

# LART 150: Liberal Arts Freshman Seminar

## Monday 2-2:50pm / Science Center 126



*"One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself."*

- Lucille Ball

Instructor: David Phillips  
Email: david.phillips@fredonia.edu  
Office: 401-B, Reed Library  
Phone: 716-673-3188  
Office Hours: M-F 9am-4pm, by appointment

### I. Introduction

Welcome to *Liberal Arts Seminar*. If you're taking this class, you probably fall into one or more of the following categories:

- *You have not declared a major yet*
- *You are still considering your options for a major*
- *You may or may not know what careers suit you*
- *You may be unsure what major could advance your career goals*

## II. Course Description

This seminar is designed to help you learn about college majors, career options, Fredonia's many student resources, and of course, yourself. I don't expect that you'll have made a final decision by the end of the semester, but I do expect, when you make a decision, whenever you make it, it will be better informed and better suited to you. Whatever you choose to pursue, you will be familiar with the resources Fredonia has to offer you to make your academic career a success. To that end, we will cover a great deal of ground in our time together. You will explore your own interests, skills, values, strengths and personality, and learn what majors and careers are a match for them. You will hear from faculty, office staff, and organizations on campus that exist to help you reach your goals. Finally, you will research a career that holds some special appeal for you and learn all you can about it.

## III. Student Learning Outcomes

1. Students will begin to develop a comprehensive perspective on college
2. Students will develop an understanding of their own strengths, abilities, and skills so they can enhance them in pursuit of their academic, career, and personal goals
3. Students will understand the different types of relationships majors can have with careers
4. Students will be able to identify opportunities to be involved with student organizations, leadership opportunities, and campus events
5. Students will understand and practice communication skills

Students will understand the function and purpose of the resources and services available to them

## IV. Course Requirements

### Class Attendance and Participation Policy:

Since this course has many guest speakers, it is expected that students attend all classes and complete all assignments. More than one unexcused absence or any incomplete assignments could result in an unsatisfactory grade. If you need to miss class, tell the instructor in advance. Students with more than one unexcused absence will need to make arrangements with me to discuss their options.

### REQUIRED out-of-class events:

- **Activities Night: Wednesday, September 4, 6:30pm-8pm at Dods Grove.**  
*Join in on the fun and find a club (or two!) that interested you! Fredonia's 170+ student organizations will be in Dods Grove on September 4, 2019 from 6:30pm-8pm. Additionally, Network on the Go, hosted by the Career Development Office will have 20 employers present there. Bring your resume!*

## **Class Assignments:**

- Each week you will be expected to read designated articles available via OnCourse
- Maintain a journal\*
- Bring literature/information from several organizations from Activities Night to class
- MyPlan, an online career assessment
- Interview with faculty member
- Career Report

### ***\*Maintain a Journal***

Every journal entry will have a similar format. Each entry will be expected to be at least 4 paragraphs, of which the format will be as follows:

First paragraph- Consist of your prior understanding/knowledge/assumptions of the topic for the course.

Second paragraph- Analysis of the reading

Third paragraph- Analysis of the class

Fourth paragraph- Summation of everything you have learned about the topic and how it will assist you in your academic and personal pursuits

Your journal will consist of fourteen entries

- Four Speaker Series entries (SS)
- Four Self-Assessment entries (SA)
- Four Success Topic entries (ST)
- Activities Night\*\*
- What I learned\*\*

\*\*The format of these two journal entries will differ from the others as there are no in course readings.

## Schedule

Date	Topic	Reading(s) for Class Meeting	Due by beginning of class
08/26	Welcome	<ul style="list-style-type: none"> <li>• Introductions, expectations, syllabus, OnCourse and communication</li> </ul>	
09/02	Labor Day – No Class	<ul style="list-style-type: none"> <li>• Go To Activities Night, Wednesday, Sept. 4<sup>th</sup>, 6:30pm-8pm @ Dods</li> </ul>	
09/09	ST: Art of Being Successful	<ul style="list-style-type: none"> <li>• How to be successful</li> <li>• This is how to grow your Grit</li> </ul>	<ul style="list-style-type: none"> <li>• Activities Night Journal Assignment</li> </ul>
09/16	ST: Time Management	<ul style="list-style-type: none"> <li>• Time Management Tips for Busy College Students</li> <li>• How to be a Better Procrastinator</li> </ul>	<ul style="list-style-type: none"> <li>• Art of Being Successful Journal Assignment</li> </ul>
09/23	ST: Managing Oneself	<ul style="list-style-type: none"> <li>• Managing Oneself</li> </ul>	<ul style="list-style-type: none"> <li>• Time Management Journal Assignment</li> </ul>
09/30	SA: My Plan 1	<ul style="list-style-type: none"> <li>• Interest Inventory</li> <li>• Skills Profiler</li> <li>• Values Assessment</li> </ul>	<ul style="list-style-type: none"> <li>• Managing Oneself Journal Assignment</li> </ul>
10/7	SA: My Plan 2	<ul style="list-style-type: none"> <li>• Personality Test</li> </ul>	<ul style="list-style-type: none"> <li>• My Plan 1 Journal Assignment</li> </ul>
10/14	SS: Academic Advising	<ul style="list-style-type: none"> <li>• History of Academic Advising</li> <li>• Definitions of Academic Advising</li> </ul>	<ul style="list-style-type: none"> <li>• My Plan 2 Journal Assignment</li> </ul>
10/21	SS: Faculty Reps/Major Exploration	<ul style="list-style-type: none"> <li>• TBA</li> </ul>	<ul style="list-style-type: none"> <li>• Academic Advising Journal Assignment</li> </ul>
10/28	SA: Career Development	<ul style="list-style-type: none"> <li>• Career Development Timeline</li> <li>• Why Aren't College Students Using Career Services?</li> </ul>	<ul style="list-style-type: none"> <li>• Faculty Rep/Major Exploration Journal Assignment</li> </ul>
11/04	SS: Student Association	<ul style="list-style-type: none"> <li>• Student Success: Definition, Outcomes, Principles and Practices</li> </ul>	<ul style="list-style-type: none"> <li>• Career Development Journal Assignment</li> <li>• Faculty Interview can be submitted anytime between 11/04 – 12/14</li> </ul>
11/11	SS: Faculty Reps/Major Exploration	<ul style="list-style-type: none"> <li>• TBA</li> </ul>	<ul style="list-style-type: none"> <li>• Student Association Journal Assignment</li> </ul>

11/18	ST: Tips and Course Management	<ul style="list-style-type: none"> <li>• Cornell Study Tips Index</li> </ul>	<ul style="list-style-type: none"> <li>• Faculty Rep/Major Exploration Journal Assignment</li> </ul>
11/25	<b>Thanksgiving – No Class</b>	Gobble Gobble	<ul style="list-style-type: none"> <li>• Career Report can be submitted anytime between 11/25 – 12/14</li> </ul>
12/02	SA: Goal Setting	<ul style="list-style-type: none"> <li>• SMART Goals: A How to Guide</li> </ul>	<ul style="list-style-type: none"> <li>• Tips and Course Management Journal Assignment</li> </ul>
12/09	Course Wrap Up		<ul style="list-style-type: none"> <li>• Goal Setting Journal Assignment</li> </ul>
12/14	<b>Final Exam – No Class</b>	<b>ALL ASSIGNMENTS DUE,</b> <b>1. CAREER REPORT</b> <b>2. FACULTY INTERVIEW</b> <b>3. FINAL JOURNAL ENTRY (WHAT I LEARNED)</b>	

### Grading:

<b>A</b>	<b>100-92</b>
<b>A-</b>	<b>92-90</b>
<b>B+</b>	<b>89-86</b>
<b>B</b>	<b>85-83</b>
<b>B-</b>	<b>82-80</b>
<b>C+</b>	<b>79-76</b>
<b>C</b>	<b>75-73</b>
<b>C-</b>	<b>72-70</b>
<b>D+</b>	<b>69-66</b>
<b>D</b>	<b>65-63</b>
<b>D-</b>	<b>62-60</b>
<b>F</b>	<b>59 or less</b>
<b>Assignment</b>	<b>Points</b>
Journal Entries	140 (10 per entry)
Career Report	35
Faculty Interview	35
Course Participation	40
<b>Total</b>	<b>250</b>

### **Attendance Policy:**

Attendance at all classes and completion of all assignments is expected. More than one unexcused absence or any incomplete assignments could result in an unsatisfactory grade. If you need to miss class, tell the instructor in advance and follow-up after the class to determine what work needs to be made up.

### **Plagiarism:**

Refer to the online catalog at [<http://fredonia.smartcatalogiq.com/2018-2019/Catalog/Academic-Policies/Plagiarism>] where it states the following:

To plagiarize is “to steal and pass off as one’s own the ideas or words of another” (Webster’s *Seventh New Collegiate Dictionary*). Examples of plagiarism include presenting the ideas of another in one’s own words without crediting the source, copying sentences, paragraphs, or pages from a source without explicit reference to the pages from which the words were taken, and, of course, presenting another’s entire work as one’s own. If a student is not certain whether a particular practice may be considered plagiaristic, it is his/her responsibility to consult the instructor for whom he/she is writing the paper, exercise, or examination. The State University of New York at Fredonia strongly condemns plagiarism and takes severe action against those who plagiarize.

### **Classroom Climate:**

This is an academic course taught as a seminar in which students are expected to:

- Practice personal academic integrity
- Respect the dignity of all persons
- Respect the rights and property of others’ opinions
- Demonstrate concern for others, their feelings, and their needs for conditions which support their work and development

You will get out of this class only what you put into it. I am hopeful that you will have a meaningful and productive learning experience that will guide you throughout your college career!

# FACULTY INTERVIEW

**DUE: December 20, 2019**

In college, it is important to develop strong relationships with your professors. It may seem difficult at first, but over time you will find that it's helpful, necessary and even rewarding. This assignment will help you take your first steps toward this relationship building, while also helping you obtain more information about a program that interests you.

Your assignment is to choose an instructor (but not ME!) to interview. **This Fredonia instructor should be in a program that you are seriously considering as a major.** It could be a professor you have for a class this semester, but it can also be someone in a department that you're interested in learning more about. You will find that professors are very willing to provide information to students as they explore their major and career options!

Make an appointment for the interview by either asking a professor after class or calling their main department phone number. Prepare your questions before you go, but also be ready to "go with the flow" of your conversation. Try to find the answers to three or more of the following questions. Then write a one page (double spaced, 12 point font) report about what you learned and how the information was helpful for you. **Please see me if you need help choosing a professor for this assignment!**

## **Possible Helpful Interview Questions:**

- What kinds of classes are required for this major?
- What have recent graduates in this major gone on to do?
- What is your advice for first-year students to excel in your program?
- What organizations or clubs exist on campus that relate to this field?
- Do you suggest going to graduate school to advance my degree in this field?
- What internships/field experiences have students done pertaining to this field? Do you feel that this has helped them gain real-life experience? Was it a requirement for the program?
- Do study abroad experiences help me become more marketable?

# CAREER REPORT

**DUE: December 20, 2019**

In this class you will undergo some career assessments and learn about many professional and personal development opportunities at Fredonia. For your final assignment, your task is to write a 2-4 page (typed, double space, 12 point font) paper summarizing what you learned in this class. It needs to include the following:

- A brief summary of a career field or job of serious interest to you. Include a description of the field/job, majors that suit it, salary expectations, and what draws you to it. This can be researched online (MyPlan, <http://www.onetonline.org/> or other resources) or through the Career Development Office library resources, or through a personal interview with someone in the field.
- A summary of your strengths and weaknesses as they relate to this field, based on your interests, skills, personality, values and strengths assessments (MyPlan, StrengthsQuest).
- A summary of specific things you can do outside of class at Fredonia (and beyond) to prepare you for this career.

# MyPLAN ASSIGNMENT

**BRING RESULTS TO CLASS ON: September 30<sup>th</sup> & October 7<sup>th</sup>**

Whether you are selecting a major, planning ahead for your first career, or thinking about making a career change, MyPlan can help you explore options. Combined with a follow-up appointment with a career counselor, MyPlan can help you figure out what's right for you and make informed career decisions.



**<http://fredonia.myplan.com>**

You must register to take the free assessments and enter Fredonia's license code: **JXK2D97H**

## STEP 1 – REGISTRATION

1. Go to [www.fredonia.myplan.com](http://www.fredonia.myplan.com)
2. Click on the “Account” tab on top right
3. Click “Create Free Account” and fill in your account information
4. Read and agree to the “Terms of Use” and “Privacy Policy”
5. Click “Continue” and when asked for the License Code, enter: **U9UGDKUA**
6. To make results viewable to a CDO Counselor, click “Share results with license provider”
7. Click “Submit Registration”



## STEP 2 – COMPLETE ASSESSMENTS

Click on the “Assessment” tab at the top of the page. Each assessment varies in length, but most can be completed within 15 minutes. Each one must be completed once you start it and incomplete tests cannot be saved. Each question must be answered in order – do not skip questions. Once you have completed an assessment it will appear in the “My Reports” folder under “My Portfolio” for you to review. **Be sure to take all FOUR assessments!**

### PERSONALITY TEST

This assessment will describe your personality type in terms of dominant preferences which form 16 potential personality types. The report translates dominant personality types into practical and useful career advice, including the rank-ordering of careers based on how well they match your unique personality.

### INTEREST INVENTORY

This assessment is designed to compare your personal interests to those of people in different careers whose interests are satisfied by their work. The report will feature a cluster score that will help you identify your strongest work-related interests.

## SKILLS PROFILER

The profiler takes you through 35 work-related skill areas and assists you in developing a profile of your strengths and weaknesses in comparison to careers.

## VALUES ASSESSMENT

This assessment can help you decide what is important to you in a job. The report provides scores for each of six work values clusters in relation to how important each work value is to you. The more a job agrees with your work values, the more likely you are to be satisfied in that job.

## STEP 3 – COMPARE CAREERMATCH WITH YOUR COMPOSITE SCORES

**CareerMatch** scores and ranks 739 careers based on your responses to the four assessments. This report will help users identify occupations and careers that constitute a “strong” match with your personality, interests, skills and values.

In the “**My Portfolio**” page, you should see your four reports, followed by “Composite Score.” Click “**Composite Score**” to see the list of corresponding occupations.

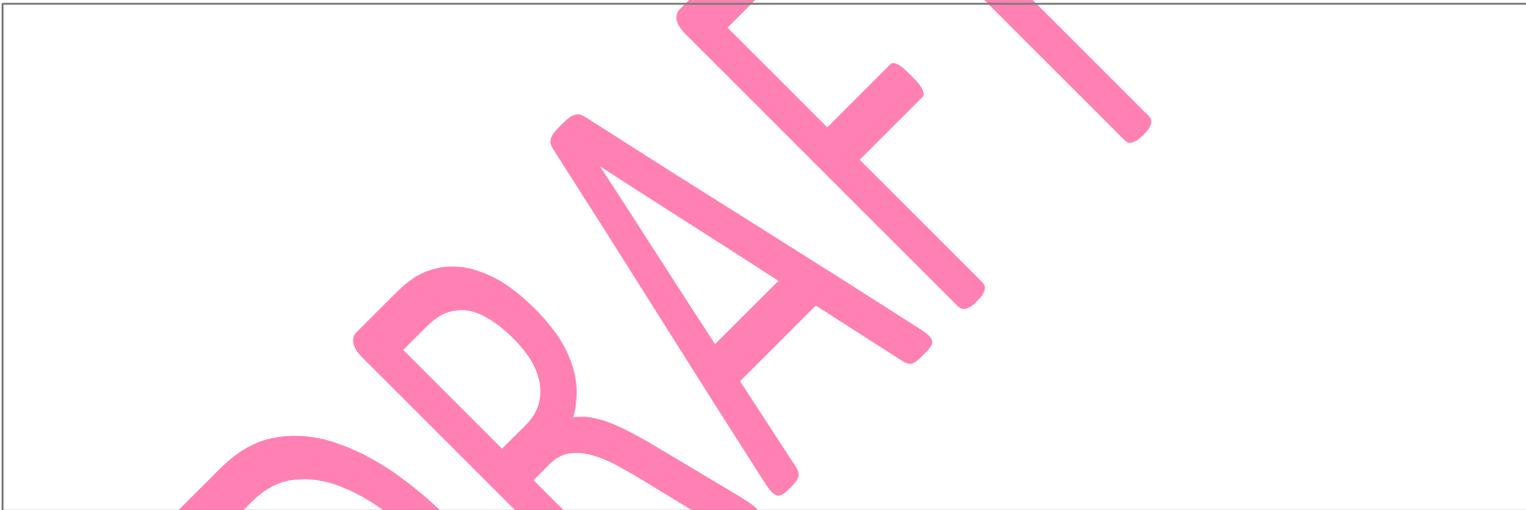
- Where it states “What Level of Education?” select “Level 4: Four Year Degree (College)” and click “Go!” A list of possible occupations will be generated. Near the bottom of the page, next to “Display” select “All” from the menu.
- Review the list. Click on the hyperlinked title of any occupation that seems interesting. This will bring you to a detailed multi-page profile that includes: job descriptions, job requirements, salary and employment data, and related majors or degrees to enter that field.
- The goal is for you to identify 4-5 occupations of interest for you to further investigate and assess. Please keep in mind that MyPlan is not intended to tell you what you “should do” as a career. It is a starting point to help you generate options. Ultimately, it is *your* decision to determine the best career path to pursue.

**MY RESULTS DATE COMPLETED:** \_\_\_\_\_

Personality types are usually referred to by their dominant traits, and these categories simply reflect a personal preference or predisposition, not a categorical absolute. Our personalities are, in real life, infinitely variable.

___%	<b>Emotional Focus:</b> Extroverted (E) ↔ Introverted (I)	___%
___%	<b>Information Gathering:</b> Sensor (S) ↔ Intuitive (N)	___%
___%	<b>Decision Making:</b> Thinker (T) ↔ Feeler (F)	___%
___%	<b>Structural Orientation:</b> Judgers (J) ↔ Perceivers (P)	___%

ISTJ	ISFJ	INFJ	INTJ
ISTP	ISFP	INFP	INTP
ESTP	ESFP	ENF P	ENT P
ESTJ	ESFJ	ENFJ	ENTJ



**EXPLORING YOUR INTERESTS**

Use the boxes below to identify your top two interest areas (Realistic, Investigative, Artistic, Social, Enterprising, and Conventional). Identify what words in the descriptions of those interest areas best describe you.

As you read the description of these interest areas, what words resonate most with you?

Primary Interest Area

Secondary Interest Area

**IDENTIFYING YOUR SKILLS**

Complete the following table using your “Skills Profiler” report. Identify your top 5 Career Categories (found at the top of the test report), the top 5 skills you rated the highest, and the bottom 5 you rated the lowest.

Top 5 Career Categories	Top 5 Rated - Basic Skills	Bottom 5 Rated – Basic Skills
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.

**DEFINING YOUR WORK VALUES**

When reviewing your Work Values Cluster on the “Values Assessment” what are your top three work values? By grouping statistically similar work needs, the model provides a way for us to more easily conceptualize what motivates us at work.

*Achievement*

*Independence*

*Recognition*

*Relationships*

*Support*

*Working Conditions*

Value:  Score: ____/5	Value:  Score: ____/5	Value:  Score: ____/5
-----------------------------	-----------------------------	-----------------------------

### **YOUR NEXT STEPS**

We encourage you to discuss your particular situation with a career counselor. There are many instances when it would be a better use of your time to utilize other Career Development Office resources, and a counselor will help you assess this. These instances would include learning about a particular occupation you have in mind, gaining experience, preparing for your job search (resume, contacting employers, interviewing) or graduate school. Schedule an appointment with a CDO counselor by calling (716) 673-3327 or submit an appointment request online at [www.fredonia.edu/cdo](http://www.fredonia.edu/cdo).

DRAFT