

First Year Experience (HD 199B) *Call to Adventure!* CRN: 27892 Fall 2021 Syllabus



This syllabus contains all the information you'll need on your journey—what you'll learn, what's expected of you, and what you can expect from me. Essentially, this syllabus will guide your adventure, including information about the trials you will encounter each week & how you will be rewarded. Keep this guide handy as you'll refer to it often.

Instructor

Laura Jones

E-mail

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Office Hours

Mondays and Wednesdays from noon-12:50 via Zoom ([click here to learn how to use Zoom](#))

Course Access

Moodle. *All LBCC students have a Moodle account. Access with Single Sign-On ID and password.* [How to get started with Moodle](#)

Where do we meet?

Online

When do we meet?

No specified class times. This is an "asynchronous" class, meaning that you are not expected to participate in any live class sessions. Though you have due dates for weekly assignments, you engage in the prerecorded weekly slide presentation at a time convenient to you. You will create your own schedule to complete the weekly slide presentation and activities by the weekly deadlines.

When are the assignment due dates?

See course calendar in this syllabus (and linked on Moodle) for an outline of the course, including point earners and due dates.

Required Text

None. All readings are provided electronically.

Course Description & Benefits

Using adventure as metaphor, this course guides you through a process of inner and outer discovery. Inside, you'll identify your strengths and challenges; get in touch with what's most important to you and learn to harness your inner superpowers. Outside, you'll learn about resources and helpers along the way. All so you can tailor your educational experience to fit *you and your life*. You'll share your knowledge, apply your life experience, and connect with others. Here you'll find a small, welcoming environment where you'll engage evidence-based methods to make your mission more meaningful and satisfying. By the end of the term, you will have a Guidebook for your time at LBCC and beyond; all while developing valuable relationships with helpers along the way.

What will I learn? After successful completion of the course, you will be able to

1. Identify common skills, strategies, and techniques for academic success.
2. Recognize and describe your own strengths, behaviors, and potential challenges affecting your learning.
3. Utilize resources and services in order to overcome barriers and bolster success
4. Engage with people who hold different perspectives and values and articulate the benefits of exposure to new ideas
5. Establish relationships and engage with the LBCC community for personal growth and success
6. Articulate your values, interests, and goals and develop an academic plan to work towards those goals

Expectations

- Log into Moodle regularly (two times per week).
- Check your LBCC student email at least 3 times per week.
- Complete all weekly assignments after carefully reading assignment instructions.
- Contact the [Student Help Desk](#) when technical issues arise.
- Ask me questions when you have them. I'm always happy to help.
- Communicate when something isn't working for you.
- Problem-solve college navigation issues with my help and the help of your peers. When you encounter an issue, do something to resolve it.

- Support each other.
- Complete your 'required to pass the course' activities (meet with me and Ed plan + Reflection and score at least 70%)

Late Assignments

On-time assignments are an essential element of college success. Please talk to me if you are having difficulty meeting course deadlines and we can work on a solution so that you don't get behind. I may allow a late assignment if you communicate your need for an extension in advance of the deadline.

Grading

This is a pass/no pass class. In order to receive a "pass" you are required to do the following:

1. Watch the [Welcome/overview video on Moodle](#)
2. Score at least 70% in the course.
3. Meet (virtually or face to face) with your Advisor and submit an Education Plan that was completed with your Advisor (signed by Advisor and/or completed in DegreeWorks).
4. Meet virtually with your instructor (10-minute meeting)

Learning Material & Assignments

No assigned text for this class. Your weekly slide presentation, readings, and assignments will be organized by week in Moodle. You can access them at any time during the week, though you will have deadlines for your assignments.

Technology Requirements

You need access to a computer and reliable internet. We recognize that technology may represent a barrier to some students during this period. [LBCC offers several resources that may help you address these barriers](#). See LBCC's If you know your circumstances will make it difficult, please contact me as soon as possible so we can work together to find a solution.

Point Earners

Waypoint 0 (Welcome week) activities. Four activities to help you get ready for our term together. All but the appointment with me (see below under two activities required to pass this course) needs to be completed by 9 am on Monday of Week 1.

Powerups: Powerups are the *inner* discovery activities. They are powerful boosters with scientific evidence to support them. Each week, you'll engage in an activity designed to support your wellbeing. To give you access to peer interaction & shared encouragement and support, I divide the class into small groups. You will be with your group all term. You *post a response* to the activity before 9 am on Thursdays and then you *reply to a groupmate* before 9 am the following Monday. I've been collecting data & refining these activities over the last 2 years with my students. Each week I'll include an actual student testimonial about the activity.

Missions: Missions are your *outer* discovery activities. These will help you engage in activities that are essential to your academic success. You can use what you learn from the Powerups to energize you to complete your missions.

Energy drinks: These are optional extra credit activities that have been shown in studies to strengthen your wellbeing and productivity. Each are brief, yet if you choose to do at least one or two each week, you will likely notice a positive difference in your feelings of wellbeing at the end of the term. And you'll earn extra credit points if you post your experience of the activity to the Energy Drink Forum (1 point) and/or reply to a classmate (1 point) (maximum 2 points per week).

Weekly log: Complete each week's log before the deadline of Monday at 9 am. You will create a Guidebook Week 10 that you can take with you and use.

Activities required to pass the course

1. Watch the [Welcome/overview video on Moodle](#).
2. Score at least 70% in the course.
3. **Virtual Face to Face meeting with me (your instructor):** Schedule Mondays and Wednesdays from 2-4, Weeks 1-3. If this time period (2-4 on Monday or Wednesday) does not work, please email me and we'll find an available time in common. [Here is a link to the appointment slots](#). Please add your name so that I know who I am meeting with.
4. **Ed plan:** A completed Education Plan is a required to pass the course. You will begin by scheduling an appointment with your assigned advisor and submitting proof of this scheduled appointment (due week 4). You will then have your appointment and submit a screenshot of your completed Education Plan along with a reflection of your experience.

Summary of Course Requirements				
Requirement	Summary of grading criteria	Max points per unit	Unit	Total
Powerups	You respond to the activity before 9 am on Thursday (5 points) and then you reply to a groupmate before 9 am on Monday the following week (5 points).	10	8	80
Missions	Complete your mission before the deadline (Monday at 9 am) for full credit. Note: Week 2 is a group mission for which you have 2 weeks to complete).	10	7	70
Weekly log (and final Guidebook)	Update your logbook each week (beginning Week 1) <u>before</u> the deadline of Monday at 9 am the following week. Week 10, you'll create a Guidebook.	5	9	45
Week 0 activities	Four activities to help you get ready for our term together. All need to be completed by 9am on 9/27.	10	4	40
Total Possible Points		235		

COURSE CALENDAR			
Waypoint	Topic	<i>Due Thursday before 9 am (dates below)</i>	<i>Due Monday before 9 am (Dates below)</i>
0	Preparations for your journey	<i>Nothing is due by Thursday this week</i>	9/27 PERTS welcome activity Helpers along the way. Be a resource for each other Help us get to know you. Meet your groupmates Schedule a 10-minute meeting with your instructor
1 9/27	View from the vista	Thursday, 9/30 Power up (Mission Statement) response due	10/4 Reply to a groupmate (Week 1 Powerup) Week 1 Mission: View from the Vista
2 10/4	Climbing your mountain	Thursday, 10/7 Power up (Climbing Your Mountain) response due	10/11 Reply to a groupmate (Week 2 Powerup) Group mission isn't due until 9 am on 10/18 Meet (via Zoom) with instructor (required to pass the class)
3 10/11	In a thicket	Thursday, 10/14 Power up (In a thicket) response due	10/18 Reply to a groupmate (Week 3 Powerup) Group Mission: Find and Share LBCC resources
4 10/18	Fly fishing	Thursday 10/21 Power up (Fly Fishing) response due	10/25 Reply to a groupmate (Week 4 Powerup) Week 4 Mission: Schedule advising appointment
5 10/25	Take a Mindful Pause	Thursday 10/28 Power up (Take a Mindful Pause) response due	11/1 Reply to a groupmate (Week 5 Powerup) Week 5 Mission: ID & use needed resource/report back
6 11/1	Swatting mosquitoes	Thursday 11/4 Power up (Swatting Mosquitoes) response due	11/8 Reply to a groupmate (Week 6 Powerup) Week 6 Mission: Submit Ed Plan and reflection (required to pass the class)
7 11/8	False summit	Thursday 11/11 Power up (False summit) response due	11/15 Reply to a groupmate (Week 7 Powerup) Week 7 Mission: Get Involved!
8 11/15	Listening in the forest	Thursday 11/18 Power up (Mindful Listening) response due	11/22 Reply to a groupmate (Week 8 Powerup) Week 8 Mission: Email an instructor
9 11/22	Slackpacking		
10 11/29	Summiting	Complete the last section of your log (guidebook) and the course evaluation before 9 am on Monday, 12/6.	

College Policies

Center for Accessibility Resources

Any student who has difficulty affording groceries or accessing sufficient food to eat every day, or who lacks a safe and stable place to live is urged to contact the Roadrunner Resource Center for support (resources@linnbenton.edu) or visit web www.linnbenton.edu/RRC under Student Support for Current Students). Our office can help students get connected to resources to help. Disability services and personal emergency arrangements

LBCC Comprehensive Statement of Nondiscrimination

LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, gender, gender identity, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws. For further information see Board Policy P1015 in our Board Policies and Administrative Rules. Title II, IX, & Section 504: Scott Rolen, CC-108, 541-917-4425; Lynne Cox, T-107B, 541-917-4806, LBCC, Albany, Oregon. To report: linnbenton-advocate.symplivity.com/public report.

Know your rights and responsibilities

LBCC students have rights: the right to free speech, the right to assemble, the right of a free press, etc. LBCC students also have responsibilities to their community: the responsibility to participate and engage in class, the responsibility to advocate for their needs (ask for help), the responsibility to support a respectful teaching and learning environment, the responsibility to treat all persons with respect, the responsibility to be truthful and honest in all work and communications, and the responsibility to follow staff directions, local, state, and federal laws. Rights and responsibilities balance together to create the best learning environment. For example, while you have free speech in the café or courtyard, in class the instructor decides whose turn it is to talk and what the topics for conversation will be. Students are free to believe what they believe, but instructors may require students to learn and recite concepts, principles, or theories for a class even if the student does not believe those concepts. You play a role in creating a positive community at LBCC. Please review your rights and responsibilities (<http://linnbenton.edu/go/studentrights>). If you believe a student is violating your rights, ask to be treated with respect. If that does not cure the situation, report to Associate Dean Dr. Lynne Cox, Takena Hall Rm. 107. If you believe a faculty member or LBCC employee is violating your rights, please report to Human Resources, Scott Rolen, Calapooia Center Rm. 108.