Course Outline for Col 101  Section 92586  Freshman Seminar  
Fall 2009
Instructor: Marjorie Goodstone  
Office: Orient 112  548-2575  
goodstm@sunysuffolk.edu  
Time: Mondays 11:00-12:15  
Room: Orient 135

Text: The College Awareness Guide What Students Need to Know to Succeed In College, Bruce M. Rowe, Pearson Prentice Hall, 2007

Other required materials: college handbook, college catalogue, pens, 2 folders for papers-one of the 2 folders will be used for final portfolio.

Purpose of the course: to provide opportunities for students to develop skills that will insure success in college including gaining familiarity with campus and community resources, enhancing academic learning, promoting personal growth and development.

Procedures: Reading textbook, class discussions and activities, guest presentations, regularly scheduled assignments in class and as homework, quizzes, projects.

Objectives:
Assess academic strengths and areas needing improvement  
Gain an understanding of learning style, motivation, self—esteeem, values  
Learn how to set and achieve goals more successfully  
Increase communication skills  
Develop effective note taking and better ability to retain information  
Develop test taking strategies  
Demonstrate an understanding of critical thinking skills  
Increase effective time and financial management  
Identify stressors and increase ability to handle them effectively  
Identify college resources  
Develop basic library information management skills  
Develop essential computing skills and ability to navigate student portal  
Learn how to use resources, and make decisions related to future career plans

Requirements:
Attendance is expected. As per school policy, you may be dropped from and fail a class if absent for more than the equivalent of one week of class meetings during the semester. It is expected that you will notify the instructor if an emergency occurs prior to class-number for message above. You will be responsible for missed assignments.
Participation is expected

Homework must be completed as assigned

There will be 2 take home quizzes.

**Projects:** Significant Event, Library Research, Campus Activity, Campus Resources

**Quizzes:** Due dates for quizzes and assignments will be announced

**Assignments:** Daily Schedule, Goals, Computer Lab, Career Exploration, Final Portfolio—*everything except daily schedule will be collected.*

**Grading System:**

Attendance and participation-40%
Assignments-10%
Quizzes-10%
4 Projects- 40%-combined
Final project-campus resources project will count as final exam.

**Due dates for projects:** where applicable, they must be typed, double spaced, with correct spelling and grammar

Significant Event Essay – 9/21

Library Research Project due following library visit – date to be announced

Campus Activity Report – 11/23

Campus Resources Project – 12/7

**ALL PROJECTS MUST BE COMPLETED TO PASS.**

**COMPUTER and PORTFOLIO ASSIGNMENTS MUST BE COMPLETED TO PASS**

**Other important dates:** This class does not meet 9/7, 9/28. Check school calendar for school closings other days during the semester.

Last day for this class 12/21

Mid-semester, last day to drop classes with a ‘w’ 10/21

Priority registration begins 11/16
Visits and guest presentations-dates to be arranged include the following:
Library, Computer Lab, Skills Center, Career Services, and Student Activities.

Note: Students must be present for all. **Computer Lab and Library assignments must be made up if missed.**

Topics covered and corresponding text where applicable:

Change, Motivation, Self-esteem
Text Chapter 2

Goal Setting, Time and Money Management
Text Chapter 2 and readings assigned

Learning styles and Multiple Intelligences
Readings assigned

Studying, Taking Notes, Taking Tests
Text Chapter 3 and readings assigned

Registration, Resources, Technology
Text Chapter 2

Listening, Communication, Relationships
Readings assigned

Diversity
Readings assigned

Health and Wellness
Text Chapter 2 and readings assigned

Career Planning and review completed campus resources project
Text Chapter 4

Students may receive extra credit for completing unassigned activities of interest from the text. However, all assigned work must be made up when missed.

Students are reminded that notification is expected if a class is missed due to emergencies or illness, and that you will be dropped from the class after 2 absences.
Students are encouraged to make appointments as necessary with the instructor.