



HC 200.3HE: First Year Experience Course Syllabus Fall 2023

Instructor: Tana Yager, MS, LPC, NCC
Time and Location: Thursday 2:00-2:50p JOUR 110
Office Location: Prairie Crossing 300 (Honors College Workroom)
Office Hours: By Appointment; typically on campus Mondays and Thursdays
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COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

There are no required textbooks for this class. However, students will be given appropriate handouts and articles as needed.

COURSE REQUIREMENTS

Instructional Methods, Activities, and Assessments

Instructional Methods

This class will be ran as a seminar course with numerous discussions and critical thinking. It will not be a typical lecture course. The skills and concepts you learn in this course shouldn't be merely memorized – they should be put into practice in your daily lives. Those practices require us to discuss your experiences during implementation. We will talk about what concerns, worries, struggles, and stressors you are facing as a college student and as an Honors College student. I want to hear you so I can facilitate your transition into higher education.

All assignments, schedules, and due dates are subject to change.

Assignments: unless otherwise noted, all assignments are due by your class day and time on that date.

Class Participation and Attendance

As you read above, this course relies upon your participation. Thus, a portion of your grade will rely upon participation. There are numerous elements that go into class participation: (1) Good attendance (according to University rules, students may be dropped from the class for excessive unexcused absences). If you miss a class, you will lose 15 points toward this grade; (2) Frequent, and preferably intelligent, contributions to class discussion; (3) Active participation in group exercises; (4) Polite and civil interactions with all members of the class [“All students enrolled at the University shall follow the tenets of common decency and acceptable

behavior conducive to a positive learning environment.” (See Student’s Guide Handbook, Policies and Procedures, Conduct)].

Academic Planner:

You will use the academic planner you have purchased to plan out the rest of your semester. Take the syllabi from your classes in which you are enrolled (including this one). Put the major due dates from the syllabi in your planner. For example: planner assignment will go in the box for whatever day you attend class on the week of September 12th. If you have lost a syllabus from a course, you can find it on the current schedule of classes (www.tamuc.edu/schedule). House Bill 2504 mandates that all syllabi must be posted by the first class day, so you will always have access to the information.

Due Week Three

Plagiarism Certificate

Plagiarism is a serious offense with lasting consequences. You will visit <https://www.indiana.edu/~istd/> for a tutorial on “How to Recognize Plagiarism”. Visit each section on the left hand side, including IU Definition, Overview, Cases, Examples, and Practice. Once you feel you have mastered the material, take the Certification Test. Your age group is “I’m an undergraduate college student or advanced high school student”. You will need to register an account to take the test, using a valid email address. When you pass the test, your certificate will be emailed to you. Forward the email to your instructor before your class time on the due date.

Due Week Six

Wellness Activity

Wellness is your overall state of health that is multi-faceted. Reflect on our Wellness Wheel exercise in class. Identify one area of wellness that you’d like to improve this week. Utilize a campus resource to address or improve that facet of wellness. Some examples can include the Counseling Center, Outdoor Adventure, a campus event, or something else. Respond to the prompt and submit a 1-2 page journal entry in D2L.

Wellness paper due by midnight 11/12/23

Plant Assignment - You will be given a seed and soil on the first day of class. The assignment is to take it home and see what happens. Toward the end of the semester, you will submit a 1-2 page reflection of your experience of the process. How did you start the process? Was it difficult to take care of your plant? Did it grow? Did you find yourself forgetting about it, or did you look forward to it each day? What did you take away from this assignment? How can you relate it to your academic career? (You will not make a poor grade if your plant does not thrive as long as you write about the journey)

Due Week Fifteen

TECHNOLOGY REQUIREMENTS, ACCESS AND NAVIGATION

Students will need access to the internet, a computer, a word processor, a webcam, and sound/microphone capabilities to participate in virtual discussions. If you do not have access to any of these items, please discuss with your instructor well ahead of the first day.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: <https://www.britannica.com/topic/netiquette>

TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

A&M-Commerce Supports Students' Mental Health

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

COURSE OUTLINE / CALENDAR

<u>Wk</u>	<u>Date</u>	<u>Topic</u>	<u>Activities and Due Dates</u>
1	Aug. 28	Introductions & Syllabus	
2	Sep. 4	*No Class*	
3	Sep. 11	Time Management & Tips	Planners due by class (graded in class)
4	Sep. 18	Honors Expectations	
5	Sep. 25	Authenticity	
6	Oct. 2	True North	Plagiarism certificate due by class
7	Oct. 9	Registration & Advising	
8	Oct. 16	Wellness & Campus Resources	
9	Oct. 23	Capstone Experiences	

10	Oct. 30	*no class*	
11	Nov. 6	*no class*	Wellness paper due by midnight 11/12
12	Nov. 13	Stress Management	
13	Nov. 20	*no class*	
14	Nov. 27	Putting it all together	
15	Dec. 4	*no class*	Plant assignment due by class
16	Dec. 11	Finals Week *no class*	

Weeks 15 and 16 can be utilized for office hours and make up work as needed. No live class scheduled

The instructor will notify the class accordingly if this schedule changes.