

*Introduction to College Life – LinC 100.2*

Fall 2010

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Class meets each Tuesday from 2:35 to 3:45 in Hurd 112.

*Course description:* Introduction to College Life (ICL) is a half-unit (0.5) course requirement whose primary goals are to introduce first-year students to the intellectual life of Moravian College, to promote a smooth transition to college life, and to help students develop a coherent plan for their education. The goals and student learning outcomes for this course are listed below:

**Goal: Prepare for College Life at Moravian College**

**Student Outcomes:** Upon completion of the course, students will:

1. become familiar with college policies related to their roles as students and members of the Moravian College community.
2. understand the expectations and responsibilities of being college students, and members of the Moravian College community.

**Goal: Introduction to Liberal Education**

**Student Outcomes:** Upon completion of the course, students will be able to:

1. identify and understand the general goals and purposes of the liberal arts and sciences tradition for individuals and within society.
2. articulate the value of liberal learning for personal and professional success.

**Goal: Individual Planning for Education at Moravian College and Lifelong Learning**

**Student Outcomes:** Upon completion of the course, students will be able to:

1. articulate their specific goals, objectives, and plans for their personal education
2. execute strategies and tools to help them renew and revise these plans in the future.

**Goal: Academic Success Skills**

**Student Outcomes:** Upon completion of the course, students will be able to:

1. demonstrate intellectual skills, which should result in greater personal, professional, and academic success; including: effective study skills, time management, and goal setting.
2. pursue their educational goals with greater confidence and efficacy.

**Goal: Personal Coping Skills**

**Student Outcomes:** Upon completion of the course, students will be able to:

1. identify and understand aspects of themselves (learning styles, communication styles, coping styles, personal values, cultural values) that will affect personal well being and academic success.
2. engage in a variety of coping skills that work best for them in challenging situations.
3. pursue their personal goals and handle the challenges of adjustment to college with confidence and efficacy.

***Required Readings:***

Ehrenreich, B. (2009). *Bright-sided: How the relentless promotion of positive thinking has undermined America*. New York: Metropolitan Book.

Lyubomirsky, S. (2003). *The how of happiness: A new approach to getting the life you want*. New York: Penguin.

Moravian College Student Handbook.

Moravian College Catalog.

*A Note from Your Student Advisor*

Hello Advisees! I am SO excited for this upcoming year! I'm sure you're excited, nervous and anxious and I know exactly the feeling because a year ago I felt the exact same way. Dr. Dunn and I are looking forward to this semester and everything that we have in store for you—we have a lot of fun things planned! As always, you can feel free to contact me. As your student adviser I want to extend my helping hand; be it with academics, social life or if you're just plain feeling down, I'm here as your friend and mentor. I expect and know that you all are going to give this year your best and along with that come many hurdles and challenges. The best advice I can give is to stay strong and persevere. And most important—don't be afraid to be yourself. Embrace this wonderful opportunity, in four years you're going to be wondering where it went! Have an excellent semester, school year and four years at Moravian College, I'm honored and proud to have you here.

Your SA,  
Melissa Zirkel

*Course requirements:*

Attendance and participation in class	15%
Completion of 4 thought papers	30%
Attendance and written descriptions of 5 community events	25%
Participation in a speaking assignment	15%
Scheduling, preparing for, and attending a course registration meeting	15%

*Late assignments.* All late work is penalized. Late assignments automatically lose half their value (a C+ paper, or an 80, becomes a 40, or an F). Naturally, assignments that are not submitted receive no credit (0 pts).

*Academic honesty.* Cheating and plagiarism will not be tolerated. Plagiarism is the misrepresentation of someone else's work as your own. Plagiarism includes such instances as quoting directly from a published work without proper citation, inserting another author's words as your own, using or "borrowing" another student's work, buying a paper from a professional service, and the like. You are responsible for knowing what plagiarism is and seeking guidance (from your faculty advisor, the Student Handbook) where you are uncertain. College policy requires that you keep all notes, note cards, and rough drafts for papers and assignments until a final course grade is given. Evidence of plagiarism or cheating will be dealt with in accordance with the College policy on academic honesty found in the Student Handbook. The Academic Dean's Office is immediately alerted in all cases of suspected or confirmed cheating or plagiarism.

I will use the following grading scale for course work:

<i>Letter</i>	<i>Score</i>	<i>Grade Range</i>
A	100	95-100
A-	92	90-94
B+	88	87-89
B	85	83-86
B-	81	80-82
C+	78	77-79
C	75	73-76
C-	71	70-72
D+	68	67-69
D	65	63-66
D-	61	60-62
F	0	0-59

Dr. Dunn reserves the right to alter the syllabus if he determines that any change is necessary.

## Course Outline

August 30	Week 1	Organizational meeting and syllabus Questions for faculty and student advisor
<i>September 7 (Tues) – Last Day of Drop/Add Period</i>		
September 7	Week 2	Introductions <i>Bright-sided</i> (read pages 1 - 44) <b>Thought Paper: <i>Before</i></b> starting the book, write a reflection paper on what factors, forces, or influences <b>you believe</b> lead to happiness.
September 14	Week 3	<i>Bright-sided</i> (read pages 45-96)
September 21	Week 4	<i>Bright-sided</i> (read 97-146)
September 23		Fall Convocation
<i>September 25 (Sat) – Family Day</i>		
September 28	Week 5	<i>Bright-sided</i> (read 147-206)
October 7	Week 6	<b>Thought paper and concluding discussion:</b> Write a response to Ehrenreich: <i>In your opinion</i> , what did she get right? What did she get wrong? What role <i>should</i> happiness play in American life?
October 8 (Friday)	Midterm	
October 9 (Sat) – October 13 (Weds)	<b>Fall Break</b>	
October 19	Week 8	<i>The How of Happiness</i> (read chapters 1 and 2) No Class Meeting – Individually scheduled Meetings with Dunn for academic advising <i>Before Registration</i>
October 26	Week 9	<i>The How of Happiness</i> (read chapters 3 and 4) <b>Thought Paper:</b> What do you think of Lyubomirsky's view of happiness? How does it

differ from Ehrenrich's view? Is there any common ground between them? Why or why not?

November 2 - Week 10

*The How of Happiness* (read chapters 5 and 6)

*November 5 (Fri) – Last Day to Withdraw from a Class with a W*

November 9 - Week 11

*The How of Happiness* (Read chapters 7 and 8)

**Thought Paper:** How will you ensure your future happiness? What steps will take? What will you avoid doing?

November 16 - Week 12

*The How of Happiness* (Read chapters 9, 10, & Afterword)

**Speaking:** Three minutes on happiness

November 23 – Week 13

**Speaking:** Three minutes on happiness continued

*Thanksgiving Break – Nov 23 (Tues) to Nov 29 (Sun)*

November 30 - Week 14

Preparing for Final Exam Discussion

December 7 – Week 15

Conclusions and Semester Wrap-Up

**\*\*\*Note:** Your 5 write-ups of community events are due no later than our November 30 class meeting.

December 8 (Weds) – Classes end

Reading Days December 9 (Thurs), 11 (Sat) – 12 (Sun)

Final Exams December 10 (Fri), 13 (Mon) – 17 (Friday)

Good Luck with Final Exams and Enjoy the Holiday Break – See you in the Spring Semester

## Explanation of Course Requirements

### *Thought Papers*

You will have 5 opportunities over the course of the semester to generate personal reflection papers in response to our class readings and discussions (minimum 3 typed, double-spaced pages). The specific topic for each paper, as well as due date, is noted in the syllabus.

### *Speaking Activity*

You will give a 3-minute talk on happiness to our class late in the semester. This activity is meant to be your introduction to public speaking. We will talk about your talk once the semester is underway.

### *Community events*

College offers students many opportunities for additional learning that occur outside of the classroom, however most students straight out of high school are not used to taking advantage of such opportunities. To help you develop the habit of exposing yourself to new learning experiences this course requires you to attend 5 community events over the course of the semester. Within one week of attending an event you will write up and submit your own short (at least 2 double-spaced typed pages). We will discuss the types of events that qualify as community events for this program.

### *Scheduling, preparing for, and attending individual meeting*

You will have an individual meeting with Dr. Dunn preceding registration for the spring semester. The dates of these individual meetings may vary depending on whether you are an Add-Venture student, a Comenius scholar, or in the general program. As part of this process it is critical that you both understand the LinC curriculum and thoughtfully prepare for this meeting with your academic advisor. This means, for example, that you check the college catalog for specific requirements for any fields that you are considering majoring in. You also need to identify six courses as possibilities to discuss with Dr. Dunn. The reason for requiring you to choose six courses even though most students will only enroll in four full unit courses is to ensure that you still select an optimal schedule for yourself even if one or two of the courses that you have selected are closed when it comes time for you to actually register.

### *Academic Honesty*

Cheating and plagiarism will not be tolerated. Plagiarism is the misrepresentation of someone else's work as your own. Plagiarism includes such instances as quoting directly from a published work without proper citation, inserting another author's words as your

own, using or “borrowing” another student’s work, buying a paper from a professional service, and the like. You are responsible for knowing what plagiarism is and seeking guidance (from your faculty advisor, the Student Handbook) where you are uncertain. College policy requires that you keep all notes, note cards, and rough drafts for papers and assignments until a final course grade is given. Evidence of plagiarism or cheating will be dealt with in accordance with the College policy on academic honesty found in the Student Handbook. The Academic Dean’s Office is immediately alerted in all cases of suspected or confirmed cheating or plagiarism.