



**SLS 1102**  
**Section: 4855**  
**Enhancing the**  
**Freshmen**  
**Experience**  
**Fall 2016**

TUESDAY, Period 7, 1:55 PM – 2:45 PM, PSY 129

## Course Information



### COURSE DESCRIPTION

First Year Florida is a course designed to aid students in a successful transition to the University of Florida. This course aims to help students develop the practical, social, emotional, and intellectual skills that are essential to a fulfilling four years at UF, provide a foundation for a well-rounded college experience, connect students to the University of Florida, promote engagement within and outside the classroom, and communicate university expectations.

### COURSE OBJECTIVES

First Year Florida educates new students to maximize their learning and development. As a result of take this course, students will:

- Connect with faculty, staff, and peers at the University of Florida.
- Identify university resources and services that contribute to their personal and educational goals.
- Recognize the purpose of reflection, critical thinking, and enriching educational opportunities within and outside the classroom.
- Evaluate the effects of personal well-being on student success and engagement.
- Recognize the academic, conduct, and citizenship expectations of the University of Florida.
- Develop an awareness and respect for being a part of a diverse global community.



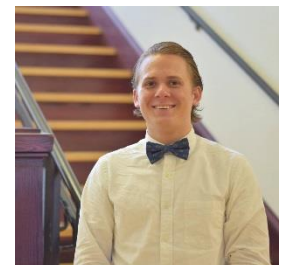
**Instructor** Janine Brannis

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Dean of Students Office

Graduate Assistant for New Student and Family Programs in the Dean of Students Office.



**Peer Leader** Cameron Lair

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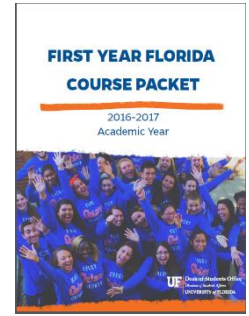
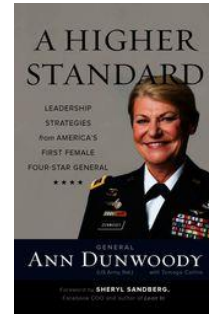
3<sup>rd</sup> Year Biology Major

**Teaching Team Office**  
**Hours:** By Appointment

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## REQUIRED READINGS

- A Higher Standard; Author: Ann Dunwoody; provided at Preview
- FYF Course Packet; will be electronically distributed after drop/add period



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## TECHNOLOGY:

This class will use Canvas for assignment submissions in conjunction with in paper assignments. For every assignment submitted in this class, you will need to submit it via Canvas and bring a printed copy to class.

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## ABSENCES/LATE POLICY

All absences and late arrivals must be accompanied with an excuse in order to receive participation or tardy points. Students are counted tardy after five minutes, no exceptions. Attendance is approximately 30% of your grade and is integral to your success in this class. Excused absences include: University Sponsored events, Religious Holidays with prior notice, Medical/Emotional/Family Emergencies with appropriate documentation. Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

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## ACADEMIC HONESTY:

An academic honesty offense is defined as the act of lying, cheating, or stealing academic information so that one gains academic advantage. As a University of Florida student, one is expected to neither commit nor assist another in committing an academic honesty violation. Additionally, it is the student's duty to report observed academic honesty violations. Violations of the Honor Code and academic dishonesty will not be tolerated. Specifically, instructors will rigorously pursue incidents of plagiarism of any type or incidents of referring to any unauthorized material for any class requirement. Before submitting any work for this class, please read the policies about academic honesty at [www.dso.ufl.edu/sccr](http://www.dso.ufl.edu/sccr), and ask the instructors to clarify any expectations you do not understand.

**Preamble:** In adopting this Honor Code, the students of the University of Florida recognize that academic honesty and integrity are fundamental values of the University community. Students who enroll at the University commit to holding themselves and their peers to the high standard of honor required by the Honor Code. Any individual who becomes aware of a violation of the Honor Code is bound by honor to take corrective action. The quality of a University of Florida education is dependent upon community acceptance and enforcement of the Honor Code.

**The Honor Code:** We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.

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**Pledge:** "On my honor, I have neither given nor received unauthorized aid in doing this assignment."

**ADA Statement:** The University of Florida provides high-quality services to students with disabilities, and we encourage you to take advantage of them. Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, [www.dso.ufl.edu/drc/](http://www.dso.ufl.edu/drc/)) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

**Expectations of Classroom Behavior:** As college students, you will be treated and respected as an adult. You are encouraged to share your ideas and express your opinions in class and you will be expected to respect other's opinions and values as well. You are expected to do your best work, meet assignment deadlines, and treat other members of the class and the University with courtesy and respect. Disruptive behavior will not be tolerated. Cell phones must be off or on silent before entering the classroom.

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## COURSE EVALUATIONS:

Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results/>. Additionally, students enrolled in First Year Florida will be asked to complete a separate course evaluation for further information. This is a time for you to provide direct feedback on your Peer Leader and Instructor.

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## GRADING SCALE:

This course adheres to the UF Grading policy for assigning grade points. For more information please visit: <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>.

Below is the course grading scale: 94-100 (A); 90-93 (A-); 87-89 (B+); 83-86 (B); 80-82 (B-); 77-79 (C+); 73-76 (C); 70-72 (C-); 67-69 (D+); 63-66 (D); 60-62 (D-); 59 or below (E)



# EVERY *Gator* COUNTS



UMATTER@UFL.EDU | UMATTER.UFL.EDU | 352-294-CARE (2273) | @UMATTERWECARE

## U Matter, We Care Initiative

Your well-being is important to the University of Florida. The U Matter, We Care Initiative is committed to creating a culture of care on our campus by encouraging members of our community to look out for one another, and to reach out for help if a member of our community is in need. If you or a friend is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu) so that the U Matter, We Care Team can reach out to the student in distress. A nighttime and weekend crisis counselor is available by phone at 352-392-1575. The U Matter, We Care Team can help connect students to the many other helping resources available including, but not limited to, Victim Advocates, Housing Staff, and the Counseling and Wellness Center. Please remember that asking for help is a sign of strength. In case of emergency, call 9-1-1.

## OTHER UF RESOURCES:

- Career Resource Center
- Counseling and Wellness Center
- Department of Housing and Residence Education
- Dean of Students Office Care Area
- Disability Resource Center
- Gator Well Health Promotion Services
- Multicultural & Diversity Affairs (Asian Pacific Islander American Affairs, Black Affairs, Hispanic Latino Affairs and Lesbian, Gay, Bisexual, Transgender & Queer Affairs)
- Student Conduct and Conflict Resolution
- Student Health Care Center
- Student Financial Affairs
- Teaching Center
- UF International Center – Study Abroad Services
- UF Libraries (Architecture and Fine Arts, Education, Health Sciences Center, Lawton Chiles Legal Information Center, Library West, Marston Science Library, Smathers Library East and UF Digital Collections)
- UF RecSports

## COURSE OVERVIEW

Date	Class Activity:	Assignment Due/Course Readings:
Class 1: August 23	Syllabus, Community Building, & Ground Rules	
Class 2: August 30	UF Traditions	Letter to Yourself Read: Welcome Section
Class 3: September 6	Community Building	Personal presentation
Class 4: September 13	Involvement Panel	Questions for Panel
Class 5: September 20	Strengths Quest/Finding YOU!	Strengths Quest Activities Vision Board
Class 6: September 27	Guest Speaker ☺	Study Skills Test Read: Academic Success Section Pages: 10-18
Class 7: October 4	Time Management & Goal Setting	Time Spent Activity Read: Academic Success Section Pages: 7-9
Class 8: October 11	Homesickness, Stress Management & Wellness	
Class 9: October 18	Networking Throughout Your Four Years	Faculty Interview
Class 10: October 25	Advising	4 Year Academic Plan Read: Academic Advising Section Pages: 19-25
Class 11: November 1	Diversity Awareness	Diversity Reflection
Class 12: November 8	Skills and Resume Development	
Class 13: November 15	Guest Speaker ☺	Resume
Class 14: November 22	You Pick!	Gator Career Link
Class 15: November 29	Points of Pride Profile/ Strengths Quest Revisited	Portfolio
Class 16: December 6	Celebrating the 1st Semester	

# Assignments:

Points Possible	Assignment	Due Date
10	Letter to Yourself	August 30: Class 2
5	Questions for Panel	September 13: Class 4
20	Vision Board	September 20: Class 5
5	Strengths Quest Activity	September 20: Class 5
5	Study Skills Test	September 27: Class 6
5	Time Spent Activity	October 4: Class 7
5	Complete Campus Clarity	October 18: Class 9
20	Faculty Interview	October 18: Class 9
5	4 Year Academic Plan	October 25: Class 10
25	Diversity Reflection	November 1: Class 11
10	Resume	November 15: Class 13
5	Activate Gator Career Link	November 22: Class 14
30	Portfolio	November 29: Class 15
5	Attend one Campus Fair Event	December 6: Class 16
15	Divisional Interview	TBA
10	Service Learning Project	TBA
10	Attend Common Reading Program Event	TBA
10	One-on-Ones	TBA
75	Attendance and Participation (5 pts per class)	TBA
275	Total Points	

## Assignment Descriptions:

\*\* Throughout the semester an assignment or project may change due to scheduling or other factors. If there happens to be a change it will be noted in class, on Canvas, social media, email, etc. Once the change has been noted through these various formats **YOU** are expected to follow these newly updated changes.

They will be the only accepted formats for assignments and projects!

**Letter to Yourself | 8/30:** You will write a 1-page letter to yourself detailing all the experiences you have had in your first week of college. In the letter you may also include any goals or plans you have set for yourself and anything else you would like to write to yourself to read later. Think of the Letter to Yourself as diary or journal entry. Feel free to include a favorite picture from your first week!

**Questions for Panel | 9/13:** For this particular day we will have a few guest speakers come to class to discuss their involvement on campus. We hope to have a variety of individuals from various backgrounds and interests to give you advice/answer questions you may have about organizations on UF's campus. For this assignment you will be required to come to class with at least 3 questions for our involvement panel that are either typed or handwritten and be ready to turn it in at the end of class. Before the involvement panel occurs we will provide you all with brief bios of each individual to help guide your questions.

**Vision Board | 9/20:** Not long ago you had a vision or dream of coming to college. In your mind you might have thought of all the friends you would make, your major and other adventures that would occur. Now, I want you

take those thoughts, dreams and goals and put them in a concrete format. The purpose of the vision board is to help you develop a fluid plan of achieving your goals. We want you see your “vision” every day and bring it to life. Think of the vision board as a map/collage of all the places you want to go during college and maybe after. This map will serve as a personal guide toward applying the information you learn in the class to yourself and your unique path through college. Your vision board is unique to you and no one else.

Steps to creating a vision board:

1. Brainstorm: Visualize the life you want in college. What does it involve? What are you working towards? Think of a few words to describe what you want to achieve.
2. Collect: Google images, quotes, words that inspire you.
3. Categorize: Take time to categorize what you want in life, possibly breaking into specific areas of your life such as relationships, health, academic, etc.
4. Strengths: Incorporate your 5 strengths from StrengthsQuest and how you will develop/use these strengths during your time here at UF.
5. Arrange: Take your images to Power Point and arrange them in whatever order you would like. Your vision board should be completed in **one** Power Point slide and then uploaded on Canvas
6. You will then share your vision board with the class on 9/20

**Strengths Quest Activity | 9/20:** You will need to go to [www.strengthsquest.com](http://www.strengthsquest.com) and follow these steps:

- Go to “Purchase” at the top of the page and click on it.
- The next page will say “Want to purchase a single strengths quest Access Code?” Click on “Buy Access Code”. You will have to pay a one-time fee of \$9.99.
- Click “Proceed to Checkout”
- Click on “New User? Click to Register” – Fill out registration information.
- Once you select continue, you should be able to pay for the access code.
- Complete the assessment. Upload to Canvas and bring to class a print out of your Top 5 Strengths. Come prepared to class ready to discuss your top 5 strengths.

**Study Skills Test | 9/27:** You will be required to complete a study skills test which will be emailed/Canvas messaged to you prior to Class 6 on September 27<sup>th</sup>. For this assignment you will need to follow the directions given in the email, and print out your study skills results and bring them to class on the due date.

**Time Spent Activity | 10/4:** How do you spend your time? Do you spend countless hours binge watching Netflix dramas or taking Buzzfeed quizzes? For this assignment you will spend a full week analyzing how you spend your time by completing a time management chart. In the chart you must detail as best as possible what you did every hour for a week. For example, start by marking out the times you have class or work. Then schedule in meetings and other obligations from there. The chart will be passed out in class and uploaded to Canvas website.

**Campus Clarity “Think About It” | 10/18:** For this assignment complete the Campus Clarity modules online. After completing the assessment screenshot the certificate and upload to Canvas.

**Faculty Interview | 10/18:** You will interview a current professor you have this semester and write a reflection paper on that experience. The expectations are as followed:

- *3 pages double spaced in length (Minimum) if written in paragraph form and the questions asked in the interview. (An outline for questions with paragraphs underneath will also be accepted.)*
- You **MUST** only interview a professor you currently have. The paper will not be accepted if it is a TA, academic advisor, or supplemental instructor.

### **Information:**

- For this assignment you will need to answer 6 questions and include a reaction to your experience.
- Two of the questions will need to be selected from the “Faculty Interview Questions Suggestions” list below.
- The additional four questions will need to be something of interest to you.
- Describing your experience interacting with your professor must be included in this paper as well. Including two questions from the “Questions to Consider” list below.
- Make sure that you are taking notes during your conversation so that you can formulate a well-rounded paper.

### **Questions to consider:**

- Were you nervous? Once you met with your professor was everything ok?
- Would you visit another professor?
- Would you feel comfortable emailing or speaking to a professor about tutoring or needing assistance in a course? How could you help make yourself comfortable speaking to a professor if you did not feel comfortable?

### **Faculty Interview Question Suggestions:**

- What was your career path or how did you end up at UF?
- What is one thing that you believe you would have like to have known as a first-year college student?
- In your opinion, what are three key components to being a successful student?
- What is one tip would you provide for a student in your class?
- How important is research as an undergraduate student? How can I get involved in a research project?

**4 Year Academic Plan | 10/25:** You will be provided a 4-year academic plan chart that you will have to fill out based upon your major/possible majors. The chart will be uploaded and/or messaged out through Canvas. Fill the chart out according your course catalog year and academic degree plan. The purpose of this assignment is to get you thinking about your next four years academically, search for classes that you want take that are outside of your major and scheduling study abroad trips/internships.

**Diversity Reflection 11/1:** Attend a diversity activity from a culture you do not personally identify with and write a 2-page reflection. In your reflection you should include your expectations of the event, your feelings while attending the event, and the differences between your expectations and the actual experience. End your reflection by closing what you learned from trying a new experience.

### **Information to include:**

- Attend event on campus that is outside of your comfort level, but you find intriguing. It should be a cross-cultural experience.
- For the purpose of this experience, you may consider ethnicity, religion, socio-economic status, sexual orientation, or gender.
- Due to the nature of this assignment do NOT take any photos, but do provide a handout or flyer from the event you attended.
- Some of these events may include:
  - Cultural Events at the Phillips Center
  - ACCENT speaker speaking about a cultural topic or hot topic in the world today
  - Activities hosted by Multicultural or Diversity Affairs that are open to all UF students. You may NOT attend small group discussions that are for special populations.
- When writing your 2 page reaction paper please include:
  - Why did you attend this event?
  - What was the environment of the event? What were the interactions between people attending the event like, as well as how they interacted with you?
  - Why would this event be a part of the diverse campus community and how does it contribute to the University?



- How did you feel by attending this event?

**Resume | 11/15:** Before the assignment is due go by the Career Resource Center to have a Career Ambassador or a professional staff member review your resume to offer suggestions. After having your resume reviewed make sure you have the staff member sign their name in print format, their signature, the time, and date that your resume was critiqued. Bring to class the reviewed resume with the signatures and mark ups and a copy of your newly edited resume.

**Gator Career Link | 11/22:** To complete this assignment you must go to the link <http://www.crc.ufl.edu/gatorcareerlink> and create an account. After creating an account through Gator Career Link please screen shot a picture of your account once activated and upload to Canvas as proof of activation.

**Portfolio | 11/29:** For this assignment you will put together a portfolio in a folder, binder, etc. of the following materials:

- Strengths and Reflection (1 page)
  - List your top 5 strengths in order and answer this question in one paragraph: how have you used your strengths to help you excel?
- Top Study Skills (1/2 - 1 page)
  - List 3 tips that you have implanted into your learning habits that you learned from your classes. One to two sentences for each bullet point is required.
- Health Management (1/2 - 1 page)
  - List 3 goals that you have set to enhance the quality of your life for your college career. One to two sentences for each bullet point is required.
- Involvement (1/2 page)
  - Choose one club out of the thousand that UF has to offer and attend a meeting. You do not have to join the club after attending the meeting. After the meeting in a paragraph or two, explain your experience. Questions to consider include:
    - >> The 5 W's: Who, What, When, Where & Why
    - >> Would you go back to another meeting or join the club?
    - >> If not, what other club/organization do you find interesting?
- Campus Fair Event (1/2 page + picture)
  - Attend one campus fair event and list three bullet points about your experience. We want you to reflect on your take away from the event and how it will be helpful or impactful in the future. Additionally, we need you to take another selfie or squad picture at the event.
- Service Learning Project (1/2 page + picture)
  - Attend the service learning project with the class or with another FYF class. After attending the project reflect on your experience with the class and what we did to give back to the community. In the reflection reflect on how it made you feel, would you go back and your biggest take away for the day. As usual you need to snap a selfie/squad picture of you giving back. Brownie points if you post to social media and UF likes it. 😊
  - Write a 1 paragraph reaction summary
- 5 of your favorite photos from your first semester in college
  - Pick 5 of your favorite appropriate photos from this semester. Pick from Instagram, Facebook, Snapchat, etc.
- Campus Resource (1/2 page)

- Choose one campus resource to visit/research and list 6 reasons in bullet point format why they are a helpful resource to UF students. Be sure to explain the basics about the campus resource as well, I.e. the 5W's.
- Final Reflection (1 page)  
For your final piece of your portfolio you need to answer the following questions.
  - How did this class help you?
  - What can you take forth from this class?
  - What is your plan for next semester?
  - Likes and dislikes from the class
  - Comments to Janine/Cameron

**Campus Fair Event | 12/6:** You must attend one of these below and have your picture(#selfiegamestrong) taken to include in your portfolio as proof of attendance and/ or submit a flyer, brochure, etc. that lists the name of the event below.

- RecStravaganza
- Part- Time Job Fair
- Study Abroad Fair
- Volunteer Organization Fair
- Career Showcase
- Graduate & Professional Schools Fair
- Housing Fair
- Student Organization Fair

**Attendance & Participation:** Attendance points are gained in this class by attending class and being on time. Participation points are gained by actively engaging in the course. This includes staying awake, keeping your phones or computers turned off (unless we are using it for a class activity), and showing respect to your teaching team, fellow peers, and guest speakers.

**Common Reading Program Event:** We will be attending one CRP event this fall as a class. If you are unable to make the class event, you will have to go to another CRP event on your own. Bring your UFID to the event as you will need to have it swiped to record attendance.

**Community Builder Presentation:** We want our class to get to know each other early on in order to gain the most out of the small intimate atmosphere. We are asking everyone come up with a way to describe their life timeline or some other way to tell their personal story to the classroom. This could be a PowerPoint, poster board, or video. Feel free to get creative in how you choose to express yourself and share your story. Pictures are highly recommended.

**One-on-Ones:** Connecting with others is a very important part of a person's college experience, especially with your teaching team. With that in mind, we would like to get to know you a little more. You will be asked to meet one-on-one with us at some point during the semester.

**Service Learning Project:** Our class will be participating in a day of service event as our service-learning project. More details about the event's time and location will be discussed in class. You will need to take a picture the day of the project for your portfolio. In the event of an unavoidable conflict, or if you are not able to attend our class designated service learning project you have the option to attend with another class on a different day. It is your responsibility to contact the other instructor and receive approval for you to attend with their class. If you are participating in another volunteer experience you cannot use that to "double count" for FYF.