

HLKN L.E.A.D.S. Co-Curricular Syllabus

Course Title: HLTH 285, Section 508

Term: Fall 2020

Meeting Time: Fridays from 12 – 12:50 pm

Meeting Location: BPCC Room 1007

Zoom Meeting ID: 916 5733 3323

Zoom Meeting Passcode: 285508

<https://tamu.zoom.us/j/91657333323?pwd=NHprWXRjUGp0TGp1QlNsV0pDamlFdz09>

Instructor Information

Instructor: Kayla McGee

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What is HLKN L.E.A.D.S. (Lead, Excel, Achieve, Develop & Succeed)?

HLKN L.E.A.D.S. is a program designed to assist first year freshmen and transfer students in the Health & Kinesiology Department adjust to life at Texas A&M University as a Health, Kinesiology or Sport Management major. HLKN L.E.A.D.S is also certified as a Hullabaloo U course and meets the mandatory first year experience requirement for incoming Freshman students at TAMU. This program introduces students to commonly used language, skills to be successful and, most importantly, to their peers in the department. In addition, this program is also meant to provide students with exposure to academic advisors, members of the HLTH, KINE & SPMT faculty, and other members of the HLKN and College of Education staff.

Course Description

The purpose of Hullabaloo U is to create a welcoming and affirming environment for each new student. Students will develop self-efficacy, self-awareness, and a sense of purpose; become actively engaged in the learning environment inside and outside of the classroom; and become socially integrated within the university community.

- Self-efficacy – Your belief in your ability to achieve your goals
- Self-awareness – Your understanding of your personal strengths, learning styles, learning habits, and thinking patterns
- Sense of purpose – Development of long-term goals and understanding of how to get there
- Actively engaged – Active involvement of time and energy invested in college experience in and out of the classroom
- Socially integrated – Formation of connections between other members of HLKN and the Texas A&M community

Learning Outcomes and Expectations

Students who participate in the HLKN L.E.A.D.S. program should...

- Develop positive relationships and a sense of community with peers, staff and faculty
- Identify and use appropriate campus resources and engage in opportunities that contribute to their learning
- Gain confidence and understanding of their degree programs and requirements
- Understand what is required to be a successful student both in HLKN and at Texas A&M University
- Be able to better utilize their academic resources
- Apply appropriate academic success strategies to their courses and learning experiences

Students who participate in the HLKN L.E.A.D.S. program are expected to...

- Participate to their full ability in weekly sessions and any activities hosted such as study sessions
- Communicate regularly with their Peer Mentor and the Facilitators of the program
- Seek assistance and advice as needed to be successful in your first year at Texas A&M University
- Complete success initiatives as they are assigned
- Utilize the HLKN staff and faculty to the best of your ability
- Have fun and make the most of their first year at Texas A&M University

Grading Policies & Scale

1. Attendance & Participation – 175 points (35%)
2. Fall 2020 Projection – 25 (5%)
3. Faculty Meeting – 50 points (10%)
4. Academic Success Center or Byrne Student Success Center Meeting – 50 points (10%)
5. Mandatory Advising Meeting – 50 points (10%)
6. Career Center or Office of Professional School Advising Meeting – 50 points (10%)
7. First Semester Reflection – 100 points (20%)

Satisfactory/Passing: 349.45-500 points

Unsatisfactory/Failing: 0-349.44 points

Late Work: All assignments must be turned in by 11:59 pm (through eCampus) on the weeks listed below. Late work will be accepted up to 7 days past the assignment deadline (with a 10% deduction per day that it is late). After 7 days, late work will not be accepted. Please note: Missing a class session does not excuse you from turning in assignments (or completing any future assignments) on time.

Success Initiatives

Attendance & Participation

This is a course that is dependent on active student participation and engagement. You are expected to attend all class meetings and participate fully. **12.5 points will be deducted from your attendance grade for each unexcused absence. After 3 unexcused absences, the Office for Student Success will be notified, and follow up will be conducted by the instructor and Office for Student Success staff to ensure student success. Any student that misses more than 7 sessions will automatically be assigned a grade of Unsatisfactory. For more information about attendance policies, visit: <https://student-rules.tamu.edu/rule07>.** Active participation will be assessed through discussions, participation in class activities, completion of in-class assignments and positive attitude. Your participation grade for each class period will be evaluated on the following scale:

8-12.5 points	4-8 points	1-4 points	0 points
Arrived on time and prepared and actively participated in class discussion and activities. Contributed positively to the class community.	Participated in class discussions and activities but may have required prompting; did not detract from class community.	Did not participate in class discussions and activities; did not detract from class community.	Did not participate in class discussions or activities, and/or detracted from the class community; did not attend class.

Fall 2020 Projection

Students will write a **one page (single-spaced, 12 pt., Times New Roman)** projection of what they think their first semester at Texas A&M University and their experiences as a participant in HLKN L.E.A.D.S. will be like. Students should focus on the positive aspects they foresee during the semester and keep the Eternal Return that we reviewed in class in mind. **This assignment must be uploaded to eCampus no later than 8/28 at 11:59 pm**

Faculty Meeting

You will schedule and attend a meeting with a professor in one of the classes you feel like you are going to struggle in the most this semester. This meeting can be face-to-face or in a virtual meeting format, but it cannot be done via email. A document has been provided to you on eCampus that will help you prepare for and take notes during the meeting. The form is a fillable PDF form that you can type in directly. Use the form and the tips you were provided in class about meeting with your professor to complete the activity. During this meeting you should consider asking clarification questions about specific course content or topics, any upcoming assignments or exams, and anything else you feel would be beneficial moving forward in the course. At the bottom of the form you will see a space for you to provide a minimum of three takeaways that you got from this meeting. **This assignment must be uploaded to eCampus no later than 9/25 at 11:59 pm**

Academic Success Center or Byrne Student Success Center Meeting

You must schedule and attend a meeting with a success coach in the [Academic Success Center](#) OR the [CEHD Byrne Student Success Center](#) to discuss your study habits. This meeting can be face-to-face or in a virtual meeting format, but it cannot be done via email. A document has been provided to you on eCampus that will help you prepare for and take notes during the meeting. The form is a fillable PDF form that you can type in directly. Use the form to write down any issues you are having with your coursework and ask the coach to help you identify study skills and strategies that you can implement that will enable you to be more successful in your courses. **This assignment must be uploaded to eCampus no later than 10/2 at 11:59 pm**

Mandatory Advising Meeting

Every incoming student to the HLKN department is required to attend a virtual meeting with their academic advisor in their first semester. These meetings must take place between September 21st and October 16th and are required in order for you not to have a hold placed on your Spring registration. Your advisor will send an email on September 7th allowing you to schedule this virtual appointment. When you attend this advising meeting, you should receive a form with the information you discussed with your advisor. You will upload a copy of this form to eCampus as proof that you have completed your mandatory advising. **This assignment must be uploaded to eCampus no later than 10/16 at 11:59 pm**

Career Center or Office of Professional School Advising Meeting

If you are planning to pursue professional school, you will need to set up and attend a meeting with a [Professional School Advisor](#) to discuss the steps necessary to apply and be accepted into your preferred professional school. For students who are not planning to go to professional school, you will need to set up a meeting with a [Career Center Advisor](#) to discuss potential careers within your field of study, steps to take now to begin to prepare for that career, and any other applicable information. This meeting can be face-to-face or in a virtual meeting format, but it cannot be done via email. Following your meeting you will write down five things you learned from your meeting and identify a series of short term goals (at least 3) that you are going to set for yourself to reach your future career goal. **This assignment must be uploaded to eCampus no later than 11/6 at 11:59 pm**

First Semester Reflection

Write a **one page (single-spaced, 12 pt., Times New Roman)** reflection on your first semester at Texas A&M University and your experiences as a participant in HLKN L.E.A.D.S. Include specific information about both your accomplishments and your shortcomings this semester, identify the most important thing you learned in the course, and set at least one goal for the Spring semester. **This assignment must be uploaded to eCampus no later than 11/20 at 11:59 pm**

Course Topics & Major Assignment Dates

Week	Topic	Success Initiatives
1 (8/21)	Introductions & Getting To Know You	Fall 2020 Projection Assigned
2 (8/28)	Community Building & Life Maps	Fall 2020 Projection Due
3 (9/4)	Goal Setting	Faculty Meeting Assigned
4 (9/11)	Success Strategies & Resources	Academic Success Center Meeting Assigned
5 (9/18)	Respect & Inclusion	Mandatory Advising Meeting Assigned
6 (9/25)	Healthy Relationships	Faculty Meeting Due
7 (10/2)	Time Management & “Work”/Life Balance	Academic Success Center Meeting Due
8 (10/9)	Well-Being	
9 (10/16)	Mid-Semester Check-In	Mandatory Advising Meeting Due
10 (10/23)	Professional/Graduate School & Student Research	Career Center/OPSA Meeting Assigned
11 (10/30)	Degree Requirements & Mock Schedules	
12 (11/6)	Resume	Career Center/OPSA Meeting Due
13 (11/13)	Strategic Summer Plans	First Semester Reflection Assigned
14 (11/20)	Final Exam Prep	First Semester Reflection Due

*****This syllabus is subject to change*****

Americans with Disabilities Act (ADA)

Texas A&M University is committed to providing equitable access to learning opportunities for all students. If you experience barriers to your education due to a disability or think you may have a disability, please contact Disability Resources in the Student Services Building or at (979) 845-1637 or visit <https://disability.tamu.edu>. Disabilities may include, but are not limited to attentional, learning, mental health, sensory, physical, or chronic health conditions. All students are encouraged to discuss their disability related needs with Disability Resources and their instructors as soon as possible.

Statement on Mental Health and Wellness

Texas A&M University recognizes that mental health and wellness are critical factors that influence a student’s academic success and overall wellbeing. Students are encouraged to engage in healthy self-care by utilizing the resources and services available from Counseling & Psychological Services (CAPS). Students who need someone to talk to can call the TAMU Helpline (979-845-2700) from 4:00 p.m. to 8:00 a.m. weekdays and 24 hours on weekends. 24- hour emergency help is also available through the National Suicide Prevention Hotline (800- 273-8255) or at <https://suicidepreventionlifeline.org>.

Academic Integrity

“An Aggie does not lie, cheat or steal, or tolerate those who do.” “Texas A&M University students are responsible for authenticating all work submitted to an instructor. If asked, students must be able to produce proof that the item submitted is indeed the work of that student. Students must keep appropriate records at all times. The inability to authenticate one’s work, should the instructor request it, may be sufficient grounds to initiate an academic misconduct case” (Section 20.1.2.3, Student Rule 20). You can learn more about the Aggie Honor System Office Rules and Procedures, academic integrity, and your rights and responsibilities at <https://aggiehonor.tamu.edu>.

COVID-19 Temporary Amendment to Minimum Syllabus Requirements

The Faculty Senate temporarily added the following statements to the minimum syllabus requirements in Fall 2020 as part of the university's COVID-19 response.

Campus Safety Measures

To promote public safety and protect students, faculty, and staff during the coronavirus pandemic, Texas A&M University has adopted policies and practices for the Fall 2020 academic term to limit virus transmission. Students must observe the following practices while participating in face-to-face courses and course-related activities (office hours, help sessions, transitioning to and between classes, study spaces, academic services, etc.):

- Self-monitoring—Students should follow CDC recommendations for self-monitoring. **Students who have a fever or exhibit symptoms of COVID-19 should participate in class remotely and should not participate in face-to-face instruction.**
- Face Coverings—[Face coverings](#) (cloth face covering, surgical mask, etc.) must be properly worn in all non-private spaces including classrooms, teaching laboratories, common spaces such as lobbies and hallways, public study spaces, libraries, academic resource and support offices, and outdoor spaces where 6 feet of physical distancing is difficult to reliably maintain. Description of face coverings and additional guidance are provided in the [Face Covering policy](#) and [Frequently Asked Questions \(FAQ\)](#) available on the [Provost website](#).
- Physical Distancing—Physical distancing must be maintained between students, instructors, and others in course and course-related activities.
- Classroom Ingress/Egress—Students must follow marked pathways for entering and exiting classrooms and other teaching spaces. Leave classrooms promptly after course activities have concluded. Do not congregate in hallways and maintain 6-foot physical distancing when waiting to enter classrooms and other instructional spaces.
- To attend a face-to-face class, students must wear a face covering (or a face shield if they have an exemption letter). If a student refuses to wear a face covering, the instructor should ask the student to leave and join the class remotely. If the student does not leave the class, the faculty member should report that student to the [Student Conduct office](#) for sanctions. Additionally, the faculty member may choose to teach that day's class remotely for all students.

Personal Illness and Quarantine

Students required to quarantine must participate in courses and course-related activities remotely and **must not attend face-to-face course activities**. Students should notify their instructors of the quarantine requirement. Students under quarantine are expected to participate in courses and complete graded work unless they have symptoms that are too severe to participate in course activities.

Students experiencing personal injury or illness that is too severe for the student to attend class qualify for an excused absence (See [Student Rule 7, Section 7.2.2.](#)) To receive an excused absence, students must comply with the documentation and notification guidelines outlined in Student Rule 7. While Student Rule 7, Section 7.3.2.1, indicates a medical confirmation note from the student's medical provider is preferred, **for Fall 2020 only, students may use the Explanatory Statement for Absence from Class form in lieu of a medical confirmation. Students must submit the Explanatory Statement for Absence from Class within two business days after the last date of absence.**

Operational Details for Fall 2020 Courses

For additional information, please review the [FAQ](#) on Fall 2020 courses at Texas A&M University.