

Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973.

It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Students seeking accessibility/accommodations services must contact Rebecca Greathouse Wren, LPC-S, SRSU's Accessibility Services Coordinator at 432-837-8203 (please leave a message and we'll get back to you as soon as we can during working hours), or email rebecca.wren@sulross.edu. Our office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas, 79832.

Late Work:

You are expected to meet assignment/checklist deadlines. Quizzes submitted *after their due dates* will be marked as zero. Late assignments or projects will be reduced by 10% of the overall assignment for the first day of lateness and additional 40% for lateness beyond that for unexcused absences. For excused absences (university-authorized, legal or medical issues), speak with me **before the absence** so arrangements can be made.

Grade Breakdown:

Grading:	1000 points total	Final Grade
Attendance & Participation	300 points	30%
Homework and other Blackboard assignments	12 x (50 points)	60%
Reflection Paper	150 points	10%

Scale:

90-100	=A
80-89	=B
70-79	=C
60-69	=D
Below 60	=F

Course Outline

(This schedule and the topics listed below are subject to modification by the instructor.)

Day	Content
August 25th (Online)	Introductions – Who are you? Icebreaker - Personal Validation
Homework	<i>How do I communicate with faculty and my peers?</i>
September 1st (Zuzu's Amphitheater)	Email/Blackboard/Lobo Online
Homework	<i>Time Management</i>
September 8th (Zuzu's Amphitheater)	Chapter 1: Starting your Day with a Task Completed
Homework	<i>Do I feel safe?</i>
September 15th (Zuzu's Amphitheater)	Chapter 2: You Can't Go It Alone Feeling Safe on Campus (Discussion about Title IX)
Homework	<i>How do I get involved? How do I participate? Should I speak up?</i>
September 22nd (Zuzu's Amphitheater)	Chapter 3: Only the Size of Your Heart Matters College Culture / Student Responsibilities; Kognito Training
Homework	<i>Go Sul Ross!!! Go Lobos!!!</i>
September 29th (Zuzu's Amphitheater)	Chapter 4: Life's Not Fair – Drive On! Student Organizations / SRSU Traditions / SRSU Campus
Homework	<i>What is my learning style? How should I study?</i>

October 6th (Zuzu's Amphitheater)	Chapter 5: Failure Can Make You Stronger Note-Taking/Study Skills/Learning Styles
Homework	<i>Why should I love my own work? So much so that I don't steal from others?</i>
October 13th (Zuzu's Amphitheater)	Chapter 6: You Must Dare Greatly Information Literacy / Plagiarism
Homework	<i>Am I good enough?</i>
October 20th (Zuzu's Amphitheater)	Chapter 7: Stand Up to the Bullies Self-Efficacy, Personal Meaning & Purpose
Homework	<i>How can I calm down? Can I be in more control of my time?</i>
October 27th (Zuzu's Amphitheater)	Stress Management / Relaxation Techniques
Homework	<i>How can I save more money on campus? What should I spend money on?</i>
November 3rd (Zuzu's Amphitheater)	Chapter 8: Rise to the Occasion Financial Aid / Money Matters
Homework	<i>What do you want to major in? What career do you envision?</i>
November 10th (Zuzu's Amphitheater)	Chapter 9: Give People Hope Career Planning
Homework	<i>Now I know my learning style, how can I optimize my study skills?</i>
November 17th (Zuzu's Amphitheater)	Chapter 10: Never Ever Quit! Note-Taking/Study Skills/Learning Styles
Homework	<i>Spend time with your friends and family.</i> 
November 24th (THANKSGIVING)	<i>Spend time with your friends and family.</i> 
Homework	Focus on Final Paper!
December 3rd (Online)	Time Management/Stress Management
Homework	<i>I need to calm down for FINALS!</i>

Important University Dates:

8/27	Last day for to add a class to your schedule
9/9	Last day to drop a course (without it counting against you)
9/25	University “Meal on the Mall”
11/13	Last day to drop a course with a “W” (by 4pm)
11/25	Res halls close for Thanksgiving at 9am
12/2	Last class day before finals
12/3	“Dead Day”
12/4, 7-9	Final Exams
12/11	Graduation begins at 7pm
12/12	Res halls close at Noon