

First Year Experience: Spirit, Mind and Body

Friday's @ 1:40pm - 3:00pm in Gosman Room 0251

Instructor: Michelle O'Malley, Director of Orientation and First-Year Programs

Office: Shapiro Campus Center Room 203

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Student Requirements:

- 1) *Attend class*
- 2) *Participate in class (includes completion of all assignments)*
- 3) *Maintain weekly e-journals (due every Friday: starting January 26th and ending April 27th)*
- 4) *Read Textbook (Navigating the Research University by Britt Andreatta)*
- 5) *Meet with Instructor twice a semester: once prior to Midterms and again prior to Finals*

- 01/19 Your First Year: Welcome & Introductions**
- 01/26 Chapter 1: The Importance of Academic Integrity & the University Community**
Guest Speaker: Erika Lamarre, Director of Student Development and Conduct
Read Pages 1-49 for this class.
FIRST E-JOURNAL DUE TO MOMALLEY@BRANDEIS.EDU
- 02/02 Chapters 2 & 3: Skills for Academic Success and Degrees, Classes, Majors, and Careers**
Guest Speakers: Gerardo Garcia-Rios, Program Coordinator for Student Support Services and Laura Doane, Program Advisor for Student Enrichment Services
Read pages 50-87 and 88-126 for this class.
- 02/09 Time and Stress Management**
Guest Speakers: Roosevelt Fellows, undergraduate peer advisors
Read Handouts distributed in class.
- 02/16 Chapter 4 & 6: Independence, Separation from Family, and Value Development and The First-Year Experience**
Guest Speaker: Rich DeCapua, Director of Residence Life
Read pages 128-160 and 201-233 for this class.
- 02/23 NO CLASS-FEBRUARY BREAK**
- 03/02 Chapter 8: Leadership Development and Involvement Opportunities**
Guest Speakers: Stephanie Grimes, Director of Student Activities, Sarah Bordeleau, Assistant Director of Student Activities, and Diane Hannan, Director of Community Service
Read pages 285-321 for this class.
- 03/09 Alive with the Arts!: Moving with Imagination and Rhythm**
Guest Speakers: Ingrid Schorr, Program Administrator, Office of the Arts, and Susan Dibble, Professor of Theater Arts
Wear comfortable clothes for this class!
- 03/16 Chapter 7: The Diverse Campus Community**
Guest Speaker: Monique Pillow Gnanaratnam, Director of the Intercultural Center
Read pages 236-284 and handout for this class.

- 03/23** **Chapter 5: The Impact of Alcohol, Drugs, and Sexual Activity on Student Health and Safety**
Guest Speakers: Kathleen Maloney, CNP, and Dawn Skop, Alcohol and Drug Counselor/Educator
Read pages 161-200 for this class.
- 03/30** **Surprise Topic!**
- 04/06** **NO CLASS-APRIL BREAK**
- 04/13** **Chapters 2 & 3: Public Speaking on How a University is Organized**
Groups will be assigned to interview specific administrators on campus and have a group presentation in class.
Re-Read pages 79-80 and 115-122 for this class.
- 04/20** **Public Speaking on How a University is Organized (continued)**
- 04/27** **Chapter 9: Planning for the Future: What is your Type (Focus)?**
Read pages 322-334 for this class.
Guest Speakers: Dr. Abigail Crine, Assistant Director of Career Counseling, and Rusmir Music, Assistant Director of Experiential Programs
LAST CLASS----LAST E-JOURNAL DUE!

"I encourage my students never to give up on their dream, to emulate effort above all, and to mix passion with discipline so as to make the most of luck when it strikes."

-David Phillips