

# FIRST YEAR FLORIDA

Fall 2009  
Section 21555  
Matherly 0009  
Thursdays, 9:35-10:25 a.m.

Welcome! This course aims to prepare you for four fulfilling years at UF. We want to connect you to the UF community, and link you to resources across the university.



Your co-instructors will lead your FYF journey.

**Krista Vaught**

UF '06

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352-273-0665


 KristaEdTech

Office hours by appointment



**Katie Johnson**  
Office hours by appointment



 Prefer the old school syllabus (all text)?  
Flip a few pages and you'll find the traditional version.



# WHAT WILL YOU LEARN?

## student learning outcomes

First Year Florida educates new students to maximize their learning and development. As a result of taking this course, students will:

### CONNECT

with faculty, staff, and peers at the University of Florida

### RESOURCES

Identify university resources and services that contribute to their personal and educational goals

### REFLECT

Recognize the purpose of reflection, critical thinking, and enriching educational opportunities within and outside the classroom

### WELL BEING

Evaluate the effects of personal well-being on student success and engagement

### EXPECTATIONS

Recognize academic, conduct, and citizenship expectations of the University of Florida

### RESPECT

Develop an awareness and respect for being a part of a diverse global community



# WHAT DO I NEED TO KNOW?

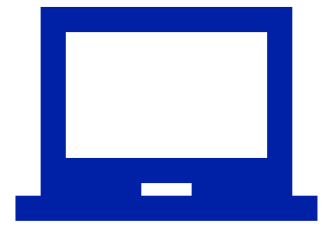


## BOOKS

- FYF course packet - available on Canvas
- F-book - provided at Preview or by contacting the University of Florida Alumni Association

## COURSE WEBSITE

- Canvas - log in at [ufl.instructure.com](http://ufl.instructure.com) (use your Gatorlink username and password)
- **Submit all assignments on Canvas**



## ATTENDANCE

- Be on time! Tardy = 5 minutes late
- **Be present and engaged**
- Because our course revolves around connection and discussion, attendance is part of your grade.
- See UF policy for excused absences

## PARTICIPATION + RESPECT

We expect you to:

- Show mutual respect for your classmates and instructors
- Value diversity of ideas and insights

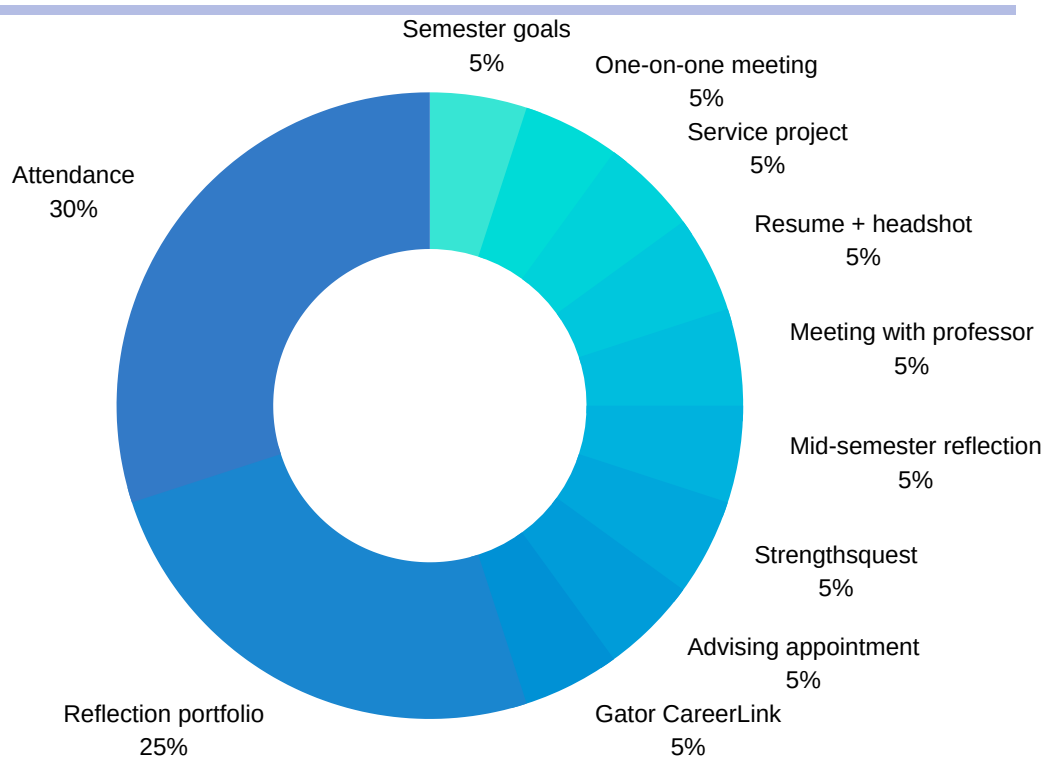


"I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship." - Brene Brown

## GRADING

This class follows the UF grading policy: check the undergraduate catalog or old school syllabus for details.

## EARN POINTS



## ACADEMIC INTEGRITY

As a UF student, you are expected to abide by the UF Honor Code. See the traditional version of the syllabus for more details. Basically:

- **Do not lie, cheat, or steal academic information.**
- **Do not plagiarize or use unauthorized material.**



Honor Code: We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.

Pledge: On my honor, I have neither given nor received unauthorized aid in doing this assignment.



Your well-being is important. If you or a friend is in distress, please reach out to [umatter@ufl.edu](mailto:umatter@ufl.edu) or 352-392-1575 (nights and weekends)! See the appendix for details.

## HOW ARE WE DOING?



- We'll ask for your feedback throughout the course - we want to make sure this experience is meaningful for you, and we'll integrate your feedback throughout.
- UF and FYF will ask for feedback at the end of the semester.

## ACCESSIBILITY

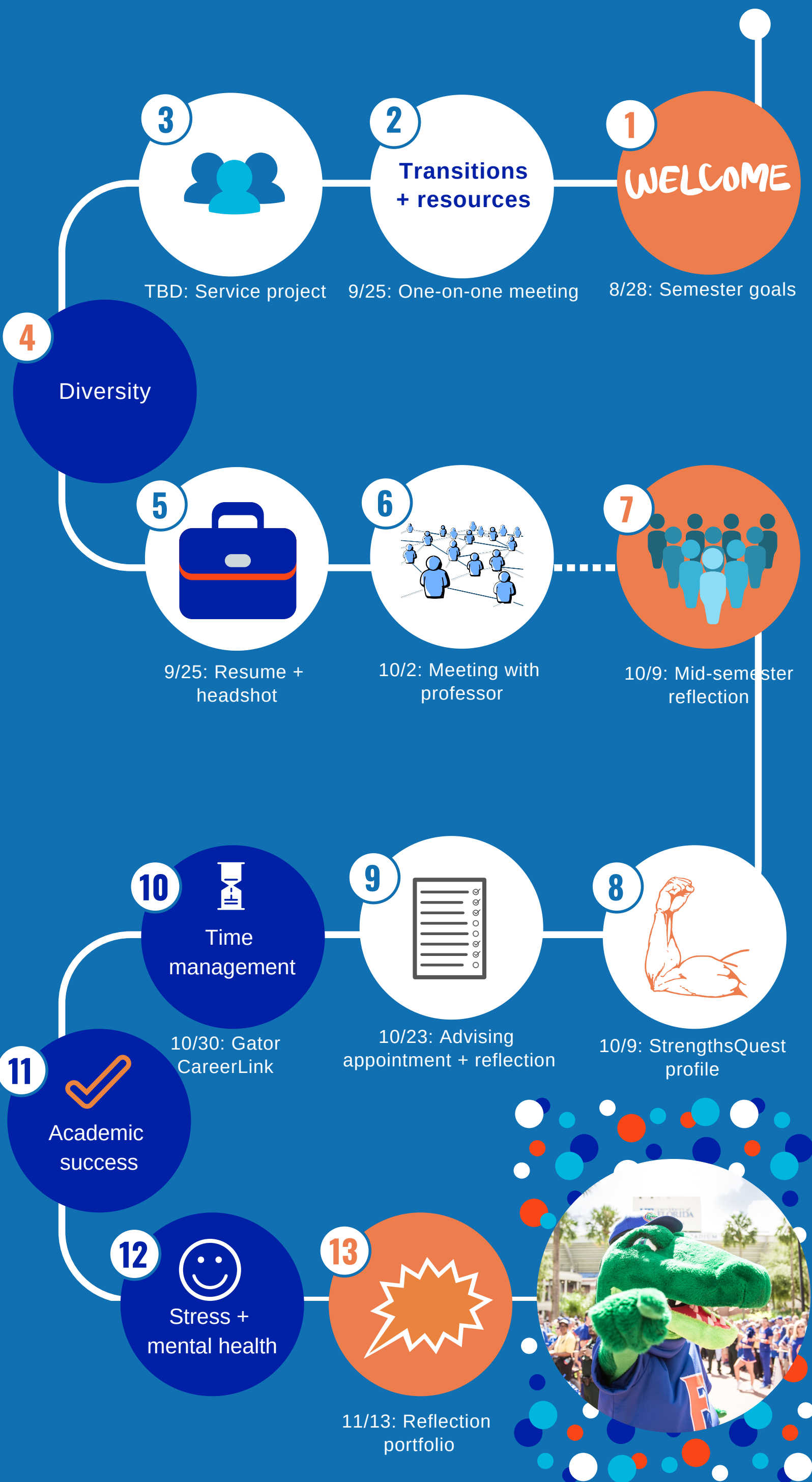
The University of Florida provides high-quality services to students with disabilities, and we encourage you to take advantage of them. Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565; [dso.ufl.edu/drc](http://dso.ufl.edu/drc)). Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation.

# FYF journey

\*This the plan, and we will make adjustments after your feedback in the first two class meetings.

**Assignments are due at 11:59 p.m.**

\*If you've read this far, email Krista a meme/gif of how your first week of fall is going.



Assignment due dates are below the bubbles  
More info on Canvas





# Old school syllabus version/appendix

First Year Florida is a course designed to aid students in a successful transition to the University of Florida. This course aims to help students develop the practical, social, emotional, and intellectual skills that are essential to a fulfilling four years at UF, provide a foundation for a well-rounded college experience, connect students to the University of Florida, promote engagement within and outside the classroom, and communicate university expectations.

## Learning outcomes

First Year Florida educates new students to maximize their learning and development. As a result of taking this course, students will:

- Connect with faculty, staff, and peers at the University of Florida.
- Identify university resources and services that contribute to their personal and educational goals.
- Recognize the purpose of reflection, critical thinking, and enriching educational opportunities within and outside the classroom.
- Evaluate the effects of personal well-being on student success and engagement.
- Recognize the academic, conduct, and citizenship expectations of the University of Florida.
- Develop an awareness and respect for being a part of a diverse global community.

## Required Readings:

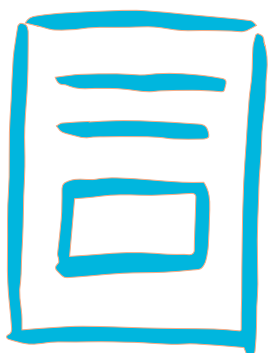
FIRST YEAR FLORIDA COURSE PACKET (will be provided in the Canvas site)  
Additional (Optional) Reading: F-Book; provided at Preview or by contacting the University Alumni Association.

**Technology:** This class will utilize Canvas for assignment submissions in conjunction with in paper assignments. For every assignment submitted in this class, you will need to submit it via Canvas. Students in FYF are required to have and use their GatorLink account for all UF related e-mail functions. Official university communications are sent to students at this email address.

**Absence/Late Policy:** Attendance is a significant portion of your grade and is integral your success in this course. All students are expected to be present and on time for class. All absences and late arrivals must be accompanied with an excuse in order to receive participation or tardy points. Students are counted tardy after five minutes, no exceptions. Excused absences include: University Sponsored events, Religious Holidays with prior notice, Medical/Emotional/Family Emergencies with appropriate documentation. Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found at:  
<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

**Participation and respect:** In this course you will be treated as an adult with respect, and we expect the same in return. Throughout the semester we will have a series of activities and discussions. Your ideas, values, and opinions are to be respected and in return you are to respect your classmates' ideas, values, and opinions. At times, we may navigate through sensitive and challenging topics. This classroom is meant to be a safe space, where we take the time to listen, be open-minded, and seek to understand.

We are strong believers that with anything in life, you get what you put into it. We strongly encourage you to take part in discussions and be both physically and mentally present in class. The work you submit should reflect your best effort, as well as the standards of the University of Florida. Cell phone and lab top usage are not permitted in class unless otherwise stated. While we seek active discussions, disruptive behavior will not be tolerated.



# Old school syllabus version/appendix

## **Academic Honesty**

UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Honor Code ([sccr.dso.ufl.edu/process/student-conduct-code/](http://sccr.dso.ufl.edu/process/student-conduct-code/)) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructors.

## **Grading policy**

This course adheres to the UF grading policy for assigning grade points. Please see [catalog.ufl.edu/UGRD/academic-regulations/grades-gradingpolicies/](http://catalog.ufl.edu/UGRD/academic-regulations/grades-gradingpolicies/). \*A grade of Incomplete (I) will not be issued under any circumstance.\*

## **Accommodations**

Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, [dso.ufl.edu/drc](http://dso.ufl.edu/drc)) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

## **Course evaluations**

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at [gatorevals.aa.ufl.edu/students/](http://gatorevals.aa.ufl.edu/students/). Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via [ufl.bluera.com/ufl/](http://ufl.bluera.com/ufl/). Summaries of course evaluation results are available to students at [gatorevals.aa.ufl.edu/public-results/](http://gatorevals.aa.ufl.edu/public-results/).

## **Health and Wellness**

**U Matter, We Care:** If you or someone you know is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu), 352-392-1575, or visit [umatter.ufl.edu/](http://umatter.ufl.edu/) to refer or report a concern and a team member will reach out to the student in distress.

**Counseling and Wellness Center:** Visit [counseling.ufl.edu/](http://counseling.ufl.edu/) or call 352-392-1575 for information on crisis services as well as non-crisis services.

**Student Health Care Center:** Call 352-392-1161 for 24/7 information to help you find the care you need, or visit [shcc.ufl.edu/](http://shcc.ufl.edu/).

University Police Department: Visit [police.ufl.edu/](http://police.ufl.edu/) or call 352-392-1111 (or 9-1-1 for emergencies).

**UF Health Shands Emergency Room / Trauma Center:** For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; [ufhealth.org/emergency-room-trauma-center](http://ufhealth.org/emergency-room-trauma-center).





# Old school syllabus version/appendix

## Course overview

Assignment descriptions and any additional information regarding the course schedule requirements can be found under the “assignments” tab on Canvas. Learning supplements are expected to be read or watched prior to class on the date listed. Students should be prepared to discuss the given resources and respective topics in class, as doing so will contribute to participation credit. Online assignments are to be submitted on Canvas no later than 11:59 p.m. one week from the date on the due date on which they are listed below. Late work will not be accepted.

## Assignments

See Canvas for grading rubrics and formatting requirements.

## Schedule

Date	Topic	Assignment	Assignment Due Date
Week 1 8/22	Welcome & Introduction	Semester Goals	8/28
Week 2 8/29	Transitions & Campus Resources	One-on-one meeting with Katie or Krista (sign up)	9/25
Week 3 9/5	Community Building	Service Project	
Week 4 9/12	Diversity		
Week 5 9/19	Professional Development	Resume & Headshot	9/25
Week 6 9/26	Networking	Meeting with Professor	10/2
Week 7 10/3	Involvement	Mid-Semester Reflection	10/9
Week 8 10/10	Strengths Quest	StrengthsQuest Assessment	10/9
Week 9 10/17	Academics	Advising Appointment	10/23
Week 10 10/24	Time Management	Gator CareerLink	10/30
Week 11 10/31	Academic Success		
Week 12 11/7	Mental Health & Stress Management		
Week 13 11/14	Reflection Portfolio Presentations	Reflection Portfolio	11/13
Week 14 11/21	End-of-Semester Celebration		

## Assignment Descriptions

All assignments should be submitted to Canvas prior to the given deadlines. Late work will not be accepted, unless the extenuating circumstance which led to the tardiness has been documented and excused by the instructors. Technological complications do not constitute a valid excuse and as such, students are encouraged to work proactively so as to avoid such issues.

### Semester Goals

Due 8/28 at 11:59 pm

After careful reflection, create a list of at least five distinct goals which you hope to achieve at some point during your college experience. These goals may be academic, social, or personal in nature. Include a brief description about how each goal can contribute to your success as a first-year student at UF.

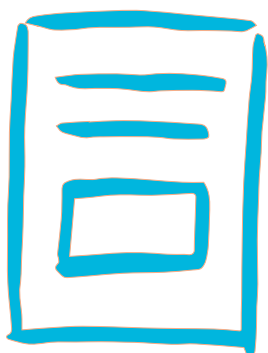
Length Requirement: 300 words

### One-on-One Meeting and Reflection

Due 9/25 at 11:59 pm

In order to facilitate a more personalized experience, Katie and Krista will be conducting one-on-one meetings with each student throughout the beginning of the semester. Sign-ups will take place during the first and second weeks of the course, after which Katie and/Krista will reach out to develop more concrete plans with each student. The purpose of this assignment is to learn more about you and your personal experiences, and how we can help you navigate through your first semester. After the one-on-one, you are expected to turn in a brief reflection describing your feelings before and after the meeting and any questions/concerns that may have been addressed/alleviated during the conference.

Length Requirement: 300 words



# Old school syllabus version/appendix

## **Service Project**

TBD

As a class, students will participate in a service project. This is a mandatory event that requires everyone's participation. If for some reason you cannot attend, it is up to you to let the instructors know in advance and plan a makeup. After the event, write a 1- 2-page reflection paper.

Length requirement: 300 words

## **Resume & Headshot**

Due 9/25 at 11:59 pm

Having a professional resume and headshot is imperative when applying for jobs and other leadership opportunities at UF and beyond. The Career Connections Center, located in the Reitz Union (Suite 1300), offers free services to help students develop professionally. For this assignment, create a resume if you do not already have one, and then visit the Career Connections Center for critiques.

The Express Drop-In service is available from 11:00 am – 4:00 pm on weekdays. You are expected to bring a hard copy of their current resume to the CCC meeting and should submit both the original copy and any notes/revisions from the CCC appointment to Canvas. In addition, you must visit the Gator Career Closet (on the ground floor of the Career Connections Center) to have a professional headshot taken. This headshot should be uploaded to Canvas as well.

## **Meeting with Professor**

Due 10/2 at 11:59 pm

Meet with one UF professor of your choice for a one-on-one meeting.

Professors often have their office hours listed on the class syllabus for such purposes. Taking advantage of office hours can open doors to many opportunities, such as future academic research positions, letters of recommendations, and helpful professional mentoring. The purpose of this meeting is to give you the chance to broaden your network and seek information from an experienced professional.

Prior to the meeting, compose a list questions/discussion topics. Submit this list in Canvas, along with a brief reflection about your meeting.

Length Requirement: 150 words, not including list of questions/discussion topics

## **Mid-Semester Reflection**

Due 10/9 at 11:59 pm

We want to know how your first semester – including this course – is going. Write a short reflection to discuss academics (classes, professors, workload), engagement (are you getting involved or plan to get involved), and this course (what else can we do to assist you). You can submit this as a written paper (300 words) or another creative format (infographic, Powtoon, Prezi, video, etc.).

Length Requirement: 300 words (if paper); see rubric for creative formats

## **StrengthsQuest Assessment**

Due 10/9 at 11:59 pm

You will take the StrengthsQuest assessment and bring your results to class. Strengths Quest is a personality test designed to help students identify their top 5 strengths. By capitalizing on these strengths, students will learn what they are naturally good at and how to use these strengths to succeed personally and professionally. (The assessment is not academic – there are not right or wrong answers, and results will be different for each student.)

## **Advising Appointment**

Due 10/23 at 11:59 pm

Meeting regularly with your academic advisor is a key component to success. Advising offices tend to get very busy prior to course scheduling (at the end of each semester) so it is important to plan in advance. Appointments can be made online or over the phone, depending on the college with which you are affiliated. Walk-in hours are typically available as well, but often result in longer wait times. For this assignment, you are required to meet with an academic advisor within your college. Prior to the appointment, you should compose a list of questions/discussion topics. Submit the list of questions in Canvas, along with a picture of the business card of the advisor with whom you met, and a brief reflection about what you discussed and learned.

Length Requirement: 150 words, not including list of questions/discussion topics

## **Gator CareerLink**

Due 10/30 at 11:59 pm

“Last year over 21,000 students and alumni spoke with the Career Connections Center, and many of these connections started with Gator CareerLink (GCL). GCL is the portal to everything career at the University of Florida and it gives you incredible access to internships, co-ops, job shadowing, part and full-time job opportunities, online resource library, career events, and more.”

Please visit : <https://career.ufl.edu/students/student-gator-careerlink/>.

From here, you can access a quick start guide that will guide you through the creation of your own Gator CareerLink profile. Once you have successfully activated your account, take a screenshot of the home page and submit to Canvas.





# Old school syllabus version/appendix

## **Reflection Portfolio**

Due 11/13 at 11:59 pm

At the end of the semester, you will create a visual representation of your first semester at UF. Be creative! This is your opportunity to share and express the different experiences you had this past semester. More details will be posted in Canvas.

## **Attendance**

Evaluated Weekly

All students are expected to arrive to class promptly on a weekly basis. Those arriving more than 10 minutes late will be marked absent, unless the tardiness is otherwise excused by the instructors. Please keep in mind that physical presence in the classroom must be supplemented by active engagement and participation in order to receive full credit. Students who display disruptive and/or complacent behavior are at liberty of receiving significant deductions in credit. Excused absences will be evaluated on a case by case basis. Requirements for class attendance, make-up exams, assignments, and other work in this course are consistent with university policies and can be found at:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

## **Extra Credit**

UF Fall Fairs

Attend one of the following fairs, and then submit a photo and a two-paragraph reaction paper via canvas. Dates will be announced and posted on Canvas.

- Volunteer Organization Fair
- Study Abroad Fair
- Career Showcase
- Fall Organization Fair