



First Year Experience Course

Fall 2017

Background/Course Philosophy

Non-Cognitive Skills

- Grit/Resiliency
- Self- Efficacy
- Growth Mindset

FYE Themes

- Connectedness
- Positive Culture Building
- Transition to Independence
- Self-Awareness
- Health & Wellness

Purpose of FYE

- Positively impact student success
- Focus on themes to improve non-cognitive skills

Program Structure

- Speaker and group meetings for students on Welcome Sunday.
- Seven weekly class sessions 9/6/17 through 10/18/17 to be held on Wednesdays from 2:00 – 3:00 pm or 3:00 – 4:00 pm. Approximately 35-40 students per section.
- Assignments, activities and reflections to be completed by students outside of class time.
- Minimum of two one-on-one meetings between each student and instructor.

Welcome Sunday – 8/27

- Speaker: James Robilotti
- Informal meetings by class sections with instructor:
 - Make sure all connected to SHU Connect App
 - Give first assignment: Attendance at the Involvement Fair and reflection/activity to complete
 - Potentially complete pre-course assessment

Class Sessions

Session	Topics	Related Theme(s)
Week 1 9/6	Involvement; Communication skills with peers/faculty/staff including initiating mentoring relationships; conflict resolution	Connectedness
Week 2 9/13	Bystander intervention	Positive Culture Building
Session with Student Success Center (structure TBD)		
Week 3 9/20	Time management and its relationship to preventing stress	Transition to Independence
Week 4 9/27	Action Planning using Mapworks survey as their “case study”	Transition to Independence
One-on-One Meetings Begin		
Week 5 10/4	Proactive mental health, self-care; Anxiety management; Physical wellness topic/assignment: fitness, nutrition, sleep	Health and Wellness; Transition to independence
Week 6 10/11	Resiliency: handling rejection, failure, not getting what you want	Transition to independence; Self-awareness
Week 7 10/18	Self-awareness; activity/prompts for self-reflection e.g. Song of My Life exercise	Self-awareness



Questions?