

FYS 101 First Year Seminar Fall 2004

Instructor name
Office room and building
Phone **Office:** **Home:** **E-mail:**

Required Materials Student Planner
Fraser, Lisa. Making Your Mark – 6th edition
Port Perry: LDF Publishing, Inc., 2003
FYS Packet/Binder

Course Description The First Year Seminar is designed to assist students with their transition to a university living/learning environment. The one semester, one credit course helps students learn how to utilize their education for their lives, for leadership, and for service to others. The First Year Seminar focuses on wellness programming, college life skills development, and academic adjustment. A first year instructor will guide the seminar group through eight wellness activities designed to assist first year students in their adjustment to college in a holistic way. Students will write reflection papers and participate in discussions each week on the various wellness topics and adjustment issues.

Time Classes meet on Tuesdays and Thursdays from 11:00 – 11:50 a.m.

On Tuesdays, several seminar groups will join together and attend a scheduled wellness activity (see detailed schedule).
On Thursdays, the seminar group will meet
in Room _____ Building _____

Attendance In order to earn one credit for this semester course, students must not miss more than two classes or course-required activities. If students have more than two absences, they will receive FA (Failure for excessive absences). Attendance will be taken at each scheduled class or activity. In order to receive eight wellness credits, students must attend each scheduled wellness program and complete a wellness attendance and evaluation form.

Wheeling Jesuit University Mission Implementation

The First Year Seminar is built on the Jesuit mission of the university, and it incorporates the purpose and themes of a Jesuit Education. The objectives of this course are designed to assist students in implementing

the mission of Wheeling Jesuit University: educating for life, educating men and women in service for, with, and among others, and educating for leadership. Active participation in this First Year Seminar can foster educational excellence, competence, and a lifelong appetite for learning. This experience may serve as an impetus for students to use their God-given talents and develop their full potential for leadership so they can enrich their own communities through service to others.

Course Objectives

The purpose of a Jesuit Education is to produce students who can contribute intelligently and effectively to the welfare of society because they are competent and virtuous. The following themes of a Jesuit Education are introduced in the First Year Seminar and continue to be emphasized throughout their four years at the university:

Academic Rigor – students will be introduced to the academic expectations of Jesuit Education and make the transition from high school to college level work.

Learning Integration – students will be encouraged to think through to a personal understanding of their learning, in contrast to just memorizing information.

Eloquentia Perfecta - students will discuss, debate, and reflect on various topics, and will practice speaking and writing skills.

Discernment – students will further develop character and make good personal choices. Through exposure to information and discussion about behavior and values, students will be able to make wise decisions in a variety of situations.

Cura Personalis – FYS instructors will get to know their first year students personally, and will help them reflect on the experiences and challenges of their initial college experience. Wellness activities and reflections will supplement academic instruction to advance the students' emotional, spiritual, physical, and intellectual growth.

Curriculum Blending Past and Present – students will be introduced to the broad and rich tradition of a liberal arts education through the core curriculum while using modern technology and engaging in discussions and reflections on contemporary topics and issues.

Social Justice – through various wellness activities and classroom discussions students will be encouraged to recognize the exceptional dignity of all individuals and to develop a respect for others. Students will learn how they can impact society and contribute to a more just world for all.

Holistic Wellness – by completing one program in each of the eight wellness dimensions, students will receive balanced attention to their intellectual, spiritual, and physical growth.

College Life Skills and Wellness Activities

The First Year Wellness series is designed to address in a Jesuit context the important personal, social, and developmental issues that new college students face. Eight wellness programs, one in each of the eight wellness dimensions, will be presented throughout the semester:

Topic:	Wellness Credit Earned:
Orientation in Four Acts	risk prevention
Healthy Relationships	sexual
Stress Management	emotional
Understanding Jesuit Spirituality	spiritual
Choosing a College Major	career development
Staying Physically Fit	physical
Multicultural Awareness	cultural/intellectual
Make a Difference Day	social concern

Evaluation of Performance

Eight Wellness Activities	40 points (5 points each)
Seven Reflection papers/discussions	35 points (5 points each)
Other written assignments	20 points
Meetings with FYS instructor	5 points
Total	100 points

Classroom Environment

Active learners contribute in positive ways to make learning interesting and fun.

To create a positive learning environment, **students will be expected to:**

- ?? Be prepared for class/program by checking the syllabus or Blackboard
- ?? Be on time – “90 % of success is showing up” (Woody Allen)
- ?? Participate in class/programs by completing assignments, contributing to discussions, actively listening, asking and answering questions
- ?? Respect the ideas, opinions and beliefs of fellow students and the instructor
- ?? Participate as an adult learner - avoid conversations or distractions during class or programs
- ?? Stay alert during class/programs and avoid packing up before class is officially over
- ?? Ask questions any time something is unclear or needs to be repeated

To create a positive learning environment, **instructors will be expected to:**

- ?? Respect the ideas, opinions and beliefs of students
- ?? Start and end class on time
- ?? Be prepared to follow the discussion guide for each wellness topic

Helpful Resources:

Academic Resource Center – the ARC

The Academic Resource Center, located on the ground floor of Ignatius Hall, is a place where students can find caring staff willing to address their individual learning needs and provide academic strategies for any course, writing, time management, and study skills. The ARC includes a computer lab with self-paced instructional software and a comfortable study room. The ARC is open 56 hours per week with individual tutors available. Just ask!

Call (304) 243-4473 or contact the ARC website – <http://www4.wju.edu/arc>

Sundays	6:00 p.m. – 11:00 p.m.
Mondays –Wednesdays	10:00 a.m. – 9:00 p.m.
Thursdays	10:00 a.m. - 11:00 p.m.
Fridays	10:00 a.m. - 3:00 p.m.

Students with Disabilities

Wheeling Jesuit University is committed to provide accessible facilities and appropriate accommodations to students with physical or learning disabilities. In order to receive accommodations, students with disabilities must contact the Disability Services Director, Kathy Tagg, at (304) 243- 2427. Information is considered confidential.

Counseling and Wellness Center

The Counseling and Wellness Center, located in 209 Swint Hall, offers free, confidential counseling to students in a caring atmosphere. Possible benefits from counseling may include better interpersonal and family relationships, better personal adjustment, increased self-esteem, more successful performance in the college environment, and the development of new skills for dealing with problems and managing stress. The center also coordinates the wellness program and the alcohol and other drug education program.

Stop in or call (304) 243-2451 for an appointment.

Hours are Monday through Friday from 8:30 a.m. – 5:00 p.m.

