



The Freshman Seminar Course (ORIN 0101)

The Freshman Seminar Course, covers a range of important topics such as student engagement, time management, goal-setting, financial literacy and career exploration. The intention of the course is to enhance the success of first year students in all their college level work and overall experience at TSC. There is a growing recognition that helping students during this transition year is important for everyone. Some studies suggest that students who participate in First Year Seminar programs experience more satisfaction with their college experience and have more frequent and more meaningful interactions with faculty members. They are more involved in co-curricular activities and more importantly feel better about themselves and learning becomes more meaningful.

ORIN 0101 Syllabus

Week	Topic
1	Welcome to Texas Southmost College Lecture <ul style="list-style-type: none">A. Pearson platformB. Syllabus<ul style="list-style-type: none">a. Course calendarb. Faculty office hoursc. Descriptions of assignments and rubricsC. Student Handbook<ul style="list-style-type: none">a. Students Rights & Responsibilitiesb. Student Code of Conductc. Sexual Assault PreventionD. Study ScheduleE. Study GoalsF. Active vs Passive Studying
2	Study Skills Lecture <ul style="list-style-type: none">A. How we learn<ul style="list-style-type: none">a. Active vs passive learningb. Critical thinkingc. Analytical thinkingd. Problem solvingB. Reading<ul style="list-style-type: none">a. Skimming and scanningb. Breaking down materialc. ComprehensionC. Listening to lecture<ul style="list-style-type: none">a. Barriersb. Attitudec. Active listeningD. Note taking

	<ul style="list-style-type: none"> a. Textbook b. Strategy
3	<p>TSC Student Services</p> <p>Lecture: Guest speaker from TSC Student Services</p>
4	<p>First Exams</p> <p>Lecture</p> <ul style="list-style-type: none"> A. Exams with Pearson <ul style="list-style-type: none"> a. Exam Guard b. Timed exams c. Grade book B. Course Exam Questions <ul style="list-style-type: none"> a. Multiple choice b. Matching c. Problem Solving d. Essay C. Integrity D. Anxiety
5	<p>Academic Goals</p> <p>Lecture</p> <ul style="list-style-type: none"> A. Personal Mission Statement B. Goals <ul style="list-style-type: none"> a. One year goal b. Three year goal c. Five year goal d. Ten year goals C. Strategy/Action Plan D. Priorities
6	<p>Financial Aid</p> <p>Lecture: Guest Speaker</p>
7	<p>Program of Study</p> <p>Lecture</p> <ul style="list-style-type: none"> A. Program Types B. TSC Certificate Programs C. TSC Associate Degrees D. TSC General Education Core
8	<p>Stress/Health</p> <p>Lecture</p> <ul style="list-style-type: none"> A. Causes of Stress <ul style="list-style-type: none"> a. School b. Home c. Work B. Stress Management <ul style="list-style-type: none"> a. Exercise b. Nutrition C. Emotional Health D. TSC Student Services <ul style="list-style-type: none"> a. Recreation Center b. Counseling Resources