

First Year Florida



Class Number: 17144 | Class Section: 12E8

Day and Time: THURS 11:45 AM-12:35 PM | Room: MCCB G108

Goals & 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 UF, promote engagement within and outside the classroom, and communicate university expectations. As a result of taking this course, students will pursue four main learning outcomes:

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

Pursuant of the 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 expectation of the University of Florida.
- Begin to develop an awareness and respect for being a part of diverse communities, both 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 Reading

First Year Florida Course Packet 23-24

Additional readings, if assigned, will be included on Canvas assignment posting

Technology

This class will utilize Canvas for assignment submissions. We ask that you do not use technology in class. We will also utilize the Discord app to communicate announcements, reminders, ask questions, and have discussions!

Join the FYF Spring '24 Discord Server!

Check out the FYF Spring '24 community on Discord - hang out with 15 other members and enjoy free voice and text chat.



If you are new to Discord, there are a lot of resources that you can utilize to help you navigate the application. We will go over it during our first class but if you want to get ahead and/or need more assistance, check the links below:

Getting Started: <https://support.discord.com/hc/en-us/categories/115000217151-Getting-Started>

How to Use Discord: The Ultimate Beginner Walkthrough: <https://youtu.be/nPmdafMo1b8>

Absence/Late Policy

All absences and late arrivals must be accompanied with an approved excuse to receive participation or tardy points. Students are counted tardy after five (5) 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>.

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 of incidents of referring to any unauthorized material for any class requirement. Before submitting any work for this place, 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.

The 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/Discord 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.

There is an expectation that technology and cellular devices should not be utilized during the class time. Point deduction will occur. If there is an emergency, let your instructors know ahead of time! We are understanding but we also know that you can benefit from this class by being present.

Finally, disruptive behavior will not be tolerated. Cell phones must be off or on silent before entering the classroom.

Discord Rules - When you first enter the discord server, you will be brought to the welcome channel. Below that channel will be the "#rules". Once you have read through the rules, please react to the message. You do this by clicking on the Gator Emoji on the bottom of the message or using any appropriate emoji to show you have read the rules.

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, and 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.

Grading Scale

This course adheres to the UF Grading policy for assigning grade points. For more information please visit: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>.

Below is the course grading scale:is an

- 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

Date	Topic	Assignment Due
01/11	Introductions	1/14: Introduction & selection of roles on Discord
01/18	College Readiness	1/21: Assignment Tracking Sheet
01/25	Student Involvement	Attend a Fair/Event
02/01	About Gainesville	2/11: Gainesville Discussion
02/08	Financial Aid/Budgeting	2/14: Resume
02/15	Career Connections Center	2/25: EC: Fix resume based of AI
02/22	Gator Well	2/25: E-Check (below)
02/29	Safety - UPD Visit (Renee & Libby - TBD)	N/A
03/07	CWC - Counseling & Wellness Center	N/A
03/14	<i>Holiday: Campus Closed</i>	Holiday: Campus Closed - Have a safe Spring Break!
03/21	Service Project	3/31: Service Project & Reflection
03/28	Study Abroad	3/31: One on one's due!
04/04	One slide	3/31: One slide
04/11	Class choice!	4/10: Submit questions you still have
04/18	Last class ;,(4/18: Pot luck, Gator Evals Due

Assignment Description

- Attendance
 - Attendance and participation are required!
- One-on-One
 - Make an appointment with your instructors for a timeslot of 30 minutes so we can get to know you personally.
 - You can schedule these one-on-ones through Canvas on the Calendar section!
- Gator CareerLink Profile Activation Assignment
 - See below
- Gatorwell ECHECK UP TO GO Assignment
 - See below
- Introduction Post
 - Join the Discord Server that we have linked above and follow the instructions given in the introductions channel (#introductions). When you have finished that, go to the roles channel (#roles) and select the roles that apply to you.
- Assignment Tracking Sheet
 - During class, we will talk about the assignment tracking sheet. You will use this to track and check off assignments for this class. This method will also help you stay on track for your other classes and also for your many adulting items (budgeting, cleaning, groceries, etc.). Create an Excel sheet with the information given on Canvas and submit your work.
- Attend a Fair or Campus Event
 - Fun fact, included in your tuition, you pay a student activities fee which supports the various departments, offices, and organizations to host events and more! Take advantage of these resources. Check the class discord for multiple opportunities that are happening throughout the semester.
 - Once you attend an event or fair, take a picture and leave a sentence or two on what you experienced during the event or fair!
- Visit Gainesville
 - Submit a picture of you somewhere outside of campus.
- Service Project Reflection
 - Write a 300 word reflection about your service project answering the questions provided on the canvas page.
- Resume
 - Submit your professional resume for review.
- Gator Evals
 - See above
- One Slide
 - Submit a one-slide based of a drama event that happened to you in High School that has shaped you as a person (we are so nosey LOL).
- Last questions
 - Submit any questions you still have about UF/ college life in general that you still have.

Extra Credit

- Resume AI edit
 - Submit your edited resume based on the Career Connections Center AI.

Gator CareerLink Profile Activation Assignment

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, turn in the printed job description to your FYF instructor. You do not actually have to apply for the position- this is just for practice.

Part 2: [Instructor can personalize to do a Career Focused lesson plan, activity or have students attend specific services within the Career Connections Center. Please update with your preferences.]

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

Career Connections Center CHOMP

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. <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.

The Service-Learning Project

As a class, we will decide on and create a service opportunity for us to complete together. This can be on or off-campus. The options vary from hosting a Food Drive with the UF Field & Fork pantry, pulling weeds at Wilmot Gardens, assisting at Grace Marketplace, etc. The choice is ours!

To receive credit on this assignment, you must:

1. Participate in the selection of a service project location.
2. Attend the service project with the class.
3. Complete the individual portion of the service project (see below).
4. Bring your project to class to share with others what you learned and how you would spread awareness to others.
5. Participate in the class debrief [Instructors decide what the debrief looks like, e.g., group discussion in class, Canvas discussion board, etc.].

The individual portion of the service project entails a 300-word reflection paper. Reflection questions can be found in the assignment tab.

Activity Fairs & Events:

Activity fairs and events are great opportunities for new students to connect with other students, faculty, staff, and various campus resources.

Possible fairs you can attend include:

- Recstravaganza
- Student Organization Fair
- Study abroad fair
- Involvement fair
- Career fair

- Housing fair
- Majors and Minors fair
- GatorDays & GatorNights
- Signature Events by Student Activities & Involvement
- Student Organizations & Clubs

You are required to attend at least one and encouraged to attend more if you are interested. Dates and links for the fair will be posted to Canvas.

GatorWell eCHECK UP TO GO Assessment

The eCHECK UP TO GO program has been added to the syllabus as a requirement to help provide students with personalized, in-depth feedback of alcohol/cannabis use and information. Students will only need to take the alcohol or cannabis program, but not both. It takes approximately 10-15 minutes to complete. If you would like to follow-up with a professional regarding their results, make sure to record the 12 digit student ID that you are given during the program and contact GatorWell. There's a Certificate of Completion that you'll receive once done that you'll be able to ask to be submitted via Canvas in order to give them 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.