

**Fall 2020 Destination Kent State: Psychology First-Year
Experience (UC 10097)**

Section: 026, CRN 29446
Section: 035, CRN 29455
Section: 043, CRN 29462
Section: 053, CRN 29471
Section: 054, CRN 29472

Fridays from 1:10 to 2 PM



Faculty Contact Information

Dr. Clarissa A. Thompson

Remote Office Hours: see below

Phone: 330-672-3948

Email: cthomp77@kent.edu (best method!)

SSLs

Morgan Riggleman (mrigglem@kent.edu)

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Email Etiquette

When you email a professor, the proper etiquette is to greet them with a salutation (e.g., "Hello, Dr. Thompson"), write your question in full sentences (make sure that you use spell check), and then sign your full name (e.g., "Thanks, Student First and Last Name"). Adding an informative title to your email helps me to help you! I have over 150 students in this course, plus I receive many emails from other students as Undergraduate Curriculum Coordinator. Keep in mind that emails are not the same as texts. You should expect to get a response within 24 hours, unless you send your emails on the weekend. Often, I try to respond ASAP to student requests.

Weekly Office Hours

Dr. Thompson will hold her office hours on Blackboard Collaborate Ultra (BBCU). Look for the link within BBCU called, "Office Hours." To schedule a time to meet with Dr. Thompson during her office hours (Fridays from noon-1PM and 2:00-3:00 PM), go to the Microsoft Bookings link here to sign up for a 15 minute session: <https://outlook.office365.com/owa/calendar/KentStateUniversity2896779@ksuprod.onmicrosoft.com/bookings/>. If you would like to set up a longer meeting, please contact Dr. Thompson via email.

Psychological Services Across Campus

College students often experience issues that may interfere with academic success such as academic stress, sleep problems, juggling responsibilities, life events, relationship concerns, or feelings of anxiety, hopelessness, or depression. If you or a friend is struggling, we strongly encourage you to seek support. Helpful, effective resources are available on campus, some of which are free of charge.

1. There are three clinics on campus where students can seek mental health services. The numbers to call to request an appointment at Psychological Services (University Health Services), the Psychological Clinic (Department of Psychological Sciences), and The Counseling Center can be found at https://www-s3-live.kent.edu/s3fs-root/s3fs-public/file/Kent_SUSO_2019.pdf. Please also use this link to locate information about additional resources, including 24 hour hotlines.
2. Psychological Services is offering three free psychoeducational groups (Coping with Anxiety During COVID-19, The Art of Coping: Building Emotional Resilience, and Empowering Students in Recovery) in a virtual format this fall. If you are interested in any of these groups, please contact Psychological Services for more information: <https://www.kent.edu/psych>.

Course Description

The purpose of the First Year Experience Course is to help you make a successful transition to Kent State University, both academically and personally. This course aims to foster a sense of belonging, promote engagement in the curricular and co-curricular life of the university, articulate expectations of the University and its faculty, help you develop and apply critical thinking skills, and help you continue to clarify your purpose, meaning, and direction.

Required Course Materials

Calendar/Academic Planner: We require each student to have some type of calendar or academic planner so that you can more effectively manage your time and schedule.

Course Outcomes

Upon completion of this course, you will:

1. Engage in critical thinking, analytical reasoning, problem solving and written communication through participation in and exploration of your college.
2. Personally explore, experience, and reflect on your learning environments at KSU as well as on your aspirations, roles, and responsibilities in this new phase of your professional education.
3. Learn the critical attributes of your college through programs and assignments designed to integrate resources for professional development and preparation.
4. Identify and responsibly access resources and services in support of your success across the University through integrated assignments and pedagogy.

Course Requirements

Blackboard Learn

Throughout this course, you will be expected to use the Blackboard (Bb) management system. You can access Blackboard by logging into Flashline. If you are experiencing technical difficulties, please contact the KSU Helpdesk 24/7 at 330-672-HELP (4357) or follow this link: <https://www.kent.edu/techhelp>. Please review each assignment that has a Blackboard component and contact your instructor if you have any further issues.

Check out this link to learn how to navigate Blackboard Collaborate Ultra (BBCU), which we will use for our synchronous class sessions: <https://help.blackboard.com/Collaborate/Ultra/Participant>

Be sure to use Google Chrome as your browser to best access BBCU.

Attendance Policy

Attendance and Participation: 150 Points

Class attendance is one of the best predictors of student success; therefore it is encouraged and expected in this course. This course has been designed to be experiential in nature, and classes are conducted on the premise that regular attendance is expected. I know that we are living in unprecedented times, and sometimes life can impact even the best laid plans. Therefore, I will be flexible with course attendance. Each week, we will have an "exit ticket" due. Successful completion of this **one-question** assignment will show me that you have comprehended one of the main points from the class session. These questions will be made available in Blackboard each week after our Friday afternoon class, and they will be due by Sunday at 11:59 PM.

Students are permitted to miss one exit ticket with no penalty/no questions asked. However, every additional unexcused absence beyond this will negatively impact your final grade. The university recognizes certain activities and events as reasons for excused absence from sessions. Legitimate reasons for an "excused" absence include illness and injury or disability-related concerns, military service, death in the immediate family, religious observance, participation in an approved concert or athletic event, and direct participation in university disciplinary hearings. Refer to University Policy **3 - 01.2** for more information about class attendance and absences.

If you anticipate an excused absence, it is your responsibility to contact Dr. Thompson ASAP. Students shall be responsible for all material covered in synchronous class sessions during their absence. Students are responsible for completing any makeup work resulting from their absence. In no case is an excuse from class to be interpreted as a release from class responsibility.

In an effort to be flexible this semester, all synchronous class sessions will be recorded on BBCU. If you have to miss a synchronous class session, just tune into the class recording prior to the Sunday night exit ticket deadline. I encourage you to be present for the synchronous sessions so that you can get the most out of them. For instance, attending the class session as it is occurring online will allow you to ask questions of our distinguished speakers.

Coronavirus- Flashes Safe Seven

To ensure an outstanding and safe experience for our students, faculty, staff, and visitors, everyone should practice daily symptom checks and the Flashes Safe Seven (<https://www.kent.edu/coronavirus/flashsafe-seven#while-on-campus>).

For more information on Coronavirus Updates and Frequently Asked Questions, please visit the University Coronavirus Update Website: <https://www.kent.edu/coronavirus>

Also, [Sign up for FlashAlerts](#), and check your email and Blackboard announcements daily.

What happens to this course after the Thanksgiving Break?

Not much changes because we are already meeting in a remote format this semester. Thanksgiving break is Monday through Sunday, Nov. 23-29. **Classes will then resume via remote instruction on December 4.** FYE sections do not meet during Finals week. See the course calendar below.

Additional Expectations

- Be on time for all synchronous class sessions that occur on Friday afternoons during our scheduled class time (1:10-2:00 PM).
- Actively participate in all class sessions and activities to make the most of your course experience. When you are not participating, please remain muted on BBCU. Use the “raise hand” function if you would like to ask or answer a question. You may also type a question to the full class by using the chat function; the chat will be monitored by our undergraduate Student Success Leaders. Disruptive behavior will not be tolerated.
- I do not expect you to have your cameras on during our class sessions unless you want to.
- Complete your assignments on time.
- Submit your own work on all assignments. The highest level of academic integrity is expected: cheating and plagiarism violates University policy.
- Have an open mind. Be respectful of opinions that differ from your own. As college students, you will be treated and respected as an adult. You are encouraged to share your ideas and express your opinions in class, and you will be expected to respect others’ opinions and values as well.
- If I lose internet access during a class session, please give me at least 10 minutes to reconnect before you leave the class session. In the interim, the Student Success Leaders will lead you in a brief discussion of the material covered up to that point.

Description of Assignments

All assignments will be submitted on Blackboard and due by 11:59 PM on the day that they are due (see due dates below). Students are encouraged to plan ahead and submit assignments early rather than risk missing the due date.

Assignment #1

Learning Foundations Modules Assignment: 50 Points

You can find these modules by following this path in Blackboard: Learning Materials->Learning Foundations.

Dr. John Dunlosky, Professor of Psychological Sciences and Director of the Science of Learning and Education (SOLE) Center, has extensively researched the area of student learning and what is effective in increasing academic performance and success. As a result of his research, he developed four online modules to improve the achievement of first-semester college students. The topics are:

- 1) Mind Set – Convince students that learning is not fixed and anyone who persists and studies effectively can excel in any course.
- 2) Goal Setting – People who set tangible goals and use them daily are far more effective than those who do not.
- 3) Time Management and Spaced Practice – Time management is critical to student success. Students need to consider short-term goals when creating schedules on a daily basis. Time management is essential for using spaced practice, which is one of the best strategies for long-term retention and understanding of course material.

4) Effective Learning Strategies – Focus on the use of spaced practice and methods such as “flash cards” in self-testing exercises.

After you read through and watch the modules, take the brief quiz on BlackBoard. Note that you can certainly attempt to take the quiz without watching the modules, but you'll be cheating yourself out of critical information to help you learn across all of your college classes.

Assignment #2

Remote Academic Advising Appointment Assignment: 50 Points

We, as a University and as the College of Arts & Sciences, want all students to take advantage of the academic advising services offered. Therefore, to meet a university requirement and receive academic guidance, you will meet remotely with an academic advisor **by November 6th** to discuss your future course schedule. You will sign up for the advising appointment via Flashline. Then, you must upload proof of meeting with an academic advisor: either (1) a brief summary of the classes that you discussed taking with your advisor, or (2) a sample schedule that was built with your advisor.

Assignment #3

A.L.I.C.E. Training: 50 Points

As a form of safety preparedness, the Department of Public Safety, in partnership with the Division of KSU Human Resources, has introduced the A.L.I.C.E. program to give participants insight and response options when encountering an active shooter. A.L.I.C.E. is a crisis training program that stands for Alert, Lockdown, Information, Counter, and Evacuation. Participants are asked to think about what they would do as the first responder in a crisis situation, and they are provided with a setting to proactively think about their options. Having this type of information can help save not only your life, but also the lives of others. The A.L.I.C.E. program was created by two Texas law enforcement officers soon after the Columbine High School shootings occurred in Colorado. The training has since been adopted by many educational law enforcement institutions in Ohio and throughout the United States. When I first arrived at Kent State, I took this training, and I found it to be very valuable.

You must register in advance for A.L.I.C.E. training here: <http://www.kent.edu/success/alice-workshops>

A.L.I.C.E training for the Fall 2020 semester will be offered virtually in a synchronous format in Blackboard Collaborate Ultra. As a result of the online format, you will be provided with a confirmation of attendance and participation. Upon receipt of this confirmation, you should upload it to the designated folder on Blackboard.

Assignment #4

Individual Meeting with your SSL & Reflections about Class Speakers: 150 Points

You will be contacted by one of our Student Success Leaders to schedule an out-of-classroom meeting. The topics of discussion will specifically cover individual goals and ways to successfully achieve them. The out-of-classroom meeting can be a virtual 1-on-1 meeting or a virtual small group meeting of no more than four students.

The goal of this FYE class is to introduce you to the major and all of the wonderful faculty resources that you have access to. Also, it is important for you to connect with a more senior undergraduate student who can offer advice not only this year, but in future years in your career at Kent State.

First, you will reflect on the most surprising/unexpected/informative piece of advice that you learned during your 1-on-1 or small group meeting with your SSL.

Second, you will describe the class session/guest speaker that you found the most helpful as you were trying to “stay afloat” during this semester.

Third, describe how you have enacted the advice from your SSL and the class session in your daily life inside and/or outside of the classroom THIS semester.

Fourth, describe how you plan to put that advice to use IN THE FUTURE during your time as a KSU undergraduate.

For this assignment, you will write a BRIEF (up to one page, single spaced, 12 point Times New Roman font, 1 inch margins) reflection that will be turned in on Blackboard.

Assignment #5

Avoiding Plagiarism: 50 Points

You can find these modules on Blackboard by following this path: Learning Materials->Plagiarism Module.

It is imperative that you learn to define plagiarism, and you know how to avoid it. Claiming that you “didn’t know” won’t cut it in college. Go to the Learning Modules in Blackboard. Read through the Plagiarism module and watch the videos. Check your own plagiarism knowledge. (Note that you can watch the video, or check out the PDF of the transcript.) Then, take the brief quiz about plagiarism located on Blackboard.

Assignment #6

Weekly Exit Tickets: 150 Points

You can find these one-item “tests” on Blackboard within that week’s class folder. See above for more information. Don’t forget to complete the exit ticket by the Sunday immediately following our synchronous lecture.

DKS: First-Year Experience Course Topics by Week

Date	Week #	Lecture Topic	Guest Speaker(s)	Student Success Leader Breakout Discussions
Aug 24		KSU Kickoff Event (4:00-6:00 PM)		
Aug 28	1	Syllabus & Blackboard Collaborate Ultra	Dr. Clarissa Thompson (Cognitive Psych)	Remote Learning Strategies & College in the Age of COVID-19
Sept 4	2	Transition to College	Dr. Angela Neal-Barnett; Katie Sheldon (Peer Mentor Program)	Getting Involved (Peer Mentor Program)
Sept 11	3	Which Major (and Concentration) is Right for You?	Dr. Maria Zaragoza (Chair of the Department of Psychological Sciences)	Rock the Vote (Resources for First-Time Voters)
Sept 18	4	Mental Health Awareness and Resources	Dr. Alanna Updegraff (KSU Clinic Director) (Step Up & Speak Out handout)	Personal Wellness/Academic Support
Sept 25	5	Time Management, Successive Rereading, & The Anatomy of a Multiple Choice Questions	Dr. Katherine Rawson/Dr. John Dunlosky (Cognitive Psych)	Time Management & Effective Studying
Oct 2	6	CLASS CHOICE	To-Be-Determined After a Class Poll	Planning Your Future
Oct 9	7	What Can Academic Advising Do For You?	Dr. Jill Folk (Undergraduate Curriculum Coordinator); Mandy Anderson (Director of Academic Advising)	Registering for Classes
Oct 16	8	Evaluating Your Sources	Paul Ferhmann (University Libraries); Plagiarism Module; https://www.library.kent.edu/first-year-experience	Writing Advice
Oct 23	9	Imposter Syndrome/Social Psych Biases	Dr. Jen Taber (Social Psych)	Imposter Syndrome
Oct 30	10	Make New Friends, But Keep the Old: Managing Peer Relationships	Dr. Judith Gere (Social Psych)	Changing Relationships
Nov 6	11	Choose Your Own Adventure: Job Vs. Grad School	Dr. Joel Hughes (Clinical Psych)	Registering for Classes
Nov 13	12	The Helping Profession: So Many Options!	Dr. Karin Coifman (Clinical Psych)	Connecting with Faculty (Role of Faculty Advisors)
Nov 20	13	Getting Involved in Research	Dr. Doug Delahanty (Associate VP for Research); Rachel Caraffi	Studying Abroad (KSU @ Florence)
Nov 27	14	No Class: Thanksgiving Break		
Dec 4	15	Trying Before You Buy: Internships & Financial Literacy	Career Exploration & Development (Kristin Williams); Rachel Iacano	Managing Money/Paying for School
Dec 11	16	Health, Coping, and Stress Management	Dr. John Gunstad and Dr. Beth Spitznagel	Personal Wellness Revisited
Dec 18		FYE Does NOT Meet During Finals Week		

Assignments and Grading Policy

Logging Your Progress on Assignments

Assignment	Due Date	Points Possible	Points I Earned
Weekly Exit Tickets	Sunday 11:59 PM after each class	150	
Learning Foundations Module	By Sept 25	50	
Remote Academic Advising Appointment	By Nov 13	50	
A.L.I.C.E. Training	By Dec 11th	50	
Student Success Meeting & Reflection	By Dec 14th	150	
Avoiding Plagiarism Module	By Oct 16	50	
Total Points		500	

To determine your final grade, you should divide the points that you've earned by the points that are possible, and that will give you your final percentage earned in the course. For instance, there are 500 total points in the course. If you have earned 400 of them, then you have earned an 80% in the class ($400/500=.80=.80*100=80\%=B-$). There will be no rounding in the course. At any time throughout the semester, just add up the points that you have earned and divide by the total points possible on the assignments that you have completed.

Grade	Percentage
A	95%-100%
A-	90%-94.9%
B+	86%-89.9%
B	83%-85.9%
B-	80%-82.9%
C+	76%-79.9%
C	73%-75.9%
C-	70%-72.9%
D+	65%-69.9%
D	60%-64.9%
F	$\leq 59.9\%$

Students are awarded a letter grade for one (1) credit hour of coursework for this class. The letter grade is determined by the percentage of total points earned as described above. Use the table above to keep track of your grade in the course by filling in the "Points I Earned" column. Remember, if you want to calculate your final grade, add up the total points you earned on course assignments and divide by the total number of points in the course. See example above. There are no extra credit opportunities in the course at this time. Plan ahead and complete all required assignments. If for some reason you cannot complete an assignment on time, contact Dr. Thompson ASAP.

Accessibility and Accommodations

Kent State University is committed to inclusive and accessible education experiences for all students. University Policy 3342-3-01.3 requires that students with disabilities be provided reasonable accommodations to ensure equal access to course content. Students with disabilities are encouraged to connect with Student Accessibility Services as early as possible to establish accommodations. If you anticipate or experience academic barriers based on a disability (including mental health, chronic medical conditions, or injuries), please let me know immediately.

Academic Integrity and Responsibility

This class is designed to help you better understand how to be successful at Kent State University and the resources in place to assist you. Your thoughts, opinions and personal experiences are integral to the learning process, and you are expected to submit work that is yours alone. Any student who is believed to have engaged in any form of academic dishonesty will be held accountable to the guidelines stated in the university's [policy on student cheating and plagiarism](#) (3342-3-01.8 in the policy register). The Kent State University Honor Pledge calls for every student to "conduct themselves at all times in accordance with university rules that prohibit cheating, plagiarism, or any other form of academic dishonesty." More information for students regarding the policies and procedures regarding acts of academic dishonesty can be found here: <http://www.kent.edu/plagiarism/information-students>

Registration

The official last day to add this course is September 2, 2020. University policy requires all students to be registered in each class they are attending. **Students who are not officially registered for a course by published University deadlines should not be attending classes and will not receive credit or a grade for the course.** Each student must confirm enrollment by checking his/her official class schedule (using Student Courses and Registration in FlashLine) prior to the deadline indicated. Registration errors must be corrected prior to the deadline.

- The last day to drop this course without receiving a grade of "W" is **September 9, 2020.**
- The last day to withdraw from this course or to process a Complete Term Withdrawal (formerly referred to as exiting the university) is **November 4, 2020.**

Academic Coaching

Academic Coaching is a personalized experience in which you work one-on-one with a peer coach to set goals, improve time management, and develop learning skills in a supportive environment. Schedule your first coaching session through the Academic Success Center website at: www.kent.edu/coaching

The contents of this syllabus can be amended at the instructor's discretion. Students will be alerted to these changes in a timely manner.