San Diego State University
Health & Healing Professions University Seminar
Fall 2012

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Office Hours: By appointment or Drop in.

Office Location: Love Library 455D
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Text MSG: (619) 320-8154
Class Time: Wed., 3:00-3:50 p.m.
Class Location: Cuicacalli-147

Course Description
This course is designed to help you engage in the San Diego State University academic community by connecting you to faculty, peers, and your discipline early in your college career. The course encourages you to focus on the process of learning, cultivate good study habits for lifelong achievement and success, and develop skills that are applicable across subjects and time. Class discussion and assignments are designed to help you understand your role as a member of the academic community and the responsibility and benefits of being an SDSU student.

This Health and Healing Professions University Seminar will assist you in your exploration of academic majors and careers in the health sciences. More specifically, this class should help you establish clear academic goals and provide social support and networking opportunities.

Learning Outcomes
Through a curriculum that fosters critical thinking and written reflection, you will:
- Develop an understanding of the culture of higher education;
- Discover SDSU campus resources;
- Become engaged with the campus community;
- Develop an understanding of holistic wellness, including stress management, emotional health, and physical health as well as issues relating to campus safety;
- Gain a greater understanding of your own career choice possibilities as well as what SDSU Career Services can offer.

Required Reading/Materials
- Red ID# and password for Blackboard log-in
- 2012-2013 SDSU General Catalog
- Computer and Internet access
  Note: The Library’s Student Computing Center is open Sunday-Thursday 7:00 a.m. to 12:00 a.m. and Friday-Saturday 10:00 a.m. to 6:00 p.m. unless otherwise noted at http://library.sdsu.edu.
- Writing materials for assignments and notes

Additional Readings
All additional readings will be made available on Blackboard (Bb).

Student Responsibilities
1. Come to class prepared to participate.
2. Check your email and Blackboard announcements daily for important information regarding the course. Emails sent through the Blackboard system are automatically routed to the junk mail folder of some email systems, including Hotmail. Thus, you should make sure that the instructor’s email address appears in your “safe list.”
3. Notify the instructor before the class meets if you will be arriving late, leaving early, or missing class entirely. Before returning to class, obtain any missed information, assignments and handouts from another student or the instructor.
Course Requirements

1. Attendance
Responsible attendance and class participation is expected. In order to get the full value of the course, it will be important to regularly attend and arrive promptly to class. Our policy in the Seminar is to listen and speak respectfully. You must come to all face-to-face class sessions unless extenuating circumstances keep you from attending. If you plan to miss a class on the day an assignment is due, you should make arrangements for that assignment to be turned in on time. In order to pass the course, you may not have more than three (3) in-class absences.

2. Required Participation Events
In addition to regularly attending class, you are expected to participate in two (2) required events this semester. These events include: one (1) Dinner with Health Care Professionals and (2) the Tunnel of Oppression. In order to pass the course you must attend both of these events.

3. Assignments
There will be several assignments provided by your instructor to help you engage in course topics. A more detailed description of these assignments can be found on PAGE 4 of this syllabus. In order to pass the course you must complete all assignments.

Plagiarism/Cheating
Each student agrees to submit and take credit for only his or her own work, individually or in a group. Plagiarism will not be tolerated. Engaging in plagiarism will minimally result in a failure (automatic zero) for that assignment and could potentially result in a failure of the course. A detailed description of what constitutes as plagiarism can be found in the General Catalog (2012-2013, pp. 478).

View a tutorial explaining plagiarism at http://infotutor.sdsu.edu/plagiarism/

Additional Resources:
Counseling & Psychological Services: http://www.sa.sdsu.edu/cps/index.html
The Counseling Center offers counseling for personal & career concerns, self-help information, and referrals for additional mental health services. Counseling & Psychological Services is located in Calpulli Center, Room 4401.

Student Disability Services (SDS): http://www.sa.sdsu.edu/sds/
SDS is the campus office responsible for determining and providing appropriate academic accommodations for students with disabilities. Please inform your Instructor if you require special classroom accommodations due to a disability. You must register with SDS prior to receiving these accommodations. Student Disability Services is located in Calpulli Center, Room 3101.

Career Services: http://career.sdsu.edu/
Career Services provides many different services related to professional development. Available services include national and international employer opportunities for SDSU students. Career Services can assist you with selecting a major and/or reviewing majors. Also, Career Services hosts career fairs for all students, as well as on-campus job interviews for students registered with Aztec Career Connection. Career Services is located in Student Services East, Room 1200.

Aztec Nights: http://www.as.sdsu.edu/aztecnights/index.php
Aztec Nights provides free entertainment on campus for SDSU students on select Thursday, Friday, Saturday, and Sunday nights. This is your chance to have fun and meet new people.

Library & Information Access: http://library.sdsu.edu
The library provides 24/7 research assistance, a 24-hour study area and individual research assistance.
# Course Schedule

(Subject to change—please check Bb)

<table>
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<tr>
<th>Date</th>
<th>Topic</th>
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| Week 1    | 8/29/2011 In Class – Introduction  
Campus Scavenger Hunt assigned |
| Week 2    | 9/5/2011 In Class – Campus Scavenger Hunt Group Presentations  
*Due: Campus Scavenger Hunt Presentation* |
| Week 3 (Tula) | 9/12/2011 Student Life and Leadership; Getting Involved on Campus  
*Location: Tula Community Center* |
| Week 4    | 9/19/2011 In Class – Goal Setting & Time Management  
*Assignment 1 – Goal Setting & Time Management Part 1* |
| Week 5    | 9/26/2011 Library Tour  
*Location: Library Dome* |
| Week 6    | 10/3/2011 In Class – Healthy Behavior for Health Professionals  
*USEM Dinner – Wed, October 3 at 5PM (Nursing)* |
| Week 7 (Tula) | 10/10/2011 Center for Student Rights and Responsibilities Presentation  
*Location: Tula Community Center* |
| Week 8    | 10/17/2011 In Class – Suzanne Baker, College of HHS– Study Abroad  
*Assignment 1 – Goal Setting & Time Management Part 1* |
| Week 9 (Tula) | 10/24/2011 Wellness Seminar : Counseling and Psychological Services and University Police  
*Location: Tula Community Center* |
| Week 10   | 10/31/2011 In Class – Donna Daley Assistant Dean, College of HHS  
*Assignment 2 - Goal Setting & Time Management Part II due* |
| Week 11   | 11/7/2011 No in class session: Attend Tunnel of Oppression (see page 4)  
*Location: Tula Community Center*  
*Hours:*  
- Sunday, Nov 4, 3-8pm  
- Monday, Nov 5, 4-9pm  
- Tuesday, Nov 6 – closed due to elections  
- Wednesday, Nov 7, 4-9pm  
- Thursday, Nov 8, 4-9pm |
| Week 12   | 11/14/2011 In Class – Tunnel of Oppression Reflection and Application  
*USEM Dinner 2 – Thurs, November 15 at 5PM (Careers in Health)* |
| Week 13   | 11/21/2011 No in class session: Thanksgiving |
| Week 14 (Tula) | 11/28/2011 Career Services Presentation  
*Location: Tula Community Center* |
| Week 15   | 12/5/2011 In Class – Semester Debrief  
*Assignment 2 - Goal Setting & Time Management Part II due* |
ASSIGNMENTS

Purpose: These assignments are geared to help you apply the concepts taught in class. After completion of these assignments, you should have a better awareness of the skills necessary for overall academic success and personal achievement.

1. **Campus Resource Scavenger Hunt**  
   **DUE: September 5, 2011 (in class)**
   Group Project: Over the course of a week, you and your group members will research a campus resource and then give a short presentation to the class. Please bring published brochures, flyers, or information sheets about your campus resource to hand out during your presentation. Campus resources will be assigned the week prior to the assignment due date.

2. **Goal Setting & Time Management Part I**  
   **DUE: September 26, 2012 (on Bb)**
   Establish your short, medium, and long term goals according to guidelines provided in class. Find a peer who has one or more goals in common with you. Work together to identify and track objectives. Establish a time line and set priorities. You are encouraged to explore apps or other methods of staying on track. Prepare to debrief and write a reflection paper at the end of the semester on your progress. Submit Part I assignment on blackboard.

3. **Dinner with Health Care Professionals and Faculty**  
   **October 3rd and/or November 15th, 2012**
   Choose at least one (1) Health and Healing dinner to attend during the fall semester. During these dinners you will have the opportunity to eat with and hear from a panel of professionals in various health and healing fields. Make sure you sign in to receive credit.

4. **Tunnel of Oppression**
   In lieu of class on November 7th, you will attend the Tunnel of Oppression during its hours of operation. The Tunnel of Oppression will be held on,
   - Sunday, Nov 4, 3-8pm
   - Monday, Nov 5, 4-9pm
   - Tuesday, Nov 6 – closed due to elections
   - Wednesday Nov 7, 4-9pm
   - Thursday Nov 8, 4-9pm
   Students need to arrive at the Tula Community Center during those hours to receive a ticket to enter. **Warning: Do not wait until the last minute to attend!!**

5. **Goal Setting & Time Management Part II (Reflection Paper)**  
   **DUE: December 5, 2012 (on Bb)**
   Write a 2-3 page reflection paper discussing your current educational/professional goals. Discuss your short term progress and also current or potential challenges, and how you plan to overcome them. If your goals have changed please describe your new vision and provide a plan for how you will reach your goals. Potential discussion topics may include university resources, organizations, or programs. It may also be desirable to discuss school-work-life balance issues especially as they relate to your goals, time management, and happiness.