



Location: Psychology 0129

Class Meeting: Monday from 11:45AM – 12:35PM.

Office Hours: By appointment

Required Materials:

First Year Florida Course Packet (will be provided through Canvas)

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, and intellectual skills that are essential to a fulfilling four years at UF.

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

1. Begin a successful intellectual transition to the University of Florida through academic and career exploration.
2. Continue their transition into the broader UF community and develop their own personal sense of community through purposeful engagement.
3. Set a foundation for personal health and wellbeing.
4. Learn how to navigate formal and informal environments at the University of Florida.

UF Policies

U Matter, We Care Statement:

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.

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.

Academic Honesty Statement:

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.

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.*

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.

Class Policies

Expectation of Classroom Behavior:

As college students, you will be treated and respected as an adult, which you are. You are expected to do your best work, meet the deadlines given, and treat other members of the class and the University with courtesy and respect. **Mutual respect is always required of one another.** This courtesy and respect will extend into class discussions, presentations, one another, and all other activities. We will discuss some challenging issues throughout the semester, and it is imperative that you remain open-minded, present, and courteous. While we encourage everyone to share their own beliefs, opinions, and experiences, we ask that these are not expressed in a way that may be offensive to others. Lastly, disruptive behavior will not be

allowed. Please ensure cell phones are off or on silent before class begins. Let us all remain engaged so that we all may be able to learn from one another.

Late Work:

Assignments turned in will be accepted up to one week after the initial due date posted on Canvas. Late assignments will have an automatic deduction of 10% off the full credit score of the assignment. Assignments will not be accepted after one week past the due date. There are no exceptions after one week. This is in hopes that even if the assignment could not be done in time, the student still has a chance to experience the learning and insight that comes from completing the assignment. The instructors will meet with students who require DRC accommodations and modify deadlines based on their individual needs.

Technology:

This class will utilize Canvas for assignment submissions in conjunction with paper assignments. If there is any difficulty submitting an assignment, please contact your instructor and peer leader to let them know. The class will use professional courtesy and put away cell phones in class, unless needed for an activity with the discretion of the instructor and peer leader. If laptops are necessary for a specific class, the teaching pair will let students know prior to the date. All students are required to have a valid UF email account and must be able to access Canvas. You are responsible for regularly checking the SLS1102 Canvas site for the course calendar, required readings, announcements, and other course resources and materials. You should contact the UF help desk if you experience technological issues with Canvas. Do not contact your instructor or teaching assistant if you are having issues with Canvas without a ticket number from the UF help desk.

Attendance:

All absences and late arrivals must be accompanied by an email prior to the start of class to receive attendance or tardy points. **YOU ARE ALLOWED ONE UNEXCUSED ABSENCE.** Students are counted tardy after 5 minutes, with no exceptions. Attendance is **approximately 25%** of your grade and is integral to your success in this class. Therefore, attendance in this class is **required.** 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>.

Participation:

The three pillars of First Year Florida are Connect, Engage, and Inspire. To accomplish these pillars, we as a class must actively participate in all class activities and discussions. Furthermore, not going on your phone or laptop contributes to what it means to be an active participant. Students are expected to contribute to all class conversations as a listener and/or speaker.

UF Grading Policy:

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>.

Grading Scale

Letter Grade	Percentage	Letter Grade	Percentage
A	90 – 100%	C	73 – 76%
B +	87 – 89%	C -	70 – 72%
B	83 – 86%	D +	67 – 69%
B -	80 – 82%	D	63 – 66%
C +	77 – 79%	D -	60 – 62%
F 59% or Below			

Breakdown of Course Points

Description	Points
Assignments	500
Attendance	100
Extra Credit *	TBD
Total Course Points	600

Course Schedule

Date	Topic	Description	Assignments
August 25	F.D.O.C. First Day of Class!	Welcome to the Swamp! Syllabus & Course Overview, Instructor About Me Presentations	<ul style="list-style-type: none"> • Who Am I? • Picture It!
September 1	<i>No Class!</i> <i>Labor Day!</i>		
September 8	Reitz Union Visit	Scavenger Hunt at the Reitz	<ul style="list-style-type: none"> • Faculty Interview • Student Panelist Questions
September 15	Student Experience and Getting Involved	Student Involvement Panel	<ul style="list-style-type: none"> • Involvement Opportunity

September 22	Romanticize Gainesville	Fun Things to Do in Gainesville & Off-Campus Life	<ul style="list-style-type: none"> • Exploring Gainesville Project
September 29	Routine Building	Hear about Holistic Routines!	<ul style="list-style-type: none"> • GatorWell eCheckUp Assessment
October 6	Personal Wellbeing & Healthy Relationships	Navigating Difficult Conversations, Community Building Activities and Discussion	<ul style="list-style-type: none"> • Personal Wellbeing Reflection
October 13	Academic Advising & Disability Resource Center	DRC Guest Speaker, Academic Advising Overview	<ul style="list-style-type: none"> • Academic Semester Plan
October 20	Service Learning Project!	Completion of Service Project	<ul style="list-style-type: none"> • Service Project Reflection & Participation
October 27	Career Development	Visit to the Career Connections Center (C3) in the Reitz for a tour of their space	<ul style="list-style-type: none"> • Gator CareerLink Profile Activation • CHOMP Assessment
November 3	Class Choice	You decide! Think about an activity or campus resource our class has not covered yet.	<ul style="list-style-type: none"> • Build-a-Resume!
November 10	RecSports	Staying active is important—because apparently, Netflix marathons don't count. Let's see what RecSports has to say!	<ul style="list-style-type: none"> • Operation: Get Active!
November 17	Civic and Global Engagement	Welcome to adulthood, being a respectful and responsible global human.	<ul style="list-style-type: none"> • No Homework!
November 24	<i>No Class!</i>		

	<i>Thanksgiving Break!</i>		
December 1	Semester Wrap-up!	YOU MADE IT! Let's reflect, celebrate, and learn how to stay connected!	<ul style="list-style-type: none"> • End of Semester First Year Florida Evaluation • One on One • Attendance & Participation

Assignments

Assignment	Due Date	Points Possible
Who Am I?	8/31	5
Picture It	8/31	10
Student Panelist Questions	9/14	15
GatorWell eCheckUp Assessment	10/5	10
Personal Wellbeing Reflection	10/12	30
Academic Semester Plan	10/19	50
Service Project Reflection & Participation	10/26	50
Gator CareerLink Activation	11/2	10
CHOMP Assessment	11/2	10
Build-a-Resume!	11/9	50
Operation: Get Active!	11/16	25
Exploring Gainesville Project	11/17	25
Faculty Interview	12/1	30
Involvement Opportunity	12/1	30
One-on-One	12/1	100
End of Semester First Year Florida Evaluation	12/1	20
Attendance & Participation	12/1	100
TOTAL: 600		

Assignment Descriptions

Who Am I?

As a new group of people working together for the summer, we want to get to know everyone! Please fill out this short form regarding basic information such as birthdays, interests, nerves, expectations, and any other relevant details that your Co-Instructor and Peer Leader should know to have a successful course.

Picture It:

Please upload one photo of your choice to Canvas, but it must be classroom appropriate. As we go through the semester, students will randomly be selected to share their photo in the beginning of class for 1 to 2 minutes!

Student Panelist Questions:

What better way to learn about involvement than from actual UF students? For this assignment, you will be asked to come up with at least three questions; more is allowed for our in-class student panel. Please keep all questions appropriate, relevant, and respectful. This assignment should be submitted before the “Getting Involved” lesson. Please see the Canvas assignment to properly submit your questions!

GatorWell eCheckUp 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-judgmental 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/#/> This 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

***To receive full credit for this assignment, please submit your certificate of completion. ***

Personal Wellbeing Reflection:

Provide a minimum 200-word reflection on how you have (or have not) practiced mental wellness so far this semester. How are you doing? How was your transition to UF? Did you learn any practices in class that you feel would help if you applied them? What are some resources you could access?

Academic Semester Plan:

Take some time using your Degree Audit and the Course Catalog to think about what courses you need to take during the Spring semester. Create a schedule of classes that you will use while registering. Please also think about alternative classes you may need to take if your ideal sections fill up.

Service Project Reflection & Participation:

As a class, we will be completing a service project in the Gainesville community. Gainesville provides UF with the land and resources required to be what we are today so it is important to give back to the Gainesville community whenever we can. Because of class, work and other conflicts, this event will be held outside of class time, and additional details will be announced early in the semester. Attendance at this event is mandatory, and you must complete a reflection on your experience for full credit. If you have a scheduling conflict with the time, please let the teaching team know and we can work with you on a makeup assignment for the service project.

Gator CareerLink Activation:

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. By activating your account, you will have access to all the Career Connections Center's (C3'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. To activate your profile and receive credit for this assignment, see the steps below: 1. Go to <https://career.ufl.edu/services-resources/gator-careerlink/>

2. Click on the "LOGIN TO GATOR CAREERLINK" button.
3. You will be directed to a UF Authentication page. Type in your GatorLink username and password.
4. Fill out the questions that come up to add to your profile. You'll be able to edit this later as well.
5. Click on "Jobs" at the top of the page. You will be prompted to complete your personal and academic profile, as well as your privacy settings.

To receive credit for this assignment, turn in the saved job description to Canvas. 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.

You must submit a screenshot of your activated GCL profile on Canvas to receive credit.

CHOMP Assessment:

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.

You must submit a screenshot of your CHOMP results on Canvas to receive credit.

Build-a-Resume!

Objective:

Create or update a professional resume that reflects your current skills, experiences, and education, following the standards discussed in class.

Instructions:

Students are required to submit a **one-page** resume that includes the following sections:

- **Biographical Information** (Name, contact details, etc.)
- **Professional Experience**
- **Education**
- **Involvement / Activities / Leadership Roles**
- Additional relevant categories as appropriate (e.g., Certifications, Skills)

Formatting Guidelines:

- Resume must be limited to **one page**
- **Professional appearance only** – No colored backgrounds, photos, or decorative elements
- Follow the structure and formatting tips provided during the resume workshop or class session

Operation: Get Active!

For this assignment, students will participate in one physical activity of their choice and submit a photo along with a brief reflection. The activity can be anything that gets you moving—such as taking a walk around campus, attending a group fitness class, going to the gym, exploring local trails, or visiting Lake Wauburg. After completing the activity, students should submit a photo of themselves participating and write a short reflection (4–5 sentences) describing what they did, why they chose it, and how it made them feel. The goal of this assignment is to encourage movement in a fun and meaningful way while promoting overall well-being—no intense workouts required!

Exploring Gainesville Project

Over the course of the semester, you'll need to visit **five different off-campus spots** around Gainesville. You can get there by carpooling with friends or using the Gainesville RTS bus system to make sure you get there safely.

- At each location, take a **photo**, and make sure **you're at least one** of them.
- You'll put all your photos together in a presentation using **PowerPoint, Google Slides, or Canva**.

Where can you go?

- Harn Museum of Art
- 4th Ave Food Park
- Celebration Pointe
- Any other local, unique, off-campus places (just no chains or campus spots!)

Where can't you go?

- Apartment complexes
- On-campus locations
- Chain stores (Target, Publix, Starbucks)
- Nightclubs
- Places in your hometown

Extra Credit:

- Bring a classmate along to one of your visits and snap a photo with everyone together.
- Mention everyone in your description to get extra credit points!

This project is all about exploring Gainesville, trying new places, and sharing your experience with the class. Have fun with it!

One-on-One:

Your Peer Leader and Co-Instructor are more than just administrative figures; they are here because they want to help you succeed. For this reason, you will schedule a one-on-one appointment with either your Peer Leader or Co-Instructor during the semester. The date listed in the Course Overview indicates that the meeting should take place **PRIOR** to that date. Your instructors will send out their preferred method of 1:1 scheduling at the beginning of the semester to secure a meeting date and time. You are responsible for signing up and attending this meeting to receive full credit. **You will receive half of the points for scheduling the meeting and the other half for attending!**

Involvement Opportunity:

For this assignment, you will attend a UF organization meeting, Activity Fair, or schedule an Individual Involvement Consultation with UF Student Engagement. We understand that this can be intimidating but getting involved on campus truly helps campus feel like home. To receive full points for this assignment you must visit a UF organization, Activity Fair, or schedule an Individual Involvement Consultation and upload a picture of you attending with a description of what you participated in.

Link to schedule an Individual Involvement Consultation <https://studentengagement.ufl.edu/get-involved/>

Description should include:

- Name of the Organization
- What you learned about the company/organization
- Who you talked to
- A photo of you at the Involvement Event

Faculty Interview

As part of your First Year Florida experience, you will conduct an interview with a faculty member from one of your classes or UF staff member (excluding this course). This assignment is designed to help you build connections with faculty, gain insights into their experiences and perspectives, and gather valuable advice for your academic journey.

Instructions

Schedule Your Interview:

- Reach out to a faculty member from one of your classes (not this one) to request an interview. Make sure to set your appointment ahead of time and use professional and courteous language. Feel free to consult with your teaching team for help in composing messages as well.

Conduct the Interview:

During the interview, ask the following questions:

1. What educational, personal, or career experiences led you to your current position?
 2. How can students best engage with their faculty members during a semester? How can they maintain the connection after the semester ends?
 3. What additional advice do you have for undergraduates to assist them in navigating their UF experience?
- Take notes during the interview to accurately capture the faculty member's responses.

Assignment Submission:

- Write a minimum four sentence reflection on Canvas that includes the following:
 - a. Introduction: Include the name of the faculty member and their department.
 - b. Reflection: Summarize what you learned from the interview and discuss how you might use this information in the future.

End of Semester First Year Florida Evaluation:

At the end of the semester, you will receive a Qualtrics survey to evaluate this course, its contents, and your teaching team. As instructors we value feedback because it helps us grow and adapt our course to fit the needs of students like you! To receive credit for this assignment you will need to take a screenshot of the completion page after submission and upload that photo onto Canvas.

Extra Credit:

Will provide different extra credit opportunities as they arise throughout the semester!