

First Year Seminar – SRSU 1101 (Section 8)

CRN#	11621
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Office Hours (online):	Mondays & Wednesdays (3:00 to 5:00pm), Thursdays (2:00 to 5:00pm) & Fridays (Online 2:00 to 5:00pm) Appointment: https://calendly.com/amtsulross/office-hours-appointment

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 learn to 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.

Diversity Statement

"I aim to create a learning environment for my students that supports a diversity of thoughts, perspectives and experiences, and honors your identities (including race, gender, class, sexuality, religion, ability, socioeconomic class, age, nationality, etc.). I also understand that the crisis of COVID, economic disparity, and health concerns, or even unexpected life events could impact the conditions necessary for you to succeed. My commitment is to be there for you and help you meet the learning objectives of this course. I do this to demonstrate my commitment to you and to the mission of Sul Ross State University to create an inclusive environment and care for the whole student as part of the Sul Ross Familia. If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you."

Honoring Academic Integrity ~ 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 [Academic Honesty Policy](#) under Undergraduate Academic Regulations.

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 will get back to you as soon as we can during working hours), or email <mailto: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.

SRSU Library Services

The Bryan Wildenthal Memorial Library in Alpine. 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 logging in with your LoboID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email (srsulibrary@sulross.edu), or phone (432-837-8123).

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.

Attendance & Participation:

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

If there is any possibility that we need to shift to online classes this semester, please note that our Tuesday classes will be recorded and hosted via Blackboard Collaborate Ultra.

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 class’s activity. Laptop computers or phones are welcomed for the academic purposes of note taking or following along with the instructor’s lesson. Off-topic activity (e.g., reading texts or posts, checking email, game playing) not directly related to the class is considered extremely disrespectful, and will be noted and can 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 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. 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. Directions for filing a student complaint are located in the [Student Handbook](#).

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. The most efficient way of contacting me is the VIRTUAL OFFICE on Black Board and/or the syllabus which provides you with contact hours for the rest of the semester. 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 leave a voice mail message (432-837-8147) or make an appointment with me (<https://calendly.com/amtsulross/office-hours-appointment>) or text me on Microsoft Teams. 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 or text me.

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=8ouRE972uQo> .

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](#).

Cell phone and computer use: During the entire class period, you should be fully engaged in the class's activity. Laptop computers or phones are welcomed for the academic purposes of note taking or following along with the instructor's lesson. Off-topic activity (e.g., reading texts or posts, checking email, game playing) not directly related to the class is considered extremely disrespectful, and will be noted and can result in being marked "absent" for the day.

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 per diem for unexcused absences. For excused absences (university-authorized, legal or medical issues), speak with me **before the absence** so arrangements can be made.

Discussing Evaluation

Homework – Each week beginning on August 31st, you will have homework that includes assignments worth 50 points. These assignments will be as follows: Quiz (10 points), Journal (10 points), Activities (15 or 30 points each). It is important that you complete these assignments by the due date since we will discuss the major aspects in our classroom.

Reflection Paper - The goal of this paper is to reflect on all the material you completed during the course, including your journal notes. This paper needs to be 1200 to 1500 words. Be mindful of the word count, because your grade will be affected if your paper is less than 1200 words long. The three questions you will answer in this reflection paper are:

1. When you first came to Sul Ross State University, describe your reaction. What were your thoughts? What were your concerns or fears?
2. Who are you now that you have finished this course? What would you like to learn more about? How would you like to become a better person?
3. What is the major goal you have set for yourself for 2021?

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 24th	Introductions – Who are you? Icebreaker - Personal Validation
Homework	<i>How do I communicate with faculty and my peers?</i> (A1) Assignment 1 (J1) Journal 1 (Q1) Quiz 1
August 31st	UNIT 1: Email/Blackboard/Lobo Online
Homework	<i>Time Management</i> (A2) Assignment 2 (J2) Journal 2 (Q2) Quiz 2 – <i>Start your Day with a Task Completed</i>
September 7th	UNIT 2: Chapter 1: Starting your Day with a Task Completed
Homework	<i>Do I feel safe?</i> (A3) Kognito Certificate Training (J3) Journal 3 – <i>You Can't Go It Alone</i>
September 14th	Chapter 2: You Can't Go It Alone Feeling Safe on Campus
Homework	<i>How do I get involved? How do I participate? Should I speak up?</i> (A4) Lobo "L" Hand Sign

	(J4) Journal 4 – High School to College (Q3) Quiz 3 – Only the Size of your Heart Matters
September 21st	Chapter 3: Only the Size of Your Heart Matters Student Organizations / SRSU Traditions / SRSU Campus
Homework	Go Sul Ross!!! Go Lobos!!!
September 28th	Chapter 4: Life's Not Fair – Drive On! College Culture / Student Responsibilities; (Discussion about Title IX)
Homework	What is my learning style? How should I study?
October 5th	Chapter 5: Failure Can Make You Stronger Note-Taking/Study Skills/Learning Styles
Homework	Why should I love my own work? So much so that I don't steal from others?
October 12th	Chapter 6: You Must Dare Greatly Information Literacy / Plagiarism
Homework	Am I good enough?
October 19th	Chapter 7: Stand Up to the Bullies Self-Efficacy, Personal Meaning & Purpose
Homework	How can I calm down? Can I be in more control of my time?
October 26th	Stress Management / Relaxation Techniques
Homework	How do I register for classes? How do I know which classes I still need to take?
November 2nd	Chapter 8: Rise to the Occasion Class Registration / Your Program Plan
Homework	How can I save more money on campus? What should I spend money on?
November 9th	Chapter 9: Give People Hope Financial Aid / Money Matters
Homework	What do you want to major in? What career do you envision?
November 16th	Chapter 10: Never Ever Quit! Career Planning
Homework	Spend time with your friends and family. 
November 23rd (THANKSGIVING)	Spend time with your friends and family. 
Homework	Focus on Reflection Paper!
November 30th	Time Management/Stress Management Due Date: Reflection Paper

Homework	<i>I need to calm down for FINALS!</i>
Wednesday December 8th (12:30 to 2:30pm)	Final Exam

Important University Dates:

- 8/23 First Day of Classes (16 week and 8 week terms)
- 8/26 Last day for to add a class to your schedule
- 9/6 Labor Day
- 9/8 Last day to drop a course (without it counting against you)
- 10/18 Mid-term (16 week term)
- 11/10 LAST Day for instructor initiated drop for excessive absences
- 11/11 Veteran’s Day
- 11/12 Last day to drop a course with a “W” (by 4pm)
- 12/1 Last class day before finals
- 12/2 “Dead Day”
- 12/3, 6, 7, 8 Final Exams
- 12/10 Graduation begins at 7pm
- 12/11 Res halls close at Noon (except Director approvals)