

# **Freshman Seminar Fall 2010**

## **Course Syllabus & Topic Assignments**

### **Class One: Introduction to First Year Connections Program & Freshman Seminar**

Welcome to NJIT and your Freshman Seminar Class! This session will introduce you to the concepts behind the Freshman Seminar as you begin creating connections in your new community.

#### **In Class:**

- Introductions and Welcomes, Review Syllabus & Seminar Overview
- Handling your college life as a legal adult & college/high school differences
- What faculty expect from students
- Understanding priorities and time management
- Set up smaller groups in-class for term
- Getting ready for your first set of common exams and architecture projects

#### **Assignment**

- **Update Highlander Connections:** Update your Highlander Connections (<http://highlanderconnection.njit.edu>) page – add at least a face picture, add yourself to your Seminar class group, and send your instructor an online email message through Highlander Connections to show off your page.
- **Read articles:** “Managing Your Time,” “Are You Ready for the College Classroom?” and “Time Management: You Need It, Here's Why” on Highlander Connections – you can find all the articles listed on the Features Tab. You can either do an article search or scroll through the articles listed under Required Reading. Before your next class, you will need to turn in a Reflection Paper – this is a two-paragraph paper that summarizes the ideas from the articles you had to read and what you will personally do to integrate this new knowledge into your academic life. Email your paper to your instructor before the next class.
- **Complete the online Highlander Connections Time Management Self Test:** called “Time Management: How Do You Organize Your Days?” found on the Features Tab – print out the results and bring to the next class.

### **Class Two: Managing Your Time**

Learn to evaluate your time management – are you doing the right things to accomplish your goals? Do you have a plan for all your ‘free time’?

#### **In Class:**

- **Review Time Management Worksheets** – go over the in-class workshop about managing time.
- **Introduce** Action Plans & Priority Guidelines
- **Discuss** becoming disciplined in studying

#### **Assignment:**

- **Reflection Paper:** What will you do to address your time management that you aren't currently doing? How will this help you become a better student? What part of managing your time is causing the most stress?
- **Read article:** “Developing Powerful Study Skills,” “Eight Great Reasons to Form a Study Group Now,” and “12 Tips for Exam Time” on Highlander Connections Features Tab.

### **Class Three: Developing Powerful Study Skills**

We will also cover learning styles, methods of reviewing material effectively & formation of study groups.

- **Learning Styles** – Give the VARK learning style assessment in class. What is your style? What was learned about your style? (optional)
- **Review** on-campus resources to prepare for Common Exams (and other Math exams)
- **Discuss** ways to put together study groups for Common Exams and other tests
- **Introduce** group project

#### **Assignment:**

- **Reflection Paper:** Now that you have a better understanding of your learning style, what will do you to adapt to your style that you aren't currently doing? How will this help you become a better student?
- **Visit Student Health 101:** It's never too early to practice healthy living – but do you know what you need to know to keep healthy? Visit Student Health 101 (will have the website by August 27) and answer the quiz found on Highlander Connections featured in the article “Are you well?”
- **Group Project:** In your small groups, you will develop a 5-minute presentation on one of the following topics:
  - What do freshman need to know to be successful at NJIT? Top 10 study tips for each college at NJIT – i.e., how should NCE students study? COAD? CCS? Etc.
  - You are recruiting new freshmen for Fall 2011 – what are the 3 challenges they will face in the first month of college that you were unprepared for?
  - Getting to know the city of Newark as a freshman
  - Pick a topic of your own choice

Plus make sure that all people present during Class #6 and you have a hand-out for everyone in the class.

**Class Four: No Seminar Classes Scheduled** – please refer to your syllabus on out-of- class colloquia and workshops you can attend. You **MUST** visit Highlander Connection to RSVP your attendance prior to attending – only students who have RSVP'd their attendance will be let in first, and all other students will be allowed to attend if there is room in the space. Please RSVP early!

Also this week, your small group should meet to discuss and finalize your small group project to be presented during Class Six.

### **Class Five: Being a Healthy College Student**

Making new friends, living away from home, juggling jobs, friends, family and relationships – and being a college student – can cause anyone to feel stressed out and overwhelmed. Do you know how to manage your health and wellness in healthy ways? Do you know how to use your on-campus resources to help you out?

#### **In Class:**

- **Discuss** the importance of internal motivation
- **Review** in-class motivation survey

- **Discuss** healthy ways students can use on-campus resources
- **Review** common exam grades and their impact on the semester

#### **Assignment**

- **Reflection Paper:** What is your biggest motivation to succeed as a college student? How has your motivation changed during the first month of college? What are ways you managing your health and wellness? What is the one thing causing you the most stress right now?
- **Complete the Wellness Survey:** Visit Student Health 101 (will have the website by August 27) and answer the survey found on Highlander Connections featured in the article “Are you well?”

#### **Class Six: Self-Advocating during your College Career**

One of the challenges for most young adults is learning how to advocate for oneself – seeking out help on your own, knowing when you know the answer on your own and how to appropriately ask for help and support.

#### **In Class:**

- Present small group projects
- Review self-advocacy tips
- Introduce self-efficacy (helping students believe in themselves)

#### **Assignment**

- **Reflection Paper:** What is one issue that you need to learn how to self-advocate for? How do you plan to bring up the topic? What are your expectations for a resolution?
- **Read Articles:** “[On the Right Foot: Breaking Out of Your Shell](#),” “Feeling Stuck in a Rut?” and “Communication in Your New Community”

#### **Class Seven: Communication in Your New Community**

Learning interpersonal skills are important in college and in the working world. It is especially challenging to learn these skills in a new community, where you are also learning to work within your own unique style.

#### **In Class:**

- **Complete** in-class COLORS Workshop with students
- **Discuss** communication importance during the first year in college and its application to the working world.

#### **Assignment**

- **Reflection Paper:** Think about your personal goals for the rest of the semester through the future. Write down your personal goals that you have for the next year, 5 and 10 years – bring in your goals to the next class.
- **Career Research:** Be prepared to talk about the skills necessary for success in your chosen field of study – both while in college and in the working world. Will you need analytical skills? Communication skills? Ability to be innovative? Back up your claims with citations from credible sources
- **Advisor Contract** – this form needs to be turned in to the Center for First Year Students before you can register for Spring ‘11 classes – must be turned in before November 9.

### **Class Eight: Mastering Skills for Career Success**

Employers that hire NJIT graduates expect skill mastery in your professional education, but still want its new hires to have skills in other areas – including how to work with others, trouble shooting, decision making or conflict management. What skills do you need to learn, practice or refine before entering the working world?

#### **In Class:**

- **Discuss** skill development and how they can be attained – through activities, on-campus jobs, lab research, workshop attendance, etc.
- **Encourage** students to use the Career Development Services online resume building program: <https://njit.optimalresume.com/>.

#### **Assignment**

- **Course of Study:** Do you know all of the classes that you need to take to graduate? Do you know when you need to take them? What are the prerequisite classes you need to take first? Want to fit in a co-op or internship? Prepare a course of study for the semesters you plan to study at NJIT and have it ready for the next class.

### **Class Nine: Goal-Setting & Your College Career**

Many of us make goals but never follow-up on them. Learn how you can track your goals better throughout the semester and through your academic career at NJIT.

#### **In Class:**

- **Complete** Spring Goals – now that you have completed 2/3 of the semester, this is a good time to look at your Fall goals and refine them for the spring.

#### **Assignments**

- **Remind students** to make appointments with their academic advisors. They are competing with all students to meet with them, so planning ahead is critical and necessary.

# **Freshman Seminar 2010**

---

## **Course Mission, Goals & Expectations**

Freshman Seminar is a required course for all new first time students. During this semester you will explore topics that will help you succeed at NJIT. Studies have shown that students who actively participate in a new student seminar during their first year of college do better academically, feel more connected to their school and are more satisfied with their college experience. This class is designed to be interactive and dialogue-driven. It is important that every student in the class participates in the in-class discussions.

Freshman Seminar is made up of two components: Weekly classes and participation on the “Highlander Connections” on-line program.

### **Freshman Seminar Course Goals**

1. Engagement: To establish an identity and affiliation with NJIT
2. Adjustment/Transition Issues: Provide support, encouragement, social engagement opportunities. Introduce student to Academic Advisor. Introduce techniques and approaches to Time Management and Study Skills
3. Self-Assessment: Encourage introspection and self discovery through assessment tools, instruction and processing. Create an inventory of personal development needs and a personal action plan. Areas for assessment include ethics, relationships, cultural pluralism, managing emotions and stress, gender issues, group/team behavior and communication.
4. Understanding and Utilizing Campus Resources: Career Development Services, NJIT Libraries, CAPE
5. Spring Registration and setting goals for continued academic success

### **Course Expectations:**

**Attendance at all classes is mandatory.** If you must miss a class, please make arrangements with the instructor in advance. Missing three or more classes, for any reason, puts you at risk of not passing the course. The First Year Seminar Class is comprised of 9 in-class sessions during the fall semester. You will also have to attend:

Freshman Convocation: The official kick-off of the academic year for first year students.

One Campus-Wide Program: You will need to attend one campus-wide program from a list of choices made available during your first day of classes; you will need to RSVP prior to attending for this to count towards your class attendance.

One College-Based Colloquia: This will be presented by your major department or college/school; you will need to RSVP prior to attending for this to count towards your class attendance.

You must also log into the Highlander Connections online program – [highlanderconnection.njit.edu](http://highlanderconnection.njit.edu) – to complete homework assignments. Nearly all of your homework assignments will be posted to one of the online articles, and you will be responsible for completing all assignments as assigned. Failing to complete assignments will impact your grade – failing to turn in two or more assignments puts you at risk of not passing the course. ***Failure to sign up and use the Highlander Connections online program puts you at risk for not passing the seminar.***

You will be receiving emails about this class and “Highlander Connections” via your NJIT email account that you created during your Connections Miniversity session. **Please send your instructor an email from your NJIT email account no later than the start of the second week of classes.**

### **University Resources**

Center for Academic and Professional Enrichment	Kupfrian Hall 200	973-596-2992
Center for First Year Students	Campus Center 2 <sup>nd</sup> Floor	973-596-2981
Career Development Services	Campbell Hall 4 <sup>th</sup> & 5 <sup>th</sup> Floors	973-596-3100
Dean of Students	Campbell Hall 2 <sup>nd</sup> Floor	973-596-3470
Van Houten Library	Central Avenue Building	973-596-3206