

How to Incorporate the 101 Text

Your First Year at Stony Brook

The Beginning of an Incredible Journey

2009–2010

Third Edition



Step 1: Read the Textbook

- If you don't open the textbook, how can you expect the students to? They will know!

Step 2: Set the Expectation

- It is important to use the textbook during the first class. This will set the expectation that you will be using it and that the student's need to go out and purchase the book.
- Give them an assignment for the second class using the textbook.

Step 3: Reinforce the Expectation

- Try and use the text book as often as possible (this guide will help you do that)
- Refer to specific chapters and pages as often as possible

Chapter Guide

Chapter 1— History, Colleges and Traditions

- This chapter provides a list of traditional Stony Brook Events such as Campus Lifetime, Homecoming and Strawberry Festival. Remember students don't know about these things, it's a great idea to point them out. They begin on page 5.
- You could have them go to *page 5* and then discuss what traditional event they are most looking forward to. This could be done during the first week of class. If not everyone has a book yet, have them work in groups.

Chapter 2— Undergraduate Colleges

- Chapter 2 is great resource when it comes to providing information on the Undergraduate Colleges. For each UGC team it describes who the Faculty Director, Advisors, and Quad Director are in detail and where to find them.
- During the first or second week of class, it may be useful to go over your college's information.
- Similar to Chapter 1, this chapter list the Undergraduate College's traditional events. You can encourage students to look at all college traditions since they can attend events put on by other colleges.
- Beginning on *page 39*, there is explanation of the Creative Expressions Assignment as well as examples of past work. If they need inspiration or ideas, this may help them.

Chapter 3—On the Prowl with Wolfie

- This chapter provides information on campus resources and university vocabulary that students may not be familiar with (research university, provost, ...)
- You will find a lesson plan on the 101 instructor website for campus resources that utilizes this entire chapter. It is called the *Campus Match Activity*.
- You will also find a great Scavenger Hunt Activity on **page 62**.

Chapter 4—Stony Brook Southampton

- This chapter gives a brief description about the mission and history of the Southampton Campus. It provides a guide to all the buildings and administrative offices on campus, as well as a campus map.
- There are also lists of all the Majors, Minors, Clubs and Organizations on campus.

Chapter 5—Technology and Library Resources

- Technology, pages 78—86
 - * Beginning on **page 78**, there is important information about SOLAR, NETID, Blackboard and their Stony Brook Email Accounts
 - * **Page 81** provides information about the computer labs on campus
 - * Students can find information on Email Etiquette and Emailing via Blackboard on **Page 84**.
 - * Safe Computing Tips beginning on **page 84** include email & social networking safety
- Library, pages 86-92
 - * Students can find general library information on **pages 86-90**
 - * **Page 91** provides information on borrowing Books, DVD's, Videos and Course Reserves

Chapter 6—Academic Success, Seawolf Style

- This chapter is activity based and is set up to be used in the classroom as an Academic Success Lesson. It can also be used as an assignment to be done before the Lesson.

Chapter 7—Good Academic Standing

- The first half of the chapter, **pages 107—111** can be combined with an Academic Success Lesson. It may also be a good idea to point out these pages during the first or second week of class. Students can find Advising Expectations and Resources as well as important information on specific academic deadlines, the P\NC option and how to Withdraw from a class.
- The second half, **pages 112-129** goes over University Requirements, such as the entry skills, DEC's and how to set up a spring semester schedule. It's important to go over this chapter during the Academic Planning Advising Weeks.

Chapter 8—Academic Integrity

- This chapter can be used with the Academic Integrity Lesson #2 on the 101 instructor website. It's a lesson that combines information with a Jeopardy Game.
- Case Studies are available on pages **138-139**
- There is a "Making Decisions about Academic Behavior" Activity **on page 140**
- There is an Academic Integrity Crossword puzzle on **page 141**

Chapter 9—Prevention and Wellness

- It may be a good idea to have students read the beginning of the chapter before the CPO visit.
- **Page 152** has some useful information for students who have problems sleeping. It's common for college students to have sleep issues. The sooner they read this specific page, the better.
- **Page 154** provides useful stress management resources

Chapter 10—Embracing Diversity

- This chapter provides a lot of vocabulary and Stony Brook specific percentages.
- Cultural Bingo Activity is located on **page 167**
- News articles are located **pages 168-178**

Chapter 11—Leading the Pack

- This is a great resource for students to learn how to become a leader and get involved on campus
- There is Leadership Activity using the "Red Hot Stony Brook" **cards on page 185**
- There is a list of Stony Brook leadership opportunities on **pages 187-188**
- There is a social network \ online community quiz on **page 189**.

Chapter 12—Career Development

- This chapter provides valuable information on career development and a great self assessment tool
- **Pages 195-197** has the student assess their skills
- **Page 199** has the student assess what they are good at
- **Page 201** assesses the student's values "what's important to them"
- **Page 203** uses all three assessment tools for a career development evaluation activity
- **Page 205** teaches the student how to conduct their own career research based on their assessments and evaluation

Appendix A - Fall 2009 Academic Calendar

Appendix B- Campus Map