

Date: Spring 2008

COURSE NAME: First Year Seminar
PREFIX AND NUMBER: FS 100
CREDIT AND CONTACT HOURS: 2 credit hours – 2 contact hours

First year seminar teaches students about the nature and purpose of a college education. Course topics provide students the opportunity to acquire and apply the skills and strategies necessary to meet their educational goals. Topics range from personal growth issues such as goal setting and time management to the academic survival skills of textbook reading, test-taking, and writing. Additionally, students will learn the resources and services the college offers to help maximize their educational experience.

II. Course Outcomes and Objectives

Learning Outcomes

- a. Set goals consistent with their abilities and interests and develop an educational and career plan that will help them achieve their goals.
- b. Know and understand the rules, regulations, and procedures of FLCC
- c. Be aware of and know the support services, resources, co-curricular opportunities available from the college that support the student's academic and personal goals.
- d. Identify appropriate and inappropriate behavior for classroom and college success.
- e. Strengthen study habits and enhance basic skills in reading, writing, speaking, critical thinking, quantitative skills, and the use of technology.
- f. Develop the interpersonal and social skills and habits that are essential to success at FLCC and in their careers beyond college

Relationship to Academic programs and curriculum

First year seminar is designed for first year students in academic programs that do not have a specific first year seminar course. It carries general elective credit.

College competencies addressed by the course

Writing	Ethics/Values
Oral communication	Citizenship
Reading	Computer literacy
Information Resources	

III. Methods of Instruction

- Types of Course materials
Instructional resources for this course may include texts designed specifically for the first year college experience, a wide variety of college level books, periodicals, and instructor developed materials
- Methods of instruction
Methods of instruction may include lecture, independent and group work, guest lecturers, and videos.
- Assessment measures
Students will be assessed on their proficiency in the ability to:
 - locate in the College Catalogue, Student Handbook, and other resources some of the most important procedures and policies
 - identify and employ healthy responses to the academic, social, emotional, and psychological stress that may be encountered at college
 - use the colleges computer resources including: WebAdvisor, email, the FLCC website, and online college catalogue
 - practice effective time-management techniques, note-taking and test-taking skills

- collaborate with other students and instructors to complete group assignments
- write a resume and cover letter
- research transfer and/or career opportunities
- improve his or her confidence and abilities in speaking in small groups and for large audiences
- identify his or her individual learning style
- understand academic policies and standards in relation to their transcript and financial aid
- calculate his or her GPA
- write a personal mission statement and develop long and short-term academic and career goals that are consistent with this mission
- **Methods of Evaluation**
Students will be evaluated via group presentations, projects, essays, papers, quizzes, and exams

IV. General Outline of Topics covered

College Survival

- * Campus orientation
- * Campus resources
- * Personal resources
- * Community orientation
- * Community resources
- * Advocacy skills

Affective Component

- * Goal setting
- * Identification and application of learning styles
- * Interpersonal communication skills
- * Self-assessment
- * Wellness issues

Academic Skills

- * Various note taking strategies
- * Various read-study techniques
- * Time/task management
- * Test taking
- * Listening skills
- * Memory skills
- * Speaking skills
- * Library
- * Computer usage

Career Exploration

- * Job interests and opportunities
- * Transfer opportunities

Social Component

- * Relationships
- * Health issues
- * Campus activities
- * Safety Issues