

**First-Year Mentors (FYMs)**

[INSERT FYM NAMES and CONTACT INFO HERE]

Your FYMs are here to provide support and guidance as you navigate your first semester at Centre. They will be joining us for our weekly class sessions, as well as engaging with you outside of class. Please don’t hesitate to reach out to them if you have questions, would like some advice, or just need someone to talk to. They are here to help!

**Course Goals**

Your participation in FYC will help you develop the knowledge, skills, and connections that are essential to your academic and personal success.

**Connection to Self:** Develop an awareness of your strengths and areas for growth so that you can meet your personal and academic goals.

**Connection to Peers:** Develop and practice skills necessary for effective and respectful engagement with your peers and other members of the Centre community, as well as form networks of support to facilitate your academic and personal success.

**Connection to Centre:** Identify and utilize resources essential to academic, social, and personal success at Centre

**Connection to the World:** Understand your role as a global citizen in today’s diverse and ever changing world.

**FYC 001: Finding Your Centre**

**Instructor: [Name]**

**Email: [Email]**

**Phone: [Phone]**

**Office Hours: [Office Hours] or By Appointment**

*I am here to support your learning.*

*If you have questions about the course or any other issues related to your success at Centre, please reach out to me.*

**Course Description**

This course will support you during your transition to college life and college-level academic work. You will be introduced to the academic, co-curricular, and community resources available to facilitate academic success. Additionally, the course provides opportunities for you to think about your own process of learning, develop self-awareness, and understand your role and responsibilities as a member of the Centre College community. This course also presents opportunities for you to practice skills essential to your academic success, including time management, critical thinking, study skills, and effective communication (oral and written.)

**Course Meetings, Assignments, & Deadlines**

Your FYC Class will meet weekly on Tuesdays from 11:30am-12:30pm at [location].

You will have weekly assignments that are typically due by 11:59pm on Monday of each week. There are some exceptions where you are asked to bring the completed assignment to class with you on Tuesday. Details and due dates for each assignment are listed below and in Moodle.

You should expect to spend approximately 3 hours per week on work associated with FYC.

**Attendance, Participation, & Engagement**

Engagement with other members of the Centre community is essential to your success. **As such, your attendance and engagement during each FYC class meeting is expected, and has significant implications for your final grade.**

As a general rule, “excused” absences are limited to official travel with Centre athletic teams, planned medical procedures (e.g. surgeries,) illness, and absences in accordance with the College’s official Grief Policy. If you must miss class due to athletic travel or a planned medical procedure, please contact your instructor at least 1 week in advance to discuss arrangements. Note that you will likely be required to complete a make-up assignment to earn points associated with any in-class activities that you will miss. Your professor may request documentation to verify the reason for your absence (e.g. doctor’s note) in order for it to be considered excused. Any requests for excused absences due to reasons other than those listed above are unlikely to be approved, and are left to the discretion of the instructor.

Each class session has in-class activities, “entry tickets,” and/or “exit tickets” that are associated with points. If you miss class due to an unexcused absence, you are ineligible to re-coup those points.

In addition to the loss of all points associated with in-class activities, two unexcused absence will result in the deduction of a full letter grade from your final grade in the class. Each subsequent absence will also result in the deduction of a full letter grade from your final grade in the class.

Please be sure to communicate with your instructor as soon as reasonably possible if you experience illness, profound life events, or changes to your circumstances that may impede your ability to attend class or submit work by the established deadlines.

During Week 1’s class session we will establish “Ground Rules” to facilitate respectful engagement and govern our interactions with one another. Students are expected to abide by the ground rules. Any violation of the established ground rules will result in a grade of “0” on the assignment and/or a penalty equivalent to an unexcused absence for a class session.

**Academic Accommodations**

If you are in need of Academic Accommodations please contact Dr. Brian Cusato, Assistant Dean & Director of the Learning Commons, at b.cusato@centre.edu. Once you have obtained the appropriate accommodations paperwork from Dr. Cusato, please contact your instructor as soon as possible to discuss any accommodations that may be needed to facilitate your success in FYC.

**Recording & Sharing of Classroom Proceedings**

As a participant in FYC you may have access to records of classroom proceedings, including (but not limited to) content in Moodle, discussion forum posts, Padlet responses, and content from in-class activities. No student is permitted to share via email, social media, or other methods any class content, in part or in its entirety, without the express written consent of the instructor responsible for the course and the author of the content (if the author is a fellow student). Unauthorized dissemination of classroom proceedings, lectures, and other materials is strictly prohibited and may be cause for investigation and judicial action.

**Required Materials**

There are no required texts or materials that need to be purchased for this class. You will, however, need regular access to a computer with internet capabilities and a printer. There are a number of computers available for student use in the Library and in computer labs on campus. If you are unsure how to setup printing on campus, please refer to [this guide](https://centrenet.centre.edu/ICS/StaticPages/KnowledgeBaseDocuments/Centre%20PaperCut%20Print%20Setup%20Guide%20Aug%202015.pdf), contact the ITS HelpDesk at helpdesk@centre.edu, or ask your FYM for assistance. If these requirements present a hardship for you, please let your instructor know ASAP so that they can discuss resources and possible accommodations with you.

**Academic Integrity Statement**

As a member of the Centre College community you are expected to follow and uphold all policies outlined in the Student Handbook. All work submitted for this course must be exclusively your own, unless collaboration is specifically authorized by your instructor. If there is any suspicion of academic dishonesty, the case will be referred to the Associate Dean. If you have questions about what is/isn’t allowable, please do not hesitate to contact your instructor.

**How Will My Learning Be Assessed?**

Each assignment in FYC is accompanied by a set of specifications that describe, in detail, the expectations for the assignment. There are two types of assignments in FYC:

1. Most assignments are graded “all or nothing.” If all specifications are met you will receive full credit for the assignment. If one or more specifications are NOT met you will receive no credit for the assignment.
2. The Capstone Project & Presentation are the only assignments that are an exception to the “all or nothing” approach to grading. The Capstone Project & Presentation will be graded 0-80 points and 0-15 points, respectively, using a set of criteria outlined in a rubric. See the “Capstone Project Information” page in Moodle for additional information, including a link to the grading rubrics.

***Why do we take this “all or nothing” approach for most assignments?***

1. **We want you to be motivated to do your best work so that you can improve your chances for overall success at Centre.**

Have you ever knowingly submitted work that wasn’t your best, but decided that a passing grade was “good enough?” Almost everyone has experienced this at some point or another. Each assignment in FYC is intentionally designed to help you master the knowledge and practice the skills essential to your success at Centre. If you only “kind of” understand what’s expected of you academically, “kind of” know how to manage your time, or “kind of” know how to study effectively, you’re less likely to be successful at Centre. We want you to put your best foot forward, invest serious effort, and actively work to master these essentials so that you are prepared to make the most out of your college experience and handle any challenges that may come your way.

1. **We want you to have the opportunity to learn from your mistakes, and try again when you miss the mark.**

We don’t expect you to be perfect. We do, however, expect you to try again if you miss the mark on your first attempt. We also understand that life happens – we sleep through alarms, overlook deadlines, or get behind with our work.

How does this work? Each student will receive 2 “Oops!” tokens that you can use to re-do a homework assignment if it fails to meet the specs, or submit a homework assignment up to one week after the posted deadline. If you wish to use an “Oops” token, simply contact your instructor and ask them for guidance on re-submitting the assignment, or ask them how to submit the assignment up to 1 week after the posted deadline.

IMPORTANT NOTE – You may use an “Oops!” token for any assignment EXCEPT for late submission of the Capstone Draft (Week 12), the Final Version of the Capstone, or the Capstone Presentation (Week 14).

Please also note that “oops” tokens may be used for homework assignments \*only\*. They may not be used for any points associated with in-class activities (including assignments that serve as entry and exit tickets.)

There are 400 total points associated with this course. Your final grade will be determined based upon the total number of points earned.

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| A = 369-400 pointsA- = 360-368 points | B+ = 343-359 pointsB = 328-342 pointsB- = 319-327 points | C+ = 304-318 pointsC = 289-303 pointsC- = 280-288 points | D = 240-279 pointsU = 239 points, or lower |

A list of assignments and associated point values can be found in the course outline that follows.

**Good Advice**

#### You'll likely notice that the prompts associated with the Capstone Project closely mirror other FYC assignments that you will complete throughout the term.  If you invest appropriate time and effort in you weekly FYC assignments, completing the Capstone will be quite easy.  If you do NOT invest appropriate time and effort in your weekly assignments, then completing the Capstone will require significant time and effort.  Plan ahead, and keep copies of every assignment you submit throughout the term!

**Orientation Week Meeting – Thurs Aug 26 (Tentative)**

By the conclusion of orientation, you should:

* Be able to articulate the value of a liberal arts education.
* Be able to describe the academic expectations of Centre College, and compare/contrast high school and college learning environments.
* Be able to define your roles and responsibilities within the Centre College community.
* Be able to articulate the value of challenges and "desirable difficulties," and the role they play in the learning process.

**Week 1 – Getting Centre-d for Success – Tues Aug 31**

By the end of Week 1, you should:

* Have thoroughly reviewed the FYC syllabus and be able to describe course themes, activities, and assignments.
* Be able to describe how to use a course syllabus from any class to get your semester started off on the right note.
* Work collaboratively with your peers to establish class ground rules to facilitate respectful dialogue and learning from multiple perspectives.
* Identify your strengths and describe how they can support your academic and personal success this Fall.

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| **WEEK 1 IN-CLASS ASSIGNMENTS** |
| Week 1 Exit Ticket  | 10 points | To be completed during class on Tues Aug 31 |
| **WEEK 1 HOMEWORK** |
| Complete the VIA Strengths Survey (link in Moodle) |   |   |
| Complete the Week 1 Discussion Forum Post in Moodle | 10 points | Post by Mon Sept 6@ 11:59pm |
| Schedule Instructor Meeting #1  | 10 points | Schedule meeting by Mon Sept 6 at 11:59pm; meeting should take place by Mon Sept 13 |

**Week 2 – Mindset, Metacognition, & Learning How to Learn – Tues Sept 7**

By the end of Week 2, you should:

* Be able to differentiate between the concepts of fixed mindset and growth mindset, and describe how they play a role in your personal development and academic success.
* Be able to describe the concept of metacognition and its role in the learning process.
* Engage in metacognitive reflection about your current study habits.
* Describe evidence-based learning strategies (i.e. retrieval practice, spaced repetition, and interleaving.)

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| **WEEK 2 IN-CLASS ASSIGNMENTS** |
| Week 2 Exit Ticket  | 10 points | To be completed during class on Tues Sept 7  |
| **WEEK 2 HOMEWORK** |
| **Starting on Tuesday Sept 7**, track & analyze how you spend your time for a week (use worksheet linked in Moodle) | 10 Points | Bring a printed copy (including your responses) to class with you on Tues Sept 14 |
| [Read: From Fixed Mindset to Growth Mindset - The Complete Guide by Anne-Laure Le Cunff](https://centreedu-my.sharepoint.com/%3Ab%3A/g/personal/alycia_tidrick_centre_edu/EW-eJ7Di4c9Pj81Cz-ppowIBZ0XaJn85qrz90d_B9d3OzA?e=2cNs8L) (link in Moodle) |  |   |
| Watch: The Power of Belief - Mindset & Success (Eduardo Briceno) (10:51) (link in Moodle) |  |   |
| Week 2 Mindful Moment: Learn About Challenging Cognitive Distortions & Automatic Negative Thoughts (link in Moodle) |  |  |
| After completing the reading and watching the video linked above, complete the Week 2 Discussion Forum Post in Moodle | 10 points | Post by Mon Sept 13 at 11:59pm |
| Complete Instructor Meeting #1 (if you haven’t done so already) | See Week 1 | Complete by Mon Sept 13 |

**Week 3 – Time Management – Tues Sept 14**

By the end of Week 3, you should:

* Evaluate and reflect upon your current time management practices.
* Identify and apply strategies to improve your time management.

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| **WEEK 3 IN-CLASS ASSIGNMENTS** |
| Week 3 Exit Ticket  | 10 points | To be completed during class on Tues Sept 14 |
| **WEEK 3 HOMEWORK** |
| [Listen to The Harvard Business Review IdeaCast "The Art of Asking for (and Getting!) Help" (27:34)](https://hbr.org/podcast/2019/12/the-art-of-asking-for-and-getting-help) (link in Moodle) |   |   |
| Complete "The Art of Asking for Help" Worksheet (link in Moodle) | 10 points | Bring a printed copy (including your responses) to class with you on Tues Sept 21 |
| Schedule FYM Meeting #1. Be prepared to show them your planner or some sort of organizational/time management system | 10 points | Complete meeting by Mon Sept 27 |

**Week 4 – The Art of Asking for Help – Tues Sept 21**

By the end of Week 4, you should…

* Practice self-awareness, as demonstrated by the ability to identify and articulate your needs.
* Practice formulating a request for help to address your specific needs.
* Engage in both seeking help and offering help to others.
* Describe the role that asking for help plays in your success as a Centre student.

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| **WEEK 4 IN-CLASS ASSIGNMENTS** |
| Engage in the Reciprocity Circle Activity  | 10 points | To be completed during class on Tues Sept 21 |
| **WEEK 4 HOMEWORK** |
| [Help](https://centre.co1.qualtrics.com/jfe/form/SV_0cDQKyf4SjLrCC2) yourself, and help someone else. **Assignment details in Moodle.** | 10 points | You will need to complete this activity in order to meet the requirements of your “Entry Ticket” for class on Tues Sept 28.  |
| [Complete the Essential Academic Skills Reflection worksheet](https://centreedu-my.sharepoint.com/%3Aw%3A/g/personal/alycia_tidrick_centre_edu/ETiaOFLwEl1BtqVpr7oY4tkB1b5S6GMOKKJfFtQrUq66NA?e=H2yeqJ) (link in Moodle) | 10 points | Bring a printed copy (including your responses) to class on Tues Sept 28 |
| Complete FYM Meeting #1 (if you haven’t done so already.) Be prepared to show them your planner or some sort of organizational/time management system | See Week 3 for information | Complete meeting by Mon Sept 27 |

**Week 5 – Study Smarter, Not Harder – Tues Sept 28**

By the end of Week 5, you should:

#### Be able to describe evidenced-based learning strategies to strengthen your current study habits.

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| **WEEK 5 IN-CLASS ASSIGNMENTS** |
| Week 5 Entry Ticket (Help Yourself & Help Someone Else. See Week 4 Homework in Moodle for assignment details.) | 10 points | To be completed during class on Tues Sept 28 |
| Week 5 Exit Ticket | 10 points | To be completed during class on Tues Sept 28 |
| **WEEK 5 HOMEWORK** |
| [Watch "How to Use The Library Catalog" (10:57)](https://youtu.be/tI7ico60vzw) (link in Moodle) |   |   |
| [Watch "How to Use the Library Databases" (7:28)](https://www.youtube.com/watch?v=9_QZF_B9Gq8) (link in Moodle) |   |   |
| Upload a Selfie to Moodle with the Book that you found in the Library. (Assignment details provided in the "How to Use the Library Catalog" video linked above) | 10 points | Upload by Mon Oct 4 @ 11:59pm |
| Please bring your computer to class next week. You will need it for an in-class activity. If this presents a hardship for you, please let your instructor know as soon as possible so that other arrangements can be made. (Eliminate this line from your Syllabus and Week 5 in Moodle if you are teaching in a computer lab) |  | Bring to class on Tues Oct 5 |

**Week 6 – Finding the Good Stuff: Academic Research & Library Resources – Tues Oct 5**

#### By the end of Week 6, you should be able to:

#### Evaluate the credibility and relevance of search results and their appropriateness for use in college-level coursework.

#### Identify and practice strategies to develop and refine keywords and use these keywords for database searches.

#### Describe the steps involved in completing a research project and identify library resources available to assist with that process.

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| **WEEK 6 IN-CLASS ASSIGNMENTS** |
|  Week 6 In Class Academic Research Activity  | 10 points | To be completed during class on Tues Oct 5 |
| **WEEK 6 HOMEWORK** |
| [Review the "Introduction to Citations" Resource](https://app.peardeck.com/student/tkvscyunn) (link in Moodle) |   |   |
| [Complete the Week 6 Homework Assignment](https://centre.co1.qualtrics.com/jfe/form/SV_07DqY0ixlZ1vsTc) (link in Moodle) | 10 points | Complete by Mon Oct 11 @ 11:59pm |

**Week 7 – Midterm Survival Guide – Tues Oct 12**

By the end of Week 7, you should be able to:

#### Describe Centre’s academic integrity policies and procedures.

#### Identify behaviors that constitute a violation of Centre’s academic integrity policies.

#### Articulate strategies that you can utilize to manage the heavy workload typically associated with midterms.

#### Reflect upon your first six weeks at Centre and demonstrate self-awareness by identifying areas of strength, as well as opportunities for additional growth and improvement.

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| **WEEK 7 IN-CLASS ASSIGNMENTS** |
| Week 7 Exit Ticket | 10 points | To be completed during class on Tues Oct 12 |
| **WEEK 7 HOMEWORK** |
| Review Self-Care and Mental Health Resources (linked in Moodle) |  |  |
| [Take 15 minutes to engage in self-care, then complete the Self-Care Reflection](https://centre.co1.qualtrics.com/jfe/form/SV_bQIHGDORvco0zC6) (link in Moodle) | 10 points | Complete by Mon Oct 18 @ 11:59pm |

**Week 8 – Academic Writing – Tues Oct 19**

By the end of Week 8, you should be able to:

#### Describe key differences between expectations for writing assignments in high school and college.

#### Explain each stage of the writing process.

#### Identify resources and strategies to assist with college writing assignments.

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| **WEEK 8 IN-CLASS ASSIGNMENTS** |
| Week 8 Exit Ticket | 10 points | To be completed during class on Tues Oct 19 |
| **WEEK 8 HOMEWORK** |
| [Complete "Design Your Centre Experience" Assignment](https://centreedu-my.sharepoint.com/%3Aw%3A/g/personal/alycia_tidrick_centre_edu/EY9vDdkIF3dJofv1aV3nFs4BnrEbityAXeeBUt4O9-0jiA?e=UQcuGb) (link in Moodle) | 10 points | Bring a printed copy (including your responses) to class with you on Tues Oct 26 |

**Week 9 – Designing Your Centre Experience (and Beyond!) – Tues Oct 26**

By the end of Week 9, you should be able to:

* Describe opportunities and resources related to career development, student involvement & leadership, undergraduate research, global citizenship, and civic & community engagement.
* Clearly articulate 3 goals for your time at Centre and describe your reason or purpose for pursuing each goal.
* Identify appropriate resources and action steps that can help you make progress towards each of your 3 goals.

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| **WEEK 9 IN-CLASS ASSIGNMENTS** |
| Week 9 Exit Ticket | 10 points | To be completed during class on Tues Oct 26 |
| **WEEK 9 HOMEWORK** |
| [Complete Diversity & Identity Worksheet](https://centreedu-my.sharepoint.com/%3Aw%3A/g/personal/alycia_tidrick_centre_edu/ESzattB2WQZOh3kaxfskAgYB0-mTNW1VlWg2llE68mxT7w?e=b60Pe9) (link in Moodle) | 10 points | Bring a printed copy of the worksheet (including your responses) to class with you on Tues Nov 2; also bring an item that represents an aspect of your identity (additional information provided in the worksheet) |

**Week 10 – Identity, Diversity, & Inclusion (Part 1) – Tues Nov 2**

By the end of Week 10, you should be able to:

* Define and differentiate between the concepts of diversity and inclusion.
* Describe the value of diverse learning environments and communities.
* Reflect upon and identify aspects of your identity and describe how those aspects of your identity have shaped your experiences, perspectives, and worldview.
* Define the concept of “privilege” and describe its connection to identity.

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| **WEEK 10 IN-CLASS ASSIGNMENTS** |
| Week 10 Entry Ticket (Bring your completed Week 9 HW & an item that represents some aspect of your identity) | 10 points | Bring to class with you on Tues Nov 2 |
| **WEEK 10 HOMEWORK** |
| ["Choose Your Own Adventure" Report - Written (see Moodle for additional information)](https://centreedu-my.sharepoint.com/%3Aw%3A/g/personal/alycia_tidrick_centre_edu/ESzattB2WQZOh3kaxfskAgYB0-mTNW1VlWg2llE68mxT7w?e=b60Pe9) | 10 points | Upload using the link provided in Moodle by Mon Nov 8 @ 11:59pm |
| "Choose Your Own Adventure" Report - Oral | See Week 11 | Be prepared to deliver an oral report (discussing your responses to the writing prompts associated with the assignment listed above) in class on Tues Nov 9 |
| Schedule Instructor Meeting #2 | 10 points | Complete meeting by Mon Nov 15 |

**Week 11 – Identity, Diversity, & Inclusion (Part 2) and “Choose Your Own Adventure” Reports – Tues Nov 9**

By the end of Week 11, you should be able to:

* Describe strategies for promoting inclusion.
* Self-identify a need, interest, or goal related to your academic or personal success. Identify and engage with an appropriate and related campus resource or opportunity.

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| **WEEK 11 IN-CLASS ASSIGNMENTS** |
| "Choose Your Own Adventure Reports" - Oral | 10 points | Delivered in class on Tues Nov 9 |
| Week 11 Exit Ticket | 10 points | To be completed in class on Tues Nov 9 |
| **WEEK 11 HOMEWORK** |
| Draft of Infographic for Capstone Project | See Week 12 | Bring a printed copy of your infographic to class on Tues Nov 16 for peer review. This will be part of your "Entry Ticket" for class in Week 12 |
| Self-Assessment Assignment (additional details in Moodle) | See Week 12 | Bring a printed copy of your self assessment to class on Tues Nov 16. This will be part of your "Entry Ticket" for class in Week 12 |
| Complete Instructor Meeting #2 (if you haven’t done so already) | See Week 10 | Complete meeting by Mon Nov 15 |
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**Week 12 – Giving & Receiving Feedback – Tues Nov 16**

By the end of Week 12, you should be able to:

* Describe characteristics of high quality feedback.
* Describe strategies for receiving and processing feedback.
* Practice giving and receiving feedback with a peer.

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| **WEEK 12 IN-CLASS ASSIGNMENTS** |
| Entry Ticket Part 1: Bring a printed copy of your Infographic for the Capstone Project for peer review | 15 points | Bring printed copy to class on Tues Nov 16 |
| Entry Ticket Part 2: Bring a printed copy of your self-assessment (Week 11 Homework) to class with you | 10 points | Bring printed copy to class on Tues Nov 16 |
| **WEEK 12 HOMEWORK** |
| Make final revisions to Capstone Project Infographic. Upload final draft to Moodle. | 80 points | Upload your final draft by Mon Nov 29 @ 11:59pm; a link to upload can be found under Week 12 in Moodle |
| Prepare for Capstone Oral Presentation. | See Week 14 | Presentation to be delivered in class on Tues Nov 30 |
| Schedule FYM Meeting #2 | 10 points | Complete by Fri Dec 3 |

**Week 13 – No Class – Tues Nov 23**

**Week 14 – Capstone Presentations – Tues Nov 30**

By the end of Week 14, you should be able to:

* Demonstrate competence in identifying and communicating relevant information orally and visually.
* Demonstrate self-awareness by describing unique aspects of your identity, experiences, interests, skills, strengths and values.
* Articulate your reason(s) for becoming a Centre student and how it connects to your larger goals or self-defined purpose.
* Articulate the value of pursuing a liberal arts education and utilize one appropriate scholarly or popular source to support your claim.
* Articulate three goals for your time at Centre, describe their meaningfulness, and identify appropriate campus resources and action steps that can help you make progress towards those goals.

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| **WEEK 14 IN-CLASS ASSIGNMENTS** |
| Capstone Project Presentation | 15 points | To be delivered in class on Tues Nov 30 |
| **WEEK 14 HOMEWORK** |
| FYC Course Evaluation (link in Moodle) |  | Complete by Fri Dec 3 @ 11:59pm |
| Complete FYM Meeting #2 (if you haven’t done so already) | See Week 13 | Complete by Fri Dec 3 |