HRS 21 – First Year Seminar
Mendocino 1024
M/W 3:00 – 4:15
Judy Thoma  thomaj@csus.edu*
Mendocino 2026  278-7329 ^
Office hours: M 4:30-5:30 and by appt.
Peer mentor: Katrina Alaimo  ksa37@saclink.csus.edu
*best way to contact me   ^refer to  “ * ”

COURSE DESCRIPTION:
HRS 21 is a first year seminar intended to provide students with an introduction to the nature and possible meaning of higher education, and the functions and resources of the Sacramento State University. This course is designed to help students develop and exercise fundamental academic success strategies and to improve their basic learning skills. The seminar will also provide students with the opportunity to interact with fellow students and the seminar leader and to build a community of academic and personal support.

REQUIRED TEXTS:
- Textbook: First Year Seminar: Perspective and Empowerment (hereafter referred to in this syllabus as FYS)
- Not For Profit-Why Democracy Needs the Humanities by Martha Nussbaum (Princeton University Press, 2010)
- Weekly calendar/Planner (required for all students)
- CSUS catalog

Note: Additional reading may be assigned throughout the semester at the instructor’s discretion.
Class syllabus, guidelines for oral presentations and any additional handouts available on department webpage: www.csus.edu/hum/ Click on “Course Syllabi Fall 2010” Find the class: “Thoma-HRS 21”Click on the document you want.

COURSE GOALS/LEARNING OUTCOMES for STUDENTS:
I. Expanded understanding of the ideas and values related to education, including:
   • The philosophy and history of higher education and the CSUS mission
   • The relationship of education to personal development
   • The significance of the teaching and learning process
II. Demonstration of active learning and improvement of intellectual skills:
   • Academic skills (speaking, writing, note-taking, study skills, time management)
   • Evidence that student is taking responsibility for his/her own education and development
III. Develop information competence and computer literacy.
IV. Demonstration and understanding of “self” as an integrated biological, psychological, and social being, including:
   • Enhanced understanding and appreciation of the multicultural nature of society and this university.
V. Acquisition of organized knowledge:
   • Reading about, writing on, and discussion of course topics

Respectful participation in class discussions is encouraged and will affect your overall grade favorably.*
Disrespectful conduct, including, but not limited to, cell phones ringing, chatting, coming in late, leaving early, texting, surfing the internet, walking in and out during lecture, disruptive behavior, etc..., will affect your participation grade unfavorably. If you have special needs or extreme circumstances requiring you to miss class, come late, etc..., please discuss with the instructor.
**IMPORTANT**! If you are a student who experiences anxiety simply at the thought of speaking up in class, please see me or email me for helpful strategies and tips for reducing stress and improving your learning experience. I consider all students equally important to the classroom dynamic.

Course grades are determined by the following components: (Possible Points)

30% - Attendance and Participation‡-------------------------------90 points
20% - Midterm exam-essay and multiple choice -----------------------------------60 points
15% Paper ---------------------------------------------------------------------45 points
15% Presentation --------------------------------------------------------------45 points
20% - Final**- essay and multiple choice----------------------------------------60 points
100%---------------------------------------------------------------------------------300 points

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D-  (Yikes.)

‡ The attendance and participation grade will include points accumulated by good attendance (20 pts), class discussion (15 pts), regular “journaling” (25 pts) and TBA, and extra-curricular assignments/events (30 pts).

** All tests and writing assignments must be taken at the scheduled times. Students may not leave and return to the classroom during the midterm or the final. Take care of any necessary tasks before or after the class session. For the final and midterm you will need **Scantron 886-E** and a **number two pencil**.

Adjustments and additions may be made to this syllabus at the discretion of the instructor. Students will be given reasonable notice prior to any such changes.
| WEEK 1 | -Introduction: The First Year Seminar – creating a community of Learners.  
- Syllabus and class introductions  
- Keeping a journal in college; using your daily planner  
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| **WEEK 2** | *Monday 9/6: Labor Day holiday– no class held.  
-Being an educated person in today’s society.  
-How can I help myself be a better learner?  
| Mon 9/6 * | |
| Wed 9/8 | |
| **WEEK 3** | -The history and purpose of the college and university system.  
-Understanding and navigating the differences between high school and college.  
-Wed 9/15: *Special guest*  
| Mon 9/13 | |
| Wed 9/15 | |
| **WEEK 4** | -9/20 Study Skills Workshop - Katrina  
-How we learn--making the most of the college experience.  
**Library instruction: Wed 9/22 meet at Library 0136 at 3pm.**  
**READ:** FYS p. 16, “Freshmen Can Be thought to Think Creatively…”;  
FYS p. 40, “Active Learning”; FYS p. 48, “Student Expectations Seen as Causing Grade Disputes”; FYS p. 176, “The Developing College…” |
| Mon 9/20 | |
| Wed 9/22! | |
| **WEEK 5** | -Now more than ever-what is the value of a college education?  
-The importance of personal development.  
**! Ropes Course activity: Wednesday 9/22 meet at Ropes Course at 3pm.**  
| Mon 9/27 | |
| Wed 9/29! | |
| **WEEK 6** | -Assessing and improving your academic skills.  
-Reading well, writing well, taking notes, preparing a study guide.  
-Special presentation from the Health Center: Wednesday 10/6  
**READ:** FYS p. 51, “Avoiding Plagiarism”; FYS p. 54, Technology Skills: Wireless Windowed, Webbed…” |
| Mon 10/4 | |
| Wed 10/6 | |
| **WEEK 7** | -Diversity and intercultural competence.  
-Managing the college experience in a culture of alcohol, drugs and sex.  
**READ:** FYS p. 223, “Are There Class Cultures?”; FYS p. 185, “Fitting In”;  
<p>| Mon 10/11 | |
| Wed 10/13 | |</p>
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| **WEEK 8**<br>Mon 10/18!<br>Wed 10/20! | - Monday 10/18 – First draft of HRS 10 paper is due today!  
- Wednesday 10/20 – Second draft of HRS 10 paper is due today! |
| **WEEK 9**<br>Mon 10/25!<br>Wed 10/27!<br>Fri 10/29! | - Preparing for exams and presentations. “Not Afraid.”  
- 10/25 -- Final draft of HRS 10 paper due today!  
! Wed 10/27 – MIDTERM Exam – Bring Scantron 886-E  
! 10/29 Attend “Nunsense” 8pm University Theater. |
| **WEEK 10**<br>Mon 11/1<br>Wed 11/3 | - 11/1 G.E. presentation - Katrina  
- Academic planning to make the most of your college experience.  
**READ:** FYS p. 251, “Major Decisions”; FYS p. 259, “College Major Doesn’t Mean All That Much”; FYS p. 262, “Fourteen Ways of Looking at Electives”; FYS p. 268, “It’s Okay to be Undeclared”; Nussbaum pp. 27-46 |
| **WEEK 11**<br>Mon 11/8<br>Wed 11/10 | - Education, work and career.  
| **WEEK 12**<br>Mon 11/15<br>Wed 11/17 | - After college-now what?  
**--Oral Presentations** begin 11/17  
| **WEEK 13**<br>Mon 11/22<br>Wed 11/24! | - Final paper assignment handed out.  
! Wed 11/24- no class meeting: Out-of-class assignment: You know all those obscure family members hanging around the Thanksgiving table? Find one who attended college and conduct an interview (six questions) with him/her about their college experience. Record your interview on paper including questions and turn in on Monday 11/29. (If you are the first in your family to attend a 4-year college, widen your circle of interviewees-ask a neighbor or a local professional you know (teacher, doctor, architect, nurse, newspaper writer, etc…) if you can have fifteen minutes of their time to answer six questions. Don’t be discouraged if you have to ask several before you find someone-people are busy, just keep trying! It’s ok!) |
| **WEEK 14**<br>Mon 11/29!<br>Wed 12/1 | - **Oral Presentations**  
**READ:** Nussbaum pp. 95-120 |
| **WEEK 15**<br>Mon 12/6<br>Wed 12/8 | - **Oral Presentations**  
- Final wrap-up and preparation for final exam.  
**READ:** Nussbaum pp. 121-143 |
| **WEEK 16**<br>Wed 12/15! | - **FINAL EXAM – MENDOCINO 1024**  
3:00-5:00 PM - Bring Scantron 886-E  
Final draft of paper assignment due today! |

I hope your semester was great- have a nice break! 😊