

**Cedar Crest College**  
**College Life: SPS 120-11 (.5 credit)**  
**Thursday 11-11:50 AM, Fall 2008**  
**OB 1**

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**College Life** is a First-Year Experience course designed to introduce students to the liberal arts, assist students in developing the skills necessary for the academic experience at Cedar Crest College, develop students' critical thinking abilities, and help students adjust to the academic and social life at Cedar Crest College. The course is taught by a team of dedicated individuals that includes a faculty member, an administrator and an upper-class Orientation Assistant.

**College Life has the following course objectives:**

- To help students make a smooth transition to college life
- To help students make a smooth academic transition
- To introduce students to the expectations of college study, policies and procedures
- To connect students to campus.

**College Life is designed to meet the following educational outcomes:**

- Students will communicate their adjustment to the demands of college life.
- Students will understand the definition of the Liberal Arts. Cedar Crest College focuses on the Liberal Arts, and students will learn what it means to study under the Liberal Arts philosophies.
- Students will demonstrate knowledge of college academic policies. Understanding College policies is a crucial component of your academic experience. Your advisor, College Life staff leader, and College Life student leader will assist you in discovering the policies and procedures of the College.
- Students will articulate the principles of good scholarship and knowledge of the academic skills and expectation required for success at Cedar Crest College. Academic skills such as study habits, note-taking and time-management will be highlighted during the course and students will gain an understanding of how those skills are crucial to academic success.
- Students will demonstrate knowledge of campus life opportunities, resources and activities.

- Students will demonstrate knowledge of the role of the academic advisor. Your academic advisor serves as a source of information throughout your academic career.

**College Life meets its educational outcomes through the following forms of assessment:**

- Students will demonstrate responsibility and self-report their adjustment through participation in class discussions and assignments.
- Students will demonstrate understanding of the Liberal Arts through participation in class discussions and maintenance of their own academic record of LAC fulfillments.
- Students will demonstrate knowledge of College resources, policies, procedures and academic expectations through class discussion, adherence to policies and self-reporting through class discussions and assignments.
- Students will demonstrate awareness of critical academic skills through participation in class discussions.
- Students will demonstrate knowledge of the role of the advisor through appropriate contact with their academic advisor.

**Class Policies:** We fully support the Cedar Crest College Honor Code and the Classroom Protocol Code as stated in the Customs Book.

**Grading:** You will earn a grade based on **attendance** and **participation**.

- Attendance: 10 points earned for each class meeting; attendance is 70% of the grade.
- 3 Assignments: 10 points earned for each assignment; assignments are 30% of the grade. No credit is awarded for assignments which are submitted late.
- Submission of the Student Satisfaction Inventory. No grade or credit will be awarded for the College Life course if the SSI is not submitted. The SSI must be signed if not completed. It can be anonymous if completed.

## Meeting Dates and Topics

*Always bring your folders to the College Life meetings*

### **Class #1: August 28**

Introductions, Folders, Visit the Chair's office, Liberal Arts Curriculum preview and Major's checklist, voicemail/email check, campus services, questions and discussion about course expectations, classroom protocol, plagiarism, email etiquette.

### **Class #2: September 4 Meet in Blaney Administration Bldg, Room 8**

College Website/Academic programs, study skills, note taking. What is the ratio of study time relevant to class time?

**ASSIGNMENT# 1: Obtain information about an activity you would be interested in joining. *Include* a description, contact person and information.**

### **Class #3: September 11**

Campus involvement, time management; do you prioritize or procrastinate? Stress management

**ASSIGNMENT #2: Email at least 2 questions to Thersia by Sept. 16.**

### **Class #4: September 18**

Thersia's Day

### **Class #5: September 25 Meet in SC 136**

Science Panel- Dr. Pamela Kistler, Chair of Chemical and Physical Sciences, will conduct a Science Panel to introduce you to science majors, clubs, and internships.

Before entering 136:

- (1) Turn in your SSI to Kelly or Mrs. Malitsch
- (2) Sign the attendance sheet; if you do not sign in, you will be counted as absent.

**ASSIGNMENT #3: Create a list of spring courses (and alternate courses) for which you plan to register and include the Dept. name, course number, section number and type (BIO 122 00 2); schedule a meeting with your academic advisor to discuss it. Course list and advising folder must be brought to your advising meeting with Mrs. Malitsch. A sign-up sheet will be posted.**

### **Class #6: October 2**

**Spring Registration. Bring your course booklets (if available) and advising folder**

### **Class #7: October 9**

Pizza Party!!! Reflection on *College Life*

## IMPORTANT RESOURCES

Dr. John Cigliano	X3702	Chair of Biological Sciences
Dr. Denise O'Neill	X3371	Dean of Students
Allen Richardson	X3320	CCC Campus Ministry
Rev. Dr. John Krivak	<a href="mailto:fatherKrivak@aol.com">fatherKrivak@aol.com</a>	Roman Catholic Chaplain at CCC and MU
Nancy Roberts	X3476	Health & Counseling Services
Lori Williams	X3380	Director of Financial Aid
Christine Nowik	X3582	Director of Academic Services
Lynn Ritter	X3481	Science Advisor
Barbara Farley	X3484	Administrative Assistant, Academic Services
Gary Moll	X3485	Tutoring, Chemistry Recitations
Registrar's Office	X3765	Transcripts, Classes, Scheduling, Audits, Forms
Melissa Faulkner	X3404	Director, Career Planning
Kristen Maile	X4401	Director, Athletics
Mark Vitalos	Dial 0 or X3523	Chief of Safety and Security

### **Tension Relievers:**

Talk it out - Escape for a bit - Channel your anger – Give in occasionally – Do something for others  
– Take one thing at a time – Don't be too hard on yourself – Go easy with your self-criticism.....

**TAKE TIME OUT FOR SOME FUN!**

### **Survival Guide:**

Proper diet – Rest and exercise – 2 hours of study for every 1 hour of class – Organize and prioritize  
– Record, reduce, recite, reflect – Review your notes – Plan ahead...

**Need help?** Visit ACADEMIC SERVICES, your PROFESSORS OR US!