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FIRST
YEAR
FLORIDA

UNIVERSITY OF FLORIDA

UF

CENTER FOR NEW STUDENT
& FAMILY PROGRAMS

STUDENT LIFE | UNIVERSITY OF FLORIDA

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 senses 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 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.

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. 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 silent before entering the classroom.

Late Work:

Assignments must be submitted by the due date and time noted in Canvas. If there is an extenuating circumstance that prevents an assignment from being turned in, please discuss it with your Co-Instructor and/or Peer Leader prior to the date of submission to receive additional time to complete the assignment. Assignments will have a grace period of three days after the posted due date unless otherwise noted. Assignments turned in after this period will lose 10% each week from the date the assignment was due. The instructors will confer with students who have DRC accommodations and adjust due dates according to the students' 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. Students are counted tardy after 5 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>.

Participation:

“Participation means the action of taking part in something.” For our class, participation looks like actively listening/engaging in classroom conversations. Not being on your phone or

laptop when it is not needed/permitted and contributing to class dialogue and discussions throughout the semester. We will not be tallying when you do and do not participate, but we do have the expectation that you are participating in class and being an active member of the classroom environment.

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>.

Course Overview

Date	Topic/Description	Assignment/Activity
Week 1 January 15 th	Introduction Learn more about First Year Florida, your instructors, your classmates, and our syllabus.	Assignment: About Me Discussion Due: January 20 th
Week 2 January 22 nd	Campus Exploration Become more familiar with all that Campus has to offer!	Activity: Scavenger Hunt
Week 3 January 29 th	Campus Involvement/ Campus Traditions Learn more about how to get involved on campus and finding your community!	Assignment: Individual Involvement Consultation Due: March 23 rd
Week 4 February 5 th	Routine Building Finding your routine in college can be challenging, hear more about healthy routines for your holistic wellbeing.	Assignment: Day in Life Video Due: February 9 th
Week 5 February 12 th	Finding Yourself Among Others Understand more about yourself and how you interact with others. Healthy Relationships/Difficult Conversations Gain skills on how to have crucial conversations, and what a healthy relationship can look like.	

Week 6 February 19 th	Campus Safety/Student Experience Hear about resources on campus to keep you safe!	
Week 7 February 26 th	Academic Course Registration/Advising Navigate course registration together and learn more about how to meet with an advisor.	Assignment: Academic Semester Plan Due: March 2 nd
Week 8 March 5 th	Personal Wellbeing Identify the dimensions of wellness and reflect on what areas you would like to improve.	Assignment: GatorWell eCheckUp Assessment Due: March 9 th
Week 9 March 12 th	On-Campus/Off-Campus Housing Explore what factors to consider when choosing housing and gain a better understanding of the process for living on or off campus.	
Week 10 March 19 th	Spring Break	
Week 11 March 26 th	Career Development Explore your professional and career skillset to maximize your career readiness.	Assignment: CHOMP Assessment & Gator CareerLink Profile Activation Due: March 30 th
		Extra Credit: Career Fair
Week 12 April 2 nd	Budgeting/Personal Finance Gain skills in how to manage your money well and think through your personal finances.	
Week 13 April 9 th	Service-Learning Project During your time at UF, we hope you come to see Gainesville not just as your college town, but a community you're a part of. Leave with an understanding that small acts of service can lead to lasting change.	Assignment: Service-Learning Reflection Due: April 13 th
		Activity: Tour of Field and Fork Pantry

Week 14 April 16 th	Reflection & Semester Wrap Up Celebrate your semester, reflect on how far you have come, and plan on what you hope the next semester brings!	Assignment: Semester Reflection Slide Due: April 13 th
		Assignment: First Year Florida Evaluation Due: April 20 th

Assignment Descriptions

All assignments will be due on Mondays except for assignments that fall on university holidays. A grace period of three days is allowed for each assignment. All assignments must be turned in by 11:59pm on Thursday to receive full credit unless otherwise noted.

Due Date	Assignment
January 20, 2026	About Me Discussion Welcome to First Year Florida! For this assignment, you will access the About Me Discussion board through Canvas. You will create a post to introduce yourself to the class. Include your major, where you are from, interests/hobbies, and any student organizations you are interested in being involved with during your time on campus. You are welcome to include any photos or additional information that helps your peers and teaching team learn about you.
February 9, 2026	Day in Life Video For this assignment, you will create a short vlog-style video that captures a day in your life. Your video should highlight your daily routines, such as attending class, studying, working, eating, commuting, relaxing, or preparing for the next day.
March 2, 2026	Academic Semester Plan Take some time using your Degree Audit to think about what courses you need to take this upcoming 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.
March 9, 2026	GatorWell ScreenU Assessment

ScreenU is a free, confidential, online assessment available to all University of Florida students and can be completed in as little as 5 minutes. ScreenU can help students identify patterns of alcohol use and provides personalized, non-judgmental feedback and campus resources for students.

GatorWell is here to ensure that you are aware of how your choices can alter your collegiate experience, including physically, mentally, academically, and socially.

<https://app.screenu.org/screening/435e0295-6338-4882-94a3-bd2273136da3>

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

March 23, 2026

Individual Involvement Consultation

For this assignment, you are required to attend an individual involvement consultation with a student engagement ambassador. The individual involvement consultation is a 15-30 minute meeting where you will discuss your interests. You will then receive an action plan from the ambassador. You must upload the completed action plan to this assignment to receive full credit.

March 30, 2026

Career Connections Center 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.**

March 30, 2026

Gator CareerLink Profile 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.

April 6, 2026

One-on-One Meeting w/ Peer Leader and/or Co-Instructor

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 once 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.

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- April 13, 2026 **Service-Learning Reflection**
As a class, we will be completing a service project on Campus or 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. Attendance at this event is mandatory, and you will also complete a reflection on your experience for full credit. If you have a scheduling conflict, please inform the teaching team and we can work with you on a makeup assignment for the service project.
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- April 13, 2026 **Semester Reflection Slide**
At the end of the semester, you will be asked to choose one memory to present to the class. This is meant to be brief, and the memory should highlight your involvement on campus. From joining a student organization to lounging in Reitz Field, we hope you will introduce a new part of campus to your peers.
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- April 16, 2026 **Attendance/Participation**
Attendance will be taken for each class period and will contribute to your overall grade for this assignment. Reasons for excused absences are listed in the attendance policy. In the event of an absence for another reason, speak with the teaching team so we can try to accommodate you. While participation will not be graded, students are expected to contribute to class discussions and be respectful of their peers.
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- April 20, 2026 **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 must take a screenshot of the completion page after submission and upload that photo into Canvas.

Assignments

Points Possible	Assignment	Due Date
30	Attendance/Participation	April 16, 2026
15	One-on-One Meeting w/ Peer Leader and/or Co-Instructor	April 6, 2026
10	About Me Discussion	January 20, 2026
10	Individual Involvement Consultation	March 23, 2026
10	Day in Life Video	February 9, 2026
10	Academic Semester Plan	March 2, 2026
10	GatorWell eCheckUp Assessment	March 9, 2026
10	CHOMP Assessment	March 30, 2026
10	Gator CareerLink Profile Activation	March 30, 2026
10	Service-Learning Reflection	April 13, 2026
10	Semester Reflection Slide	April 13, 2026
5	First Year Florida Evaluation	April 20, 2026
Total Points Possible	140	

Extra Credit

Points Possible	Extra Credit Opportunities	Due Date*
2	Wear UF/Gator Shirt in the last two classes	April 16, 2026

2	Take a picture of you visiting a campus resource office	April 16, 2026
2	Bring a flyer to class of a campus resource office	April 16, 2026
2	Take a photo of you attending the Career Fair	April 16, 2026
2	Take a photo of you attending Gator Nights	April 16, 2026
Total Extra Credit Points Possible	10	

*The three-day grace period allowed for assignments does not apply to extra credit opportunities.

Grading Scale

Letter Grade	Percentage
A	90%-100%
B+	85%-89%
B	80%-84%
C+	75%-79%
C	70%-74%
D+	65%-69%
D	60%-64%
E	59% or below