Col 101- Freshman Seminar

“One’s Mind, once stretched, never regains its original dimension”.

Oliver H. Wendell

Contact Information:

Suffolk County Community College
Eastern Campus – 121 Speonk- Riverhead Road
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Office Hours: Monday 1:00 p.m. – 2:00 p.m.
Thursday 10:00 a.m. – 11:30 a.m.
On-line Wednesday 8:00 p.m. – 9:30 p.m.

Required Texts:

1. The Community College Experience, Plus. Baldwin, A. Pearson Custom Publishing, Third Custom Edition. This is available at the college bookstore or you may be able to get it through Amazon.com. (Either is fine with me.)
2. Suffolk County Community College 2008-2010 catalogue. This is available through the registrar on any campus or by contacting me and I will send you one.

Purpose: The purpose of this class is to provide you (the student) with the self-understanding, motivation, learning strategies, academic orientation, and direction you will need to be successful within the higher educational environment.

Course Outcomes: Students will examine the purposes of higher education and understand their place in a higher education setting. Students will explore personal and societal issues faced by first year students (i.e. cultural diversity, healthy lives, and academic success). Students will define short term, as well as long-term goals, within the professional and educational spheres (i.e. career development and academic support). Student will expand their knowledge of the resources and services provided by Suffolk County Community College and the extended community. Students will understand time, stress and personal resource management. Students will become proficient in mastering electronic communication skills in utilizing the academic computer center. Student will develop interpersonal, academic skills through activities, workshops and resources.

Grading Policy: Everyone has 100 points starting today. The points are designated with a grade value (see the table below). For every assignment not satisfactorily completed, you will lose points.

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>90-100</td>
<td>A</td>
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<tr>
<td>85-89</td>
<td>B+</td>
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<tr>
<td>80-84</td>
<td>B</td>
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<tr>
<td>75-79</td>
<td>C+</td>
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<tr>
<td>70-74</td>
<td>C</td>
</tr>
<tr>
<td>65-69</td>
<td>D+</td>
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Class Participation 25 points

Course Outline
Week 1 – Orientation and Introduction 5 10/28/09
Week 2 – Goal Setting and Academic Planning 10 Week of 11/02/09
Week 3 – Time Evaluation and Management 10 Week of 11/09/09 (no class 11/11/09)
Week 4 – Finances in College and Life 10 Week of 11/16/09
Week 5 – Library Research 10 Week of 11/23/09 (no class 11/25/09)
Week 6 – Ethics in Life 10 Week of 11/30/09
Week 7 – Career Interest Profile & Autobiography 10 Week of 11/07/09
Week 8 – Personal Paper 10 Week of 11/14/09