FRESHMAN SEMINAR SYLLABUS

Section:  COL-105-310  Tuesdays 6:00 - 9:00      SEC: 99309
Personal Growth & College Life: Freshman Seminar
Instructor: Professor S. Gerli
E-Mail: gerlis@sunysuffolk.edu

REQUIRED TEXT:  The Confident Student-
By Carol C. Kanar, Nancy Gerli, Kristen Cosentino

ATTENDANCE POLICY
Students are expected to complete all assigned work on time, to attend class regularly, and to participate in class discussions and activities. Excessive absence is defined by the college as more than one class meeting. Excessive absence or lateness, whether excused or unexcused may result in a grade penalty and/or removal from the class roster.

GRADING:
• Campus Resource Project - 25%
• Research Your Major Objective - 25%
• Autobiography / Major Career Paper - 30%
• Activities- Back of Book - 20%

WEEKLY ASSIGMENTS:
9/7:  Introduction to class
     Syllabus Review
     Learning Journal
     Activities Schedule
     Text Book by next class
     (Date for the Computer Essentials Class will be given out)

     Chapter 1: The Confident Student
     Exercise-1.1 Pg.6, Ex- 1.4 Pgs.17 & 18,  Ex-1.6 Pgs. 20 &21
     Thinking Ahead: pg.29,
     Your Reflections: pg.30
     Chapter review: pg.31
     Activity Pgs: To be announced

9/14:  (Chapter 1: The Confident Student- if not finished)
       Chapter 2: Motivating Yourself to Learn
        Awareness Check: 3 & 4 on Pgs: 40 - 41.
       Exercise- 2.2 Pg.42
       Thinking Ahead: pg. 53
       Your Reflections: pg. 54
       Chapter Review: pg. 55
       Activity Pages: To be announced

9/21:  (Possible Computer Essentials Class) -Will meet in computer room: Rm. # TBA
9/28:  Chapter 3: Thinking Critically & Creatively
Exercise- 3.1 Pg. 60, Ex- 3.3 Pg.67, Ex-3.4, Pg.69 Ex-3.8, Pg.80.
Thinking Ahead: pg. 81
Your Reflections: pg. 82
Chapter Review: pg. 83
Activity Pgs: To be announced

Chapter 4: Setting Goals : Long Term/Short Term Goals
*CAMPUSS RESOURCE PROJECT DUE*

Exercise- 4.1 Pg.89, Ex- 4.2 Pg.91, Ex-4.3 Pg.92
Thinking Ahead: pg. 99
Your Reflections: Pg. 100
Activity Pgs: To be announced

10/5: Chapter 4: Setting Goals : Long Term/Short Term Goals Cont.
Exercise-4.4 Pg.94, Ex-4.5 Pg.97
Chapter Review: Pg. 101
Activity Pgs: To be announced

CAMPUSS RESOURCE PROJECT
(will NOT be accepted after this date)

Chapter 5: Sharpening Your Classroom Skills
Exercise- 5.1 Pg. 110, Ex-5.5 Pg. 125
Thinking Ahead: Pg. 125
Your Reflections: Pg. 126
Chapter Review: Pg. 127
Activity Pgs: To be announced

10/12: Chapter 6: Making the Most of Your Time
Exercise- 6.1 Pg.136, Ex- 6.2 Pg.137
Thinking Ahead: Pg. 153
Exercise- 6.3 Pg’s. 139-140, Ex-6.4 Pg. 141
Your Reflections: Pg. 154
Activity Pgs: To be announced

10/19: Chapter 7: Maintaining Your Health and Well-Being
Exercise- 7.4 Pg.171-172, Ex-7.6 Pg.176
Thinking Ahead: Pg.185
Your Reflections: Pg.186
Exercise-7.7 Pg.179-180, Ex-7.8 Pg.180
Chapter Review: Pg.187
Activity Pgs: To be announced

10/26: Chapter 8: Creating Your Study System
Exercise- 8.1 Pg. 194-195
Thinking Ahead: Pg.207
Exercise- 8.3 Pg.197, Ex-8.4 Pg. 206,
Your Reflections: Pg 208
Chapter Review. Pg. 209
Activity Pgs: To be announced

11/2: Chapter 9: Organizing Information for Study
Exercise- 9.3 Pg.220, Ex- Pg.227
Thinking Ahead: Pg: 228
11/9: Chapter 10: Controlling Concentration and Memory
   Exercise-10.1 Pg.236, Ex-10.2 Pg.237
   Thinking Ahead: Pg. 256
   Your Reflections: Pg.257
   Exercise-10.3 Pg. 241, Ex-10.4 Pg. 243-24
   Chapter Review: Pg. 258
   Activity Pgs: To be announced

11/16: RESEARCH YOUR MAJOR OBJECTIVE DUE-
   Oral Presentation: 3-5 minutes- Discuss your major and career options

11/23: Chapter 11: Preparing for Tests
   Exercise-11.2 Pg.270, Ex- 11.3 Pg. 274,
   Thinking Ahead: Pg. 281
   Your Reflections: Pg. 282
   Exercise-11.4 Pg.275-276, Ex- 11.5 Pg. 277,
   Chapter Review: Pg. 283
   Activity Pgs: To be announced

11/30: Chapter 12: Reducing Test Anxiety
   Exercise- 12.1 Pg.294, Ex-12.2 Pg.295-2956
   Thinking Ahead: Pg. 299
   Exercise-12.3 Pg. 298
   Your Reflections Pg. 300
   Chapter Review Pg. 301
   Activity Pgs: To be announced

12/7: Chapter 13: Becoming an Active Reader
   Exercise-13.2 Pg. 310, Ex- 13.3 Pg.312,
   Thinking Ahead Pg. 322
   Your Reflections Pg. 323
   Chapter Review Pg. 324
   Activity Pgs: To be announced

12/14: Chapter 14: Building Career Skills
   Awareness Ck: 21-Pg. 328, Exercise 14.1 Pg.’s 330-331,
   Awareness Ck: 22-Pg 341, Ex- 14.5 Pg. 352,
   Your Reflections Pg 355
   Thinking Ahead: Pg.354
   Chapter Review: Pg. 356

12/21: LAST CLASS: AUTOBIOGRAPHY DUE
   Oral Presentation: 3-5 minutes- Reflection of your semester at SCCC.