

SPRING 2023

SLS 1102

SLS 1102 - ENHANCE FRESHMAN EXPERIENCE

**CLASSROOM: FLI 0115 (KENNE-FLINT HALL)
THURSDAYS 12:50PM - 1:40PM**



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Land and Labor Acknowledgment:

The University of Florida acknowledges the Timucua, Seminole, and all other Indigenous peoples who live, have lived, and recognize their ancestral connection to these lands since time immemorial. We further acknowledge the enslaved peoples, primarily of African descent, whose labor was exploited to fund the construction of the East Florida Seminary School, the historical forerunner institution to the University of Florida.

To learn more about the significance of the Indigenous peoples in this region and throughout the nation, we encourage all to inquire more at Know the History of the Land you Inhabit and explore native-land.ca for additional insight.

Additional sites for further education:

<https://nativegov.org/news/a-guide-to-indigenous-land-acknowledgment/>

<https://native-land.ca/about/why-it-matters/>

<https://sustainable.ufl.edu/2021/11/17/action-of-the-month-know-the-history-of-the-land-you-inhabit/>

UF Covid-19 Statement

Following the Centers for Disease Control and Prevention (CDC) guidance for Alachua County, UF is recommending that members of our campus community and visitors wear masks in indoor public settings and on public transportation. Blue surgical masks are available in UF classrooms, libraries and other campus locations.

If you feel sick, please stay home. Anyone who is experiencing COVID symptoms is encouraged to get tested. Please communicate with us in a timely manner.

Subject to change due to State, Federal, & University guidelines. For additional UF Health COVID-19 updates, please visit <https://coronavirus.ufhealth.org/>

Goals and Objectives:

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.

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As a result of taking this course, students will pursue four main learning outcomes, which are to...

1. Begin a successful academic transition to the University of Florida, which involves:
 - a. Exploring career and research options.
 - b. Utilizing advising resources.
2. Continue their transition into the broader UF community and develop their own personal senses of community, independence, and interdependence, which involves:
 - a. Exploring opportunities for student involvement and leadership.
 - b. Getting engaged with other students and participating in community service.
 - c. Learning about and applying principles related to diversity, equity, and inclusion.
3. Set a foundation for personal and communal health and wellness, which involves:
 - a. Exploring the nine domains of wellness, as defined by UF GatorWell: cultural, intellectual, occupational, physical, emotional, social, spiritual, environmental, and financial.
4. Learn how to navigate formal and informal institutions at the University of Florida, which involves:
 - a. Connecting with support services and resources, both offered by the University of Florida and the greater Gainesville community.
 - b. Developing a sense of self, both personal and professional, in the context of UF and beyond.
 - c. Developing communication and conflict-resolution skills.

Pursuant of these outcomes, students in this course 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 and communal well-being on student success and engagement.
- Recognize the academic, conduct, and citizenship expectations of the University of Florida.
- Begin to develop an awareness and respect for being a part of diverse communities, both at the University of Florida and in larger local, state, national, and international contexts.
- Identify personal means by which they can become engaged, active members of their respective communities.

Required Readings:

- First Year Florida Course Packet 22-23
- *Other readings/videos indicated on syllabus*

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Technology:

This class will utilize Canvas for assignment submissions in conjunction with on-paper assignments. Phones and other electronic devices should NOT be used in class unless otherwise instructed.

Absence/Late Policy:

All absences and late arrivals must be accompanied with an excuse to receive participation or tardy points. Students are counted tardy after ten minutes, no exceptions. Attendance is 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>. A 24 hour notice for all excused absences is required. Every student will start the semester with 1 free unexcused absence - life happens!

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 so that the U Matter, We Care Team can reach out to the student in distress. A nighttime and weekend crisis counselor are 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.

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 <https://sccr.dso.ufl.edu/>, and ask the instructors to clarify any expectations you do not understand.

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Honor Code:

We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida.”

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, <https://disability.ufl.edu/>) 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 expected to do your best work, meet assignment deadlines, and treat other members of the class and the University with courtesy and respect. Everyone in this course deserves to be treated with respect, should expect to be treated with respect, and is expected to treat others in kind. Throughout our class discussions, presentations, and other activities you will be expected to be respectful of one another and any presenters. Throughout the semester we will be discussing some challenging issues, and it is essential that you remain open-minded, present, and respectful. We encourage everyone to share their opinions and beliefs, but students must not express these in a way that may be offensive to or disparaging of others. Finally, disruptive behavior will not be tolerated. Cell phones must be off or on silent before entering the classroom.

Course Evaluations:

Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations. Evaluations are typically open during the last two or three weeks of the semester, but First Year Florida students will be given a specific time to complete it during class. Students enrolled in First Year Florida will be asked to complete a separate course evaluation. 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)

Course Overview

Please reference the UF 22-23 Academic Calendars for more information regarding holidays, breaks, etc.: <https://catalog.ufl.edu/UGRD/dates-deadlines/2022-2023/#spring23text>

Date/Topic	Description	Assigned Reading	Assignment Due
Week #1 1/12	Class Intros & Things I Wish I Knew (Last day to Drop/Add and Withdrawal from All Spring Courses with No Fee Liability 1/13)	None	None
Week #2 1/19	Growth Mindset and GRIT	Watch GRIT Video (linked on Canvas Week #2 Module)	None
Week #3 1/26	Budgeting as a College Student	None	GatorWell eCHECK UP TO GO
Week #4 2/2	4 Year Plan	None	None

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Week #5 2/9	Time Management + Setting Aside Time for Fun (fun things to do at UF)	None	4-Year Plan
Week #6 2/16	Career Connections Center (C3) Tour	Browse C3 Website	Gator CareerLink Profile Activation Assignment
Week #7 2/23	Study Abroad 101	None	None
Week #8 3/2	MFOS Student Panel - 1st Gen Success Stories	None	Career Connections Center CHOMP
Week #9 3/9	Recharge Day	None	Complete 1:1
Week #10 3/11-3/19	Spring Break!!!	None	None
Week #11 3/23	Class Field Trip + Learning the RTS System	None	None
Week #12 3/30	Resume Workshop and Involvement at UF	None	Upload Resume to Canvas
Week #13 4/6	BCLS Changemakers' Dabbling with Dialogue Chat Introduction	None	None

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Week #14 4/13	Service Project Trip to Field & Fork Farm	None	Attend Service Learning Project Event
Week #15 4/20	End of the Semester Class Celebration!	None	Attend MFOS Workshop + Letter To My Senior Self

Assignments (Points and Due Dates)

Points Possible (Out of 300)	Assignment	Due Date
15 Points	GatorWell eCHECK UP TO GO	1/26
30 Points	My 4-Year Plan	2/9
15 Points	Gator CareerLink Profile Activation	2/16
15 Points	Career Connections Center CHOMP	3/2
15 Points	1:1 with Peer Leader or Co-Instructor	3/9

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15 Points	Resume Upload	3/30
45 Points	Attend Service Learning Project Event	4/13
15 Points	MFOS Spring '23 Workshop (every student must attend at least 1)	4/20
45 Points	Letter to My Senior Self	4/20
90 Points	Attendance + Participation	<i>*Graded Weekly*</i>
Total = 300 Graded Points (not including extra credit)	-	-

Assignment Descriptions

All assignments are due at 11:59pm on Canvas with exception of the Resume Upload

GatorWell eCHECK UP TO GO (15 Points) - Due 1/26

You will only need to take the alcohol OR cannabis program, but not both. It takes approximately 10-15 minutes to complete. There's a Certificate of Completion that you'll receive once done, submit screenshot via Canvas in order to receive credit for this assignment.

The program is designed to assist students in utilizing a risk-education approach and helping them examine their own behavior in a non-judgment environment. Some aspects of the program include helping students identify substance use strategies that work for them and helping them build skills to utilize them in real-life application settings.

<https://echeckup.sdsu.edu/usa/alc/coll/ufla/#!/> is the website to start the assignment. Please email GatorWell, gwgatorwell@ufsa.ufl.edu for any questions you have about the Echeck-up To Go Program.

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4-Year Plan (30 Points) - Due 2/9

In this assignment, students will complete their 4-year plan. An example will be shown in class and students on their own will look at their degree audit and career goals to plan out possible classes for the duration of their college experience. Submit completed template (linked in Canvas).

Gator CareerLink Profile Activation (15 Points) - Due 2/16

Gator CareerLink is the portal to UF resources that can help you explore career paths, find ways to gain experience and begin preparing for your career now! By activating your account, you will have access to all the Career Connection Center's services including job and internship postings, Career Planning appointments, an online mock interview module, and a calendar of all upcoming events and workshops. Activating your profile as a first-year student allows you to become familiar with the Gator CareerLink system and connects you to the C3 right away.

Part 1: To activate your profile and receive credit for your, follow these simple steps:

1. Go to <https://career.ufl.edu/>
2. Click on Gator CareerLink Student Login.
3. You will be directed to a UF Authentication page. Type in your GatorLink username and password.
4. Next, click on "My Profile."
5. Fill out both the Personal and Academic profile as much as possible. You must complete all fields with a red asterisk in order to have an active profile. Make sure to save your information.
6. Once your profile is complete, click on "My Jobs."
7. Find and print an internship, part-time, full-time or volunteer experience you would be interested in applying for now or in the future. To receive credit for this assignment, submit a screenshot of a internship, part-time, full-time or volunteer experience description you are interested in. You do not actually have to apply for the position- this is just for practice.

If you have problems activating your account, please email GCLHelp@ufsa.ufl.edu with your name, UF ID # and description of technical problem.

Career Connection Center CHOMP (15 Points) - Due 3/2

CHOMP is an online, interactive, self-guided career and educational planning system designed to help you make decisions about your future career goals and education plans.

To complete this assignment, visit <https://career.ufl.edu/careers-interests/chomp/>. This is an opportunity to explore deeper into your major or work towards understanding a different area of study. You can make an individual Career Planning Appointment to better understand your assessment results and how you can use them to make more informed career decisions.

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1:1 (15 Points) - Due 3/9

For this assignment, you will schedule and attend a 1:1. All 1:1's should be between 15-25 minutes. This assignment is created to provide you with an opportunity to get to know us AND for us to get to know you outside of the classroom!

Resume Assignment (15 Points) - Due 3/30

Submit current resume to Canvas prior to class. During our "Resume Workshop and Involvement at UF" class, we will be providing feedback and discussing ways to get involved while at UF.

Extra Credit (10 points): Students can update their resume using feedback received during class and resubmit an updated resume to Canvas by end of semester for an additional 10 points.

Service Learning Project (45 Points) - Due 4/13

Students will be completing the service learning project together as a class. As a class, we will be assisting the Alan and Cathy Hitchcock Field & Fork Pantry farm and crew. While this assignment will be completed as a class, you will receive an individual grade for your participation during our trip to the Alan and Cathy Hitchcock Field & Fork Pantry farm.

To receive credit on this assignment, you must:

- Part 1 (Class Portion):
 - Attend the service project with the class.
 - Participate in the class debrief.
- Part 2 (Individual Portion): Reflection
 - Each student must write a 300-400 word discussion board post describing their key takeaways and experience assisting the Alan and Cathy Hitchcock Field & Fork Pantry farm and crew.

MFOS Spring '23 Workshop (30 Points) - Due 4/20

Partnering with Student Financial Aid and Scholarships, MFOS first-year students attend two financial literacy workshops over the course of their first academic year at UF. The fall workshop focuses on budgeting and making smart credit card decisions, while the spring workshop provides students with the necessary instructions about renewing their financial aid. **Attending a MFOS workshop during the Spring '23 semester is a requirement in order to renew MFOS scholarship. *INNOVATION ACADEMY STUDENTS WILL COMPLETE BOTH FINANCIAL LITERACY WORKSHOPS IN THE SPRING SEMESTER.**

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Letter to My Senior Self (45 Points) - Due 4/20

In this assignment, students will write a 500-650 word reflection that will be sent to their "senior self". Be sure to reflect upon:

- Your first semester/year at UF
- Obstacles/challenges faced and ways you overcame them
- At least 2 goals you have for yourself before graduating from UF (one academic, one personal)
- What you hope your time at UF will look like
- AND anything else you want to include in a letter to your future self!!!!

Extra Credit (10 Points) - Due 4/20

You are required to attend one UF sponsored event. In order to receive the extra credit, students must write a 100 word reflection on the fair/event they attended AND a photo at the event by the end of the course. A list of fairs/events are below, please reach out for approval if interested in other options.

- C3 showcase (1/18 and 1/19)
- Summer Experience Fair (3/30)
- Study Abroad 101 Fair
- Any UF sporting event
- Any UF arts performance