FYEX 100: First Year Seminar

1 Credit Hour

Wiecking Center B 124, Tuesdays, 11:00 – 11:50 am

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| **Instructor Information** | **Office Hours** |
| Dr. Heather Von Bank102 Wiecking Center507-389-5915heather.von-bank@mnsu.edu | M/W 10:30 am – 2:30 pmThurs 11:00 am – 1:00 pm |

### Course Description

This course supports the development of student success skills, such as reading, writing and speaking; helps students gain intellectual confidence; builds in the expectation of academic success; and provides assistance in making the transition to the University.

### Course Objectives

Students who successfully complete FYEX 100 will be able to:

1. Describe and apply strategies for personal growth to your everyday life.
2. Articulate your role as a citizen of the University community.
3. Describe and apply strategies for academic success to your studies.

### Required Materials

StrengthsQuest, an assessment of your interests and strengths. The $10 course fee that accompanies this course covers the cost of one assessment and 50-minute group interpretation. The assessment and interpretation will be administered by the Career Development Center.

# The Core Values of Minnesota State University, Mankato

* **Integrity** and **respect** in the way we conduct ourselves;
* **Diversity** in who we are and what we do;
* **Access** to our programs and services that create opportunities for all to pursue their dreams;
* **Responsibility** to those we serve by providing an education that inspires solutions to society’s challenges; and
* **Excellence** in our academic and non-academic pursuits.

### Disability Accommodation

Minnesota State University, Mankato provides students with disabilities reasonable accommodation to participate in educational programs, activities or services. Students with disabilities requiring accommodation to participate in class activities or meet course requirements should first register with Accessibility Resources, (Memorial Library 132, telephone 389-2825, TDD 711) to establish an accommodation plan and then contact me if needed. The full policy is available at <http://www.mnsu.edu/atoz/policies/acessforstudentswithdisabilities2015.pdf>

# Course Policies

**Grading** is based upon attending and participating in weekly class meetings, attending and reflecting upon a variety of campus and community events, and journaling your personal journey through your first semester at Minnesota State Mankato.

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| --- | --- | --- | --- |
| Assignments & Activities | Points | Learning Outcomes | Due @ 6:00 pm |
| Journal Entries. Please write a 1 page word document, 1 inch margins, 12 pt font, about 250 words and submit journal entries to D2L, Assignments |  |  |  |
| Journal entry 1: Hello, I’m… | 10 | 1 | 9/7 |
| Journal entry 2: My home away from home | 10 | 1, 2 | 9/21 |
| Journal entry 3: Mid-semester check up  | 10 | 1, 2, 3 | 10/12 |
| Journal entry 4: Academic performance | 10 | 3 | 11/16 |
| Journal entry 5: Final Reflection | 10 | 1, 2, 3 | 12/7 |
| Campus, Community, or Learning Events: Choose from event listing or MSU website. Please write a 1 page word document, 1 inch margins, 12 pt font, about 250 words and submit journal entries to D2L, Assignments. Include a picture of you at the event.  |  |  |  |
| Reflect on a multicultural or diversity event | 10 | 2 | 9/28 |
| StrengthsQuest assessment & interpretation: Write a 2-page summary of your StrengthsFinder results and how this fits with your academic and career goals. For this assignment, be sure your response address the following points:* Description of the experience, including both positive and constructive reactions.
* Discuss class, program, or major choices and rationale for their results.

Discuss possible decision regarding major and relationship to these interests. What resources should be employed to aid with decision-making?  | 10 | 1 | 10/26 |
| Reflect on an personal growth event  | 10 | 1, 2, 3 | 11/2 |
| Reflect on an event of your choice | 10 | 1 | 11/23 |
| Activities |  |  |  |
| Library tour | 10 | 3 |  |
| Academic Advising: Students will meet with their academic advisor, explore their degree audit report, and think about the various careers they would like to pursue. Submit  | 10 | 3 |  |
| Personal Responsibility |  |  |  |
| Attendance and participation at FYS Cohort meetings (5 pts x 15 meetings) | 75 | 1, 2, 3 |  |
| Total Points | 185 |  |  |

**Grading Scale: Final percentages will not be rounded up for final grades.**

A+ 97 - 100

A 93 – 96

A- 90 – 92

B+ 87 - 89

B 83 - 86

B- 80 - 82

C+ 77 – 79

C 73 - 76

C- 70 – 72

D+ 67 - 69

D 63 - 66

D- 60 – 62

F Below 60

**Attendance** is required at each class meeting. Missing two or more classes without prior discussion with the instructor will result lower your final grade by one letter. Missing five classes will result in an automatic failing grade.

**Assignments** must be submitted at the beginning of the class meeting. Unless otherwise specified, assignments must be one double-spaced page, typed, legible, using one-inch margins.

**Late Assignments** are penalized by 5 points.

**MavMAIL** is the official communication method between teachers and students at Minnesota State University, Mankato. Check MavMAIL at least once every 24 hours for critical university information and updates. Log in to MavMail at <https://mavmail.mnsu.edu> using StarID@go.minnstate.edu as your username and your StarID password. For privacy and identity verification purposes, I will only correspond with your MavMail address.

# Grades Defined

|  |  |  |  |
| --- | --- | --- | --- |
| ABCDF | Work of definitely superior qualityBetter-than-average level of performance Average-level of performance Below-average performance. Unacceptable level of performance |  PNC | Passing performance (C or better)Unacceptable performancePass/No Credit (P/NC) courses may fulfill program requirements but do not enter into the computation of grade point average. |
| I | The grade of “incomplete” is reserved for special cases and means that, because of extenuating circumstances, the student failed to meet an important requirement of the course, but has in other respects done passing work for the semester. A student and instructor must have a signed “Incomplete Contract” stating the assigned grade for the course is “I.” |
| IP | Instructors may assign the grade of “IP” to students whose work at the end of a term is still in progress because the course, by design or by arrangement prior to registration, requires more than one term to complete all assignments. Completion of course requirements must occur within one year.  |

The University’s grading policy is available at <http://www.mnsu.edu/atoz/policies/grading.pdf>

### Diversity Statement

The diversity of the participants in this course is a valuable source of ideas, problem solving strategies, and computational creativity. I consider this classroom to be a place where you will be treated with respect, and I welcome individuals of all ages, backgrounds, beliefs, ethnicities, genders, gender identities, gender expressions, national origins, religious affiliations, sexual orientations, ability – and other visible and nonvisible differences. All members of this class are expected to contribute to a respectful, welcoming and inclusive environment for every other member of the class.

### Veterans Information

Veterans and active duty military personnel with special circumstances are welcome and encouraged to communicate these. Resources for veterans are available at <http://www.mnsu.edu/veterans/resources/>

### Preferred Name/Pronouns

I will gladly honor your request to address you by an alternate name or gender pronoun. Please advise me of this preference early in the semester so that I may make appropriate changes to my records.

### Safe Zone

I am a member of a Safe Zone Ally community network, and I am available to listen and support you in a safe and confidential manner. As a Safe Zone Ally, I can help you connect with resources on campus to address problems you may face that interfere with your academic and social success on campus as it relates to issues surrounding sexual orientation and gender identity. My goal is to help you be successful and to maintain a safe and equitable campus. To become trained as a member of the Safe Zone Ally network, contact the LGBT Center. <https://www.mnsu.edu/lgbtc/safezone.html>

### Inclement Weather (Emergency Preparedness)

On days when MNSU cancels classes due to weather (or any other reason), this class will not meet. Please sign up for text message alerts at <https://mavmail.mnsu.edu> and check your email during inclement weather. In any other case when class must be cancelled, you will be notified via email as early as possible, and the cancellation will also be posted on D2L [if the course uses it].

More information is available at

<http://www.mnsu.edu/security/emergencies/weatherclosingshtml.html>

### Academic Honesty

As members of this University community, students assume the responsibility to fulfill their academic obligations in a fair and honest manner. This responsibility includes avoiding inappropriate activities such as plagiarism, cheating or collusion. Students found responsible for one or more of these activities may face both academic sanctions (such as lowering a grade, failing of a course, etc.) and disciplinary sanctions (such as probation, suspension, or expulsion).

The full policy, including definitions of plagiarism, cheating, and collusion, is available at <https://www.mnsu.edu/policies/approved/academichonesty.pdf>

### Grade Appeals

Students have the right to ask an instructor for an explanation of any grade received. Grade appeals are reviewed in instances where students perceive that a final course grade is unfair, arbitrary, or capricious. Students must begin the procedures of this policy within two weeks\* of university notification of a final course grade. Students needing assistance at any step in appealing a grade may contact the Academic Affairs Coordinator of the Student Senate (280 Centennial Student Union; phone 389-2611). Students should retain copies of all materials associated with this process for their records. Students should also have records of their coursework from the class as part of the appeal process.

The full policy is available at <http://www.mnsu.edu/policies/approved/gradeappeals.pdf>

### Missed Classes for University Sponsored or Sanctioned Activities and Makeup Work Policy

Students represent the university through participation in university sponsored or sanctioned activities, such as the arts, theater, music, dance, forensics, and intercollegiate athletics. When the activity schedule occasionally conflicts with academic obligations, student-participants will follow a standard protocol to provide their faculty members with prior, written notification of their absences from classes. Faculty members will determine, in consultation with student-participants, how missed classes and assignments are made-up in a manner that fulfills academic obligations and accommodates participatory obligations. Except for absences resulting from sponsored or sanctioned activities, student-participants have the same responsibility with regard to class attendance and assignments as do all other students.

The full policy is available at <http://www.mnsu.edu/atoz/policies/missedclassesandmakeupwork.pdf>

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# First Year Experience Seminar Course Schedule Tuesdays 11:00 – 11:50am WC B-124

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| Week | Date | Topic | Assignment & Activity  |
| 1 | 8/27 | Introduction. Course overview | **Assignment:** FYEX 100 Pre-Assessment Survey |
| 2 | 9/3 | Academic Success Strategies. Organization strategies. Time and priority management. College mindset. (SLO 3) | **Assignment:** Journal entry #1**Activity on your own:** [Library tour](http://lib.mnsu.edu/services/instruct/instruction.html#tours), bring worksheet to class 9/17 |
| 3 | 9/10 | Engagement in Learning. Taking notes, strategies for reading and retaining what you read. Forming study groups. Understanding University expectations. Academic integrity. (SLO 3) | Guest Speaker: Learning & Memory Strategies |
| 4 | 9/17 | *Student’s Choice* Campus Resources. Center for Academic Success (tutoring). The Hub (Financial Services). IT Solutions (technology). Student Government. Recognized student organizations. (SLO 2, 3) | **Assignment:** Journal entry #2 |
| 5 | 9/24 | *Student’s Choice* Health & Wellness. Counseling Center. Campus Recreation. Dining Services Events. Student Health Services. (SLO 1) | **Assignment:** Reflect on an Event #1  |
| 6 | 10/1 | Understanding Your Strengths. Using your strengths for personal and professional success. Collaboration strategies. (SLO 1) | **Activity on your own**: StrengthsQuest assessment |
| 7 | 10/8 | Relating to Others. Making friends. Social life. Responsibility and balance. (SLO 1) | **Activity on your own:** Strengths Quest group interpretation**Assignment:** Journal entry #3  |
| 8 | 10/15 | Academic Planning. Registering, academic maps. General education courses. (SLO 3) |  |
| 9 | 10/22 | Career Exploration. Choosing or changing a major. Occupational Outlook Handbook (<https://www.bls.gov/ooh/>). (SLO 3) | **Activity on your own:** Advising Appointment**Assignment:** Reflect on your Strengths |
| 10 | 10/29 | Global Perspectives. Becoming part of something larger in your community, workplace, and world. (SLO 2) | Registration windows for spring semester open soon!**Assignment:** Reflect on an Event #2 |
| 11 | 11/5 | ***Student’s Choice***  |  |
| 12 | 11/12 | Financial Literacy. Creating a budget. Managing money. Affordability. Resources. Student loans. (SLO 1) | **Assignment:** Journal entry #4Guest Speaker: Dr. Jae Min Lee |
| 13 | 11/19 | Motivation and Goal Setting. Creating your four-year plan. Aspirational resumes. (SLO 1, 3) | **Assignment:** Reflect on an Event #4  |
| 14 | 11/26 | *Student’s Choice* |  |
| 15 | 12/3 | Wrapping Up. Debrief, evaluation, assessment. | **Assignment:** Journal entry #5 |
|  | 12/10 | Week 16: Final Exam WeekNo FYEX 100 class meetings |  |