BARUCH COLLEGE
The City University of New York
Percy E. Sutton SEEK Program
FYS 1000S SK4 Fall 2025
Tuesday 12:50-2:05 PM Room NVC 4-255

Counselor:
Marcus Clindinin, MSEd
Office Location: NVC 2-248 SEEK

Office Hours:
Monday/Tuesday/Thursday – 9:15AM-5:15PM (**IN-PERSON/VIRTUAL**)
Wednesday/Friday – 9:15AM-5:15PM (**VIRTUAL**)

NAVIGATE: https://baruch.zoom.us/j/7753591461

	Name	E-mail
FYS Counselor	Marcus Clindinin	Marcus.clindinin@baruch.cuny.edu
Peer Mentor	Tabassum (Tabby) Billah	Tabassum.billah@baruchmail.cuny.edu
Peer Mentor	Jonathan Flores	jonathan.flores@baruchmail.cuny.edu
Tutorial Coordinator	David Rosen	David.rosen@baruch.cuny.edu

I. Course Description

The challenges you face in college are the same challenges you will face throughout your lives. The coping skills you learn in college are the ones you will carry with you. Your dreams, hopes and goals are all being formed right now. Freshman Seminar is a course to help you prepare for college and college will help prepare you for life.

In this course you will learn effective strategies to help you succeed in college. The self-assessment exercises, and mindful reflections that you will complete will empower you to engage actively in your own learning throughout your college career. Once you make these new strategies your own through application, you'll have the ability to dramatically improve the outcome of your life—academically, professionally, and personally.

Through an examination of educational and personal issues, you will develop skills essential to make personal and academic choices to meet the expectations of the college.

II. General goals and objectives

1. **Take charge of your life!** You will learn how to take greater personal responsibility, gaining more control over the outcomes, and experiences that you create both in college and in life. Increase self-motivation and improve personal self-management to develop interdependence. You will learn how to use internal motivation, recognize powerful reinforcements to make wise choices through development of interdependence with your environment.
2. **Increase self-awareness**. You will learn how to understand and revise your self-defeating patterns of behavior, thought, and emotion as well as your unconscious limiting beliefs.
3. **Maximize your learning.** You will learn key research on how the human brain learns. You will apply this knowledge to develop your own learning system, giving you the keys to learning important course content in college as well as becoming a more effective lifelong learner.
4. **Develop further your emotional intelligence.** You will also learn effective strategies for managing your emotional life, decreasing stress while increasing your inner sense of well-being.
5. **Raise your self-esteem.** You will learn how to develop self-acceptance, self-confidence, self-respect, self-love, and unconditional self-worth.
6. **Write and present more effectively.** You will learn how to improve your writing skills through the extensive writing and presentation practice offered in and outside the class activities.
7. **Improve creative and critical thinking skills.** You will learn how to enhance the thinking skills essential for analyzing and solving problems in your academic, professional, and personal lives. You will also develop

reasoning skills that will help you both construct persuasive arguments and deconstruct illogical arguments intended to persuade you to think or act against your own best interest.

8. **Master effective study skills.** You will learn how to raise your grades in college by improving essential skills such as reading, taking notes, studying, memorizing, and taking tests.
9. Develop a sense of belonging within SEEK community through learning history of the SEEK program.
10. Learn advocacy skills and how to advocate within SEEK and the larger institution.
11. Understand basic procedures and policies important for the successful transition to being a college student.
12. To embark on a **FUN** and **EXCITING** journey of exploration and growth while expanding your knowledge and outlook on the world we live in!

III. Learning Outcomes

- Define and be aware of the academic requirements and accountability through policies, procedures, and curriculum.
- Define success in your own words through the plan of action where *responsibility* and *accountability* play a central role.
- Identify resources to support your educational growth.
- To promote positive behavioral changes and advocacy.
- To foster a sense of group membership, interpersonal connections and identification with the college community
- Develop a common language to discuss issues around creating success in college and life.
- Reflect and analyze how past habits have hindered personal/academic growth.
- Envision and plan possible actions they will take to engage in:
    - *Life-long learning*
    - *Community service beyond FYS seminar*
    - *Advocacy for issues that impact their communities*

IV. Instructional Approaches

Mini-lectures, group activities, assigned readings, instructional videos, and homework

V. Course Texts and Resources

a. Brightspace (DOWNLOAD APP)

- Aside for lectures and group discussions, this course draws heavily on electronic resources. This course requires constant use of Baruch College's Online Brightspace system. I may post such relevant materials as PowerPoint slides, videos, and other materials that are intended to enhance your learning experience. Please check Brightspace before each class if you wish to print presentation slides and bring them to class to integrate with your notes.
- **I will also use Brightspace to post important course announcements, updates, extra credit assignments, as well as your grades throughout the semester. You are responsible for all announcements and course adjustments made through Brightspace.**

b. Encouraged Free Online Book:

- Connections Are Everything: A College Student's Guide to Relationship-Rich Education by Peter Felten, Leo M. Lambert, Isis Artze-Vega, and Oscar R. Miranda Tapia, 2023 https://muse.jhu.edu/pub/1/oa_monograph/book/111986/pdf

c. Download the following APPS to your phone (Outlook, CUNY OneDrive)

If you have difficulties accessing or using Brightspace, Outlook, or OneDrive, please contact the BCTC Helpdesk at (646) 312-1010 or by e-mail to helpdesk@baruch.cuny.edu

VI. Course Grade

1. **September 2nd** Complete Schedule Outline by listing Class, Professor, Time and location of class, and contact to professor ex. Email and office hours – email it to your peer mentor by 11:59pm
2. **September 2nd** Completion of SPARC Online *Title IX Training (Brightspace) and create Starr Career Account* and email the screen shot or the certificate you will receive at the end to your peer mentor by 11:59PM
3. **September 2nd** Complete 16 personalities assessment and record results via Qualtrics form located on Brightspace
4. **September 9th** Deadline List of **ALL** the assignment organized by date for the entire semester using this format: Date – Class – Assignment – Steps needed to complete it Example: 9/17 – ENG 2100 – Read chapter 1-2 pages 3-46 or 9/18 - PSY 1001 – Connect Quiz on Ch. 1-2 pages 5-66 – UPLOAD TO BRIGHTSPACE.

5. **September 9th** In class Vision Board Presentations – Create Vision Board just like a science fair board where you will express yourself and speak about it for entire class time
6. **September 30th First** Check-ins with Professor + Qualtrics form located on Brightspace
7. **October 1s** First **MANDATORY** check in with your SEEK counselor and Peer Mentors – make an appointment via Navigate
8. **October 21st** Complete Qualtrics Mid Semester Check-In Assessment located on Brightspace
9. **October 28th First** Starr Career workshops or clubs and complete evaluation through Qualtrics Form located on Brightspace
10. **October 31st** Complete Buddy System Outing that you will present on November 25th along with your Community Service
11. **November 18th** Complete Community Service Project
12. **November 19th Second** MANDATORY check in with your SEEK counselor and Peer Mentors – make an appointment via Navigate
13. **November 25th Second** Check-ins with Professor + Qualtrics form located on Brightspace
14. **November 25th** Present Community Service and Buddy Outing Projects as a Group
15. **December 2rd Second** Starr Career workshops or clubs and complete evaluation Qualtrics located on Brightspace
16. **December 9th** Present 3 minutes presentation on your experience in college and one intentionally created connection that you plan on strengthening and utilizing in your college experience
17. **WEEKLY** Class Participation (NOTE: Participation means **engaging in class discussions** not only being present)
18. Completion of **4 in class quizzes** on procedures and policies (passing 80% -9/2, 9/30, 11/11, and 12/2)
19. **Two** check in meeting with your peer mentors outside the classroom DATE
20. **Students will receive a P for passing, INC for incomplete or WU for excessive absences,**
    - **FYS 1000S and 2000S are graduation requirements**
    - **Your grade in this course will be based on: All assignments must be completed on time if you were absent from class**

VII. Attendance Policy

1. Weekly attendance is critical to your successful completion of this seminar. **No more than 2 absences** are allowed including doctor's notes. Tardiness, absences, and late work may affect your SEEK status. If you are absent, or have emergencies, please inform me ASAP
2. **Lateness:** You are expected to attend class on time. Attendance is taken **within the first 3 minutes** of the start of the lecture. If you arrive after attendance is taken (even by 1 minute!), you are considered late (NOTE: minor train/bus delays do not excuse lateness; you must allow enough time to arrive to class assuming there might be transit complications). IMPORTANT: **2 lateness equal to 1 absence**

VIII. Accommodations for Students with Disabilities

Students requiring accommodations to course procedures must discuss these with me ASAP. You will need to present documentation from the Office of Service for Students with Disabilities.

IX. Academic Integrity

SEEK office fully supports Baruch College's policy on Academic Honesty, which states, in part:
"Academic dishonesty is unacceptable and will not be tolerated. Cheating, forgery, plagiarism and collusion in dishonest acts undermine the college's educational mission and the students' personal and intellectual growth. Baruch students are expected to bear individual responsibility for their work, to learn the rules and definitions that underlie the practice of academic integrity, and to uphold its ideals. Ignorance of the rules is not an acceptable excuse for disobeying them. Any student who attempts to compromise or devalue the academic process will be sanctioned. "
Academic sanctions in this class will range from an F on an assignment/exam to an F in this course. A report of suspected academic dishonesty will be sent to the Office of the Dean of Students. Additional information and definitions can be found at: http://www.baruch.cuny.edu/academic/academic_honesty.html

X. IMPORTANT DATES

August 30-31- No Classes
September 1 – *College is Closed*

September 15 – Last day to declare major/minor for the fall 2024 semester
September 22-24 – *No Classes Scheduled*
September 25 – Last day to submit immunization or classes will be dropped
October 01-02 – *No Classes Scheduled*
October 13 – *College is Closed*
October 14 – Classes follow Monday Schedule
October 20 – *No Classes Scheduled*
October 24 – Classes follow Monday Schedule
October 30th – Last day to drop a course
November 27-28 – *College Closed*
November 29-30 – *No Class Scheduled*
December 16-22 – Final Examinations
December 24-25 – *College is Closed*

Mandatory Events to Attend:
10/28 Diversity Pipeline - You must RSVP via Starr Career Portal
11/4 Social Impact Panel – SEEK Event

FYS 1000S COURSE CALENDAR
Fall 2025 / Tuesday *12:50-2:05 PM*

	Date	Topic	Assignment(s)
1	Aug 26th	Overview of Expectations, Introductions, and Projections for the Future	**Class Contract – Qualtrics**
2	Sep 2nd	Procedures and Policies Part 1	**Schedule Outline + SPARK Certificate + 16 personalities**
3	Sep 9th	Board Presentations	**Deadline List organized by Deadline not Class + Strengths Assessment**
4	Sep 16th	Board Presentations	
5	Sep 30th	Policies and Procedures Part 2 and How To Study	**First Prof Check In + Qualtrics Form**
6	Oct 7th	Watching Five Demands + Class discussion	
7	Oct 21st	Advocacy and SEEK History Discussions	**Complete Mid Semester Check In Assessment - Brightspace**
8	Oct 28th	**Diversity Pipeline – Mandatory Event**	**First Starr Career workshops + Qualtrics form**
9	Nov 4th	**Social Impact Panel – SEEK Event**	
10	Nov 11th	Policies and Procedures Part 3	
11	Nov 18th	Academic Planning and Degree Works Sheet	
12	Nov 25th	Community Service Presentations + Buddy Outing	**Second Prof. Check In + Qualtrics Form**
13	Dec 2nd	Policies and Procedures Part 4	**Second Starr/Clubs Attendance + Qualtrics Form**
14	Dec 9th	Individual Change Presentation	