BARUCH COLLEGE
The City University of New York
Percy E. Sutton SEEK Program
FYS 2000S SK4 Spring 2026
Tuesday 12:50-2:05 PM NVC 11-160

Counselor: *Marcus Clindinin*
Office Location: 2- 248 SEEK
Office Hours: IN-PERSON availability is usually on **Monday**, **Tuesday**, and **Thursday** throughout the Spring 2026 term from 9:15AM - 5:15PM – **Wednesday** and **Friday** are typically my VIRTUAL days. Additionally, please feel free to speak to me after class or schedule a meeting via *Navigate*.

	Name	E-mail
FYS Counselor	Marcus Clindinin	Marcus.clindinin@baruch.cuny.edu
Peer Mentor	Jonathan Flores	jonathan.flores@baruchmail.cuny.edu
Peer Mentor	Pamela Rodriguez	Pamela.rodriguez1@baruchmail.cuny.edu
Peer Mentor	Tabassum (Tabby) Billah	Tabassum.billah@baruchmail.cuny.edu
Tutorial Coordinator	David Rosen	David.rosen@baruch.cuny.edu

I. Course Description

The First Year Seminar course is designed to empower students to explore and cultivate their **personal** and **professional growth**. By equipping you with effective strategies for success, this course serves as a foundation for your academic journey and long-term career development. Through *self-assessment exercises* and *mindful reflections*, you will gain valuable insights into your strengths, interests, and goals, enabling you to actively shape your learning experience and future career path.

The challenges you face in college are not just academic; they are also opportunities for growth that will prepare you for the professional world and life beyond. By learning to navigate these challenges, you will develop **essential coping skills** and d**ecision-making abilities** that will support your success both in college and in your career. The tools and strategies you gain here will empower you to make informed choices, maximize your potential, and build a future aligned with your aspirations.

This course is not just about surviving college—it's about **thriving**, **learning**, and e**xploring new possibilities for personal**, **academic**, and **career achievement**.

II. General goals and objectives

Take charge of your life! You will learn how to take greater personal responsibility, gain more control over the outcomes, and experiences that you create both in college and in life.

1. **Ignite Motivation & Self-Management**
   Harness your inner drive and make empowered choices aligned with your goals for continuous growth.
2. **Unlock Self-Awareness & Overcome Limiting Beliefs**
   Identify and break free from self-defeating thoughts to boost confidence and reach your full potential.
3. **Maximize Learning Potential**
   Use proven strategies to enhance your learning and excel in college and beyond.
4. **Boost Emotional Intelligence & Resilience**
   Manage emotions, reduce stress, and build resilience for a balanced and successful life.
5. **Raise Self-Esteem & Embrace Worth**
   Develop confidence and unconditional self-love to fuel your personal and academic success.
6. **Enhance Writing & Presentation Skills**
   Improve communication to effectively express ideas and make an impact in academic and professional settings.

7. **Sharpen Creative & Critical Thinking**
Strengthen problem-solving and argumentation skills to make informed decisions in all areas of life.
8. **Master Study Strategies**
Learn effective study techniques to improve academic performance and study smarter.
9. **Develop Community & Belonging**
Build meaningful connections within the SEEK community for personal and academic growth.
10. **Advocate for Yourself & Others**
Learn self-advocacy and how to support others in navigating college life successfully.
11. **Navigate College Life with Confidence**
Understand college procedures and resources to ensure a smooth transition and academic success.
12. **Embark on a Journey of Growth**
Explore your potential, expand your knowledge, and embrace the exciting journey ahead.

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** plays central role
- Identify resources to support your educational growth
- To pro**mote 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. Planner

Please bring your weekly planner to every FYS session

b. 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 relevant materials such 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.**

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

VI. Course Grade

1. **February 3rd** In Class Elevator Pitch presentations
2. **February 3rd** 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
3. **February 10th** 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 – email the complete list to your peer mentor by 11:59PM along with the google drive, one drive, apple cloud

4. **February 24th** Financial Aid Workshop Location TBA
5. **March 3rd** Complete Focus 2 assessment through Starr Career and enter your results/feedback on Qualtrics (see QR codes PP slides)
6. **March 10th** First Draft of Resume and Cover Letter
7. **March 10th** First Check-ins with Professor **+ Qualtrics Form - QR Code PP Slides on Brightspace**
8. **March 15th** First **MANDATORY** check in with your SEEK counselor set up via Navigate
9. **March 15th** First **MANDATORY** peer mentor check in
10. **March 17th** First Starr Career workshops or clubs and complete evaluation through **+ Qualtrics Form - QR Code PP Slides on Brightspace**
11. **March 24th** Mid-Semester Academic Report + **Qualtrics Form - QR Code PP Slides on Brightspace**
12. **April 6th Last day to make an appointment to drop a course!**
13. **April 14th** Complete Buddy Outing and Resource Presentation
14. **April 28th** Academic Planner Assignment
15. **April 28th** Service Project Presentations
16. **May 1st** Second **MANDATORY** check in with your SEEK counselor set up via Navigate
17. **May 1st** Second **MANDATORY** peer mentor check in
18. **May 5th** Second Check-ins with Professor **+ Qualtrics Form - QR Code PP Slides on Brightspace**
19. **May 5th** Second Starr Career workshops or clubs and complete evaluation **- Qualtrics Form - QR Code PP Slides on Brightspace**
20. **May 12th** Complete LinkedIn Account **Qualtrics Form - QR Code PP Slides on Brightspace**
21. **May 12th - May 19th** Individual Vision Boards Presentations
22. **May 19th** Final Draft of Resume and Cover Letter relieved by Starr Career – Make sure you have a prove
23. Attend all mandatory SEEK events:
    - **March 3rd Experiential Opportunities – Location: 750 Time:12:30 PM - 2 PM**
    - **May 5th Alumni Networking**
24. Attending weekly MTH tutoring **(no more than 3 absences in semester)**
25. **WEEKLY** Class Participation (NOTE: Participation means **engaging in class discussions** not only being present)

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

The Department of Psychology fully supports Baruch College's policy on Academic Honesty, which states, in part: Academic dishonesty is prohibited in The City University of New York. Penalties for academic dishonesty include academic sanctions, such as failing or otherwise reduced grades, and/or disciplinary sanctions, including suspension or expulsion. Academic integrity is at the core of a college or university education. Faculty assign essays, exams, quizzes, projects, and so on both to extend the learning done in the classroom and as a means of assessing that learning. When

students violate the academic integrity policy (i.e., "cheat"), they are committing an act of theft that can cause real harm to themselves and others including, but not limited to, their classmates, their faculty, and the caregivers who may be funding their education. Academic dishonesty confers an unfair advantage over others, which undermines educational equity and fairness. Students who cheat place their college's accreditation and their own future prospects in jeopardy.

Cheating is the unauthorized use or attempted use of material, information, notes, study aids, devices, artificial intelligence (AI) systems, or communication during an academic exercise.

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

January 26th – First day of classes
February 1st - Last day to add a course to your schedule for the semester
February 12 – *College is Closed*
February 15th – last day to change/declare major/minor for SP25 term
February 16th – *College is Closed*
February 17th – *No class is scheduled*
March 20th – *No class is scheduled*
April 01-09 – Spring Break
April 6th – Last Day to Drop a Course
April 21st – *Classes follow a Thursday schedule*
May 15th – Last day of classes
May 19th – FYS last class

Mandatory Events to Attend

- March 3th Experiential Opportunities – Location: 750 Time:12:30 - 2 PM
- May 5st Alumni Networking Time 12:30-2 PM

FYS 2000S COURSE CALENDAR
Spring 2026 / Tuesday *12:50-2:05 PM*

	Date	Topic	Readings	Assignment(s)
1	Jan 27th	Syllabus and FYS Requirements	Syllabus	**Syllabus Review – Expectations and Accountability**
2	Feb 3th	In Class Elevator Pitch – Dress Semi Professional		**Complete Schedule of Classes**
3	Feb 10th	We All Belong Here		**Complete Outline of ALL Assignments by date and set up remainder system**
4	Feb 24th	**Financial Aid Workshop Location TBA**	**Bring your LAPTOP**	
5	Mar 3rd	**Experiential Opportunities Sophomore Year & Beyond** Location: 750 Time:12:30 - 2 PM	Mandatory Event	**Complete Focus 2 on Starr Career Website**
6	Mar 10th	Focus 2, Major, and Career Infused Degree Maps	Bring computer and your Focus 2 results to class	**First Draft of Resume and Cover Letter** **First Check In with Professor + Qualtrics**
7	Mar 17th	Policy Review and Quiz & Career Engagement		**First Mandatory Starr Career Workshop Completion + Qualtrics**
8	Mar 24th	Class Registration Presentation	**Bring your LAPTOP**	**Mid-Semester Report due on Qualtrics**
9	Mar 31st	Landing Your Dream Internship		
10	Apr 14th	Group Resources Presentations - Dress Semi Professional		
11	Apr 28th	Service Project Presentations - Dress Semi Professional		**Complete Academic Planning Page and email to your counselor with ALL attachments**
12	May 5th	**FYS Alumni Networking/Career Journey** Location: 14-220 Time: 12:30 - 2 PM	Mandatory Event	**Second Mandatory Check In with Professor + Qualtrics** **Second Mandatory Starr Workshop + Qualtrics**
13	May 12nd	Vision Board Presentations - Dress Semi Professional		**Complete Qualtrics and LinkedIn Account** **Complete Academic Planner Page**
14	May 19th	Vision Board Presentations - Dress Semi Professional		**Final Draft of Resume and Cover Letter relieved by Starr Career**