



Professor Mignano-Brady

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Knapp Hall Room 233
Office Hours - Knapp Hall T/R 10:40am -11:20am

First Year Experience 101 | CRN | 1 credit

TR 3:05 pm - 3:55pm
Gleeson Room 227
CLASS BLOG: fyexperiencefsc.blogspot.com

General Education:

This is a required course for all first-time freshmen at Farmingdale. This course does not fulfill any General Education requirements.

Catalog Course Description:

This course is designed to assist new students in acclimating, connecting, and adjusting to the college campus and experience. Through presentations, discussions and group work, students will become familiar with college resources and learn strategies for academic success. Students will also be introduced to the values and ethical principles of the College and encouraged to reflect on their role/responsibilities as college students. Topics include time management, study skills, stress management, goal setting, course and career planning, self-assessment and awareness, and the development of wellness strategies. Note: students completing FYE 101 may not receive credit for FRX101, FYS 101 or RAM 101. Credits 1(1.0)

Course Learning Outcomes:

At the conclusion of this course, students will be able to:

- *Develop connections with peers and campus professionals at Farmingdale State College.*
- *Identify various resources at Farmingdale State that support academic success.*

- *Apply effective goal setting skills and determine what strategies are most effective for them as individual learners.*
- *Employ time management skills to balance and manage their coursework across classes, efficiently and effectively.*
- *Implement effective study skills in their courses.*
- *Employ techniques that reduce stress and increase healthy emotion regulation.*
- *Explore identity, diversity, equity, inclusion, and social justice through an intersectional frame, becoming a respectful and responsible member of the FSC academic community.*

The course is roughly subdivided into three units:

Unit 1: Filling your Toolbox: [Goals, Getting Involved, Time Management, Effective Learning/Studying, Academic Skill Development]

Unit 2: Focusing on your Health and Growth: [Engaging in Future Planning, Stress Management, Health and Wellness, Facing Procrastination, Seeking Support]

Unit 3: Adulting: Making important, Informed, Choices: [Finance, Career, DEI, Community, Reflecting to Move Forward]

Textbook:

The **FSC Student Handbook** will serve as our course textbook throughout the semester, so please bring it to every class. It contains valuable information about campus resources, student services, college terminology, and FSC policies that will help you navigate your first year and get connected to the Farmingdale community.

General Course Requirements

This course will require active participation and consistent engagement both in and outside of the classroom. You'll complete a total of 8 Action Items throughout the semester, including written reflections that support your academic and personal development, campus engagement assignments that connect you with university resources, and a final project that reflects on your first-semester experience. Your participation is essential to building a meaningful and supportive learning environment. All instructions and due dates will be posted on Brightspace, so it's important that you check Brightspace regularly to stay up to date.

Assessment / Evaluation - GRADES

ACTION ITEMS	PERCENT
Reflections (5) - In Class & On Brightspace - TBA.	25%
Campus Engagement Assignments (2) - The Scavenger HUNT & Interview Project .	30%
Final Project (Essay, Video) CLASS Video @ The End of the Semester.	20%
Class Participation - Fishbowls, Informal Presentations , Brainstorming Sessions & Attendance.	25%
Total	100%

Farmingdale Grading System:

Minimum Grade Percentage Equivalent	Grade	GPA Equivalent	Interpretation
93.0	A	4.00	Excellent
90.0	A-	3.67	
87.0	B+	3.33	
83.0	B	3.00	Good
80.0	B-	2.67	
77.0	C+	2.33	
73.0	C	2.00	Satisfactory
70.0	C-	1.67	
67.0	D+	1.33	
60.0	D	1.00	Minimum Passing
0	F		Failure
0	I		Incomplete
0	W		Withdrawal
0	UW		Unofficial Withdrawal

Week by week class outline:

*Subject to change due to weather or other events that preclude a class meeting.

Date	Topic	Student Learning Outcomes Students Will Be Able To:
9/3 Week 1:	Topic: Welcome & Belonging at FSC	• Describe the course requirements in FYE 101 • Describe D-designated courses • Brightspace: structure and communication • Articulate the theme for the course: “Building Connections: Getting the most out of FSC and your college experience • Articulate motivations for entering college Action Item Due NEXT CLASS: Reflection #1 - Why Am I Here?
9/10 Week 2:	Topic: Goals and Purpose: Know Your Why Introduce “The Scavenger Hunt” FSC campus Project #1	Making Connections: Connect with the big-picture and long-term purpose • Define personal goals and values that guide their college experience • Articulate a sense of purpose for college and beyond, connecting it to long-term aspirations • Connect their purpose to academic engagement, understanding why effort matters • Create actionable academic goals and describe the processes involved in creating them • Develop a plan for forming and tracking habits that support their goals
9/17 Week 3:	Scavenger Hunt - Groups Around Campus - Tasks & Presentation Guidelines Topic: Academic Routines: Time Management and Procrastination Challenges	Making Connections: Connecting honestly with yourself: what do you need to produce success? • Create and organize a semester schedule that prioritizes academic work and commitments • Explain why procrastination happens and identify at least one personal habit that contributes to it • Apply one strategy to overcome procrastination and improve time management.

		Action Item Due NEXT CLASS: Reflection #2 - Building My Ideal Week
9/24 Week 4:	Topic: Learning How to Learn in College: Reading, Notetaking, and Studying "Scavenger Hunt" Presentations	Making connection to the areas where you excel: Maximize your <i>strengths</i> - Articulate effective strategies for taking class notes - Develop and apply strategies to read college textbooks and other scholarly sources, effectively - Articulate their strengths and the areas in which they might make immediate contributions/find connection/success
10/1 Week 5:	Topic: Information Literacy: Critical Thinking and Emerging Technology Presentations Continue	Making connections with fellow students: Getting involved and developing <i>peer</i> academic support (study groups, class note buddy, peer mentoring, etc.) - Explain information literacy and why it matters for academic success - Locate and use academic resources through FSC library databases - Apply proper citation practices to avoid plagiarism. - Identify one emerging technology tool and discuss its ethical use Action Item Due NEXT CLASS: Assignment #1 - FYE Campus Engagement
10/8 Week 6:	Topic: Navigating Advising and Registration	Connect to your future at FSC: Planning for the future - Learn advisement information/procedures (AAIC website, Departmental registration) - Articulate Double majors, dual degree, minors, and micro credentials and whether they are appropriate for their academic goals - Describe curriculum (major) change procedures/timelines - Compare Degreeworks and Oasis and understand how to use these platforms while enrolled at FSC - Engage in advisement: Set advisement appointment and plan next semester's schedule

10/15 Week 7:	Introduction to Project #2 - “The Interview” - Groups & Tasks Topic: Midterm Success Plan	• Compare fixed and growth mindset and apply these insights to their academic careers • Assess current use of campus resources, study habits, and time management strategies, and formulate a plan to improve or maintain performance for the rest of the semester Action Item Due NEXT CLASS: Reflection #3 - What’s Getting In My Way?
10/22 Week 8:	Groups Work Together To Discuss Interviews Checklist & Presentation Schedule Topic: Wellness (Stress Management)	Connecting with Staff: Allies are Everywhere, especially for Health and Wellness, Stress and Stress Management • Articulate the available services from Health and Wellness and Campus Mental Health Services • Complete a stress inventory and/or sleep assessment and apply the results to their benefit • Implement effective emotion regulation/stress reduction skills • Develop stress management techniques that include one or more of the following: sleep, exercise, and/or nutrition • Get involved in meaningful ways with campus supports
10/29 Week 9:	Groups - Feedback - Presentations Next Week Topic: Self- Interest/ Build FSC Network	Connecting with Professors, Peers, and Campus: In and Out of Class • Understand how self-interest connects to motivation, belonging, and success • Identify people and spaces at FSC that can support your goals • Recognize that networking is about relationships, not “using people” • Take one intentional step to expand your FSC network Action Item Due NEXT CLASS: Reflection #4 - My FSC Network

11/5 Week 10:	Project #2 Presentations Topic: Career Exploration	Getting involved with Relationship Accelerators: Things that can really enhance your time in college (internships, study abroad, work study, faculty research, service learning, applied learning requirement, etc.) • Explore possible career options through self-assessment and reflection • Utilize a career interest and/or values inventory • Research potential careers • Consider how to get involved in relationship accelerators via career interests • Explore the Nexus Center for Career Development
11/12 Week 11:	Presentation Wrap UP Topic: Financial Literacy: Budgeting and Cost of College	Getting connected in a more intentional way to the costs/benefits of college: Financial Literacy: Cost of higher education, value of higher education • Articulate the cost of higher education and the value of higher education • Identify resources on campus for financial aid services and determine what resources are appropriate • Assess and report on their own spending habits/challenges • Discuss importance of budgeting/financial planning • Articulate the benefits and challenges of credit Action Item Due NEXT CLASS: Assignment #2 – Career Assessment (Focus2)
11/19 Week 12:	Topic: Adulting 101(Career and Financial Stability) Groups Present Interviews HW- Check BLOG will post Final Video Topic Questions	Making the connection: How to prepare for and sustain a career financially • Analyze how career choices impact financial stability, including salary ranges and cost-of-living considerations. • Identify at least one realistic entry-level job or internship aligned with their career interests and financial goals. • Create a short-term “Adulting Action Plan” that includes both career readiness steps (e.g., resume review, networking) and financial strategies (e.g., budgeting for college expenses).

		Evaluate trade-offs between lifestyle expectations and starting salaries to make informed decisions about early career planning.
11/26- Thanksgiving NO CLASSES Week 13:	Final Project - Class Video Questions & Topics Discussions Posted on Tuesday 11/24 Topic: Navigating Setbacks (Resilience and Self advocacy)	Making connections to stay on track academically and personally - Identify when they need help and where to go - Communicate professionally and confidently with faculty - Take one constructive step forward (course-correct) - Recognize that setbacks are common in college Action Item Due NEXT CLASS: Reflection #5 - I Have What It Takes!
Week 14:	Final Video - Wrap Up Discussion and Presentation Schedule Topic: Diversity and Belonging	Getting connected to our own identity and the larger college community - Explore identity and describe how our social location has influenced our lives - Describe the concept of intersectionality and understand how it affects human experience - Develop the skills to become a valued, responsible, and respectful member of the College community
Week 15:	FINAL PROJECT TODAY- Students Present as a CLASS Topic: Final Reflections	Reflect on the semester and students' development Action Item Due: FYE "First Semester Story" Final Project

Cancellation of Classes: Will POST ON OUR CLASS BLOG!!!!

Weather and other campus-wide cancellations will be listed on the home page, Facebook and Twitter and you can also sign up for RAVE and SUNY Alert. Go to www.getrave.com and use your Farmingdale user ID and password to enter the site. For SUNY-Alert, please visit the University Police web page at www.farmingdale.edu/university-police/. In the event that class needs to be cancelled, you will be notified at your Farmingdale email address and an announcement on Brightspace.

Electronic Devices Policy: FREE YOURSELF - Put your cell phone away in order to stay engaged. You may need it for specific assignments - This will be teacher directed

Cell phones must be silenced and are only permitted when requested by the instructor for specific class activities. Texting during class is not allowed. Laptops and tablets may be used for notetaking only. Using devices for unrelated purposes – such as browsing, messaging, or other distractions – is not permitted.

Students misusing electronic devices will be asked to stop and may be asked to leave the classroom if the behavior continues.

Classroom Recording: Please Let me Know if You are Recording in advance !

The recording of classroom instruction is for the sole purpose of supporting the course learning objectives and can only be accessible to FSC faculty, staff, and students. Capturing, copying, and or sharing of recordings is strictly prohibited unless approved by the instructor. Recordings may not be shared on any other learning platform, or internet site, including social media sites. Students not adhering to campus policies would be in violation of the student code of conduct.

Attendance Policy: Please do NOT MISS CLASS!

Attendance is closely tied to class participation, which is a vital part of this course. If you are absent, you will miss opportunities to engage in important class activities. If you need to miss a class, please notify your instructor ahead of time via email. It is important to arrive on time, as attendance is recorded at the beginning of each session. If you arrive late, be sure to speak with the professor after class to confirm your attendance. Regular attendance and punctuality are key to your success in this course.

Religious Absences:

If you are unable to attend class on certain days due to religious beliefs, please consult with your instructor well in advance of the absence so that appropriate accommodation can be made. Reasonable accommodation in course work may be unavailable if a request results in a significant number of absences or substantially impacts class participation. Please note a significant number of absences is viewed as greater than 5% of class time.

Use of Email:

It is College policy that instructors and students use the Farmingdale or Brightspace email system for communications.

Copyright Statement:

Course material accessed from Brightspace or the Farmingdale website is for the exclusive use of students who are currently enrolled in the course. Content from these systems cannot be reused or distributed without written permission of the instructor and/or the copyright holder. Duplication of materials protected by copyright, without permission of the copyright holder, is a violation of the Federal copyright law, as well as a violation of SUNY copyright policy.

Disability Services Center:

If you have a disability for which you are or may be requesting an accommodation, you are encouraged to contact both your instructor and the Disability Services Center, Whitman Hall, Room 186 D (the Testing Center is in room 183) or call 934-420-5174, as soon as possible this semester.

Campus Mental Health Services

Occasionally, students may experience problems related to excessive stress, anxiety, depression, and other mental health issues. All registered students at Farmingdale State College have access to Campus Mental Health Services, located in Dewey Hall, first floor facing the "mall". There is no fee for services.

CMHS provides both short and long-term treatment for anxiety, mood disorders, acute and chronic stress disorders, and other emotional or behavioral problems that may adversely impact students' functioning. Additionally, CMHS is available 24/7 for students who may be in crisis. You are encouraged to contact CMHS at (934) 420-2006 or cmhs@farmingdale.edu if you are having difficulties in the above areas. In an

emergency call 934-420-2111. CMHS is also available for consultation to help determine whether or not services may be helpful.

Academic Integrity Policy

Because intellectual honesty is a cornerstone of all academic and scholarly work, each member of the Farmingdale State College campus community is expected to maintain academic integrity. Farmingdale State College has developed regulations concerning academic dishonesty and integrity to protect all students and to maintain an ethical academic environment. For more information, click the updated link below:

<https://www.farmingdale.edu/policies/?pid=214095>

It is important for you to understand the concept of plagiarism. Plagiarism is intentionally representing the words, images or ideas of another as one's own in any academic exercise. This includes words, images or ideas in either print or electronic format.

Violation of the academic integrity policy is strictly prohibited and may result in a disciplinary action ranging from a warning letter to probation, suspension, or dismissal from the College with a permanent transcript notation.

Diversity Equity & Inclusion:

Farmingdale State College embraces the belief that our intellectual community is enriched and enhanced by the opportunity to learn from and appreciate diversity. We strive to have a curriculum and learning environment which respects, honors and incorporates the contributions of a diverse and inclusive teaching and learning community. Your person (identity) and voice are welcomed in this classroom environment because of your value as a member of FSC's inclusive and diverse culture. All members of this class are expected to contribute to a respectful, welcoming and inclusive environment for every other member of the class.

Student Code of Conduct

The President of the College and the Vice President for Student Affairs recognize the rights of designees including University Police, to enforce all regulations, policies, license agreements, laws and codes on campus. If any individual allegedly violates the laws, Student Code of Conduct or campus policies, a President's designee will institute proceedings against the offender (s). For more information on the student code of conduct, see the Code of Conduct section in the current Student Handbook which can be found at this link, <https://www.farmingdale.edu/dean/policies.shtml>

University Police

934-420-2111