

College Transition Coaching
Summer Term 2020

Syllabus

INSTRUCTORS

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MAJOR TOPICS

Academics and School Schedules

- What should I expect in the classroom?
- What's the difference between a lecture and a seminar? Discussion sections?
- How do I take advantage of all of the university resources?
- What is a major? How will I choose one?
- What is academic standing and why is it important?
- How will classes grade me?
- What do I call my professors?
- How do I take advantage of my professor's office hours?
- Where can I get the books I need for classes?
- What's plagiarism and academic dishonesty?
- What happens during school breaks?
- What is an orientation?

Health and Wellness

- What kinds of emotional and mental challenges might I encounter at school?
- Will I see racism at my school?
- What resources are available for mental and physical health?
- What's Health Insurance and what does it cover?
- Why is exercise important?
- How do I eat well in a new environment?
- How do I manage a meal plan?

Culture

- What is "campus culture?"
- What will my roommates be like?
- How do I make friends?
- How do I navigate alcohol and drug use?
- How will I navigate sex and intimacy?
- What's Title IX and how is that tied to your conduct in school?
- What does LGBTQ stand for?

- What are discrimination and intersectionality?
- What is religious life like?
- How do I manage my time when in school given the added responsibilities?
- How do I stay safe online?

Jobs and Internships

- What kind of job might I be able to get while I'm at school?
- What are the legal restrictions for working?
- What are my tax obligations as an international student?
- What should I plan to do during the summer?
- What resources will my school have to help me find job and fellowship opportunities?

Practicalities

- What is a budget?
- How do I open a bank account? Checking and savings? (Cash-back etc bank perks)
- What's the difference between a credit and debit card? (What's credit?)
- How do I get a phone? What's a phone plan? How can I call home cheaply?
- What should I pack with me when I travel?
- What things will I need to purchase when I arrive?
- How do I navigate winter and the cold weather?
- How do I write a formal email?

CLASS EXPECTATIONS

- We expect you to be "in class" actively participating every day
- Any work assigned as "pre-work" in the syllabus must be complete before the start of that class period
- Homework assignments will be due before the start of class on the day that they are due, unless otherwise noted
- The topics that we will be discussing are challenging and in many cases quite personal. We expect you all to go into these conversations ready to challenge your assumptions about the world
- We expect you to think about the way that your words may impact the other people in the classroom, and to make sure that what we all say is welcoming and non-judgmental

SCHEDULE

Week 1 (June 22 - 26)

Monday

Class 1: How do academics work at university?

Key questions:

- What should I expect in the classroom?
- What's the difference between a lecture and a seminar? Discussion sections?
- How do I take advantage of all of the university resources?
- What is a major? How will I choose one?
- How do I graduate?

Pre-work:

- Watch:
https://www.youtube.com/watch?v=xUxF_UgTCRo&list=PLk5BzxXvztXugZNSQtLm0h8z1p3Dh3yzu&index=2&t=0s
- Research your own school. What majors are offered? What are the graduation requirements?

Homework:

- Choose a major that is offered at your school. It does *not* have to be one you think you are planning to study. Based on the graduation requirements, create a draft plan of study for four years that will allow you to graduate on-time. Due: Friday, June 26. You will discuss with classmates and teachers during Friday's class period.

Wednesday

Class 2: Academic standing

Key questions:

- What is academic standing and why is it important?
- How will classes grade me?
- What do I call my professors?
- How do I take advantage of my professor's office hours?
- Where can I get the books I need for classes?

Pre-work:

- Figure out which type of visa and/or study permit you will be using for university. Research the requirements that are associated with this visa or permit. Is there a renewal process?

Homework:

- For one of the courses you put on your study plan, find the syllabus. How will the class be graded? What materials will you need to purchase to participate in this class? Figure out where you can find the materials and how much they will cost. Due: Friday, June 26.

Friday

Class 3: Plagiarism and academic honesty

Key question:

- What is plagiarism and academic dishonesty?

Pre-work:

- Homework assignments from classes 1 and 2

Homework:

- To be assigned in class, due Monday.

Week 2 (June 29 - July 3)

Monday

Class 4: Academic schedule

Key questions:

- What happens during school breaks?
- What is an orientation?

Pre-work:

- To be announced

Homework:

- To be announced

Wednesday

Class 5: Emotional and mental challenges (Day 1)

Key question:

- What kinds of emotional and mental challenges might I encounter at school?

Pre-work:

- To be announced

Homework:

- To be announced

Friday

Class 6: Emotional and mental challenges (Day 2)

Key questions:

- Will I see racism at my school?
- What will it look like? How can I handle it?

Pre-work:

- To be announced

Homework:

- To be announced

Week 3 (July 6 - July 10)

Monday

Class 7: Health resources

Key questions:

- What resources are available for mental and physical health?
- What's Health Insurance and what does it cover?
- Why is exercise important?

Pre-work:

- To be announced

Homework:

- To be announced

Wednesday

Class 8: Eating well

Key questions:

- How do I eat well in a new environment?
- How do I manage a meal plan?

Pre-work:

- To be announced

Homework:

- To be announced

Friday

Class 9: Flex day for additional health and wellness topics

Key questions:

- To be announced

Pre-work:

- To be announced

Homework:

- To be announced

Week 4 (July 13 - 17)

Monday

Class 10: Introduction to campus culture

Key questions:

- What is “campus culture?”
- What will my roommates be like?
- How do I make friends?

Pre-work:

- To be announced

Homework:

- To be announced

Wednesday

Class 11: Drugs and alcohol

Key question:

- How do I navigate alcohol and drug use?

Pre-work:

- To be announced

Homework:

- To be announced

Friday

Class 12: Sex and intimacy

Key questions:

- How will I navigate sex and intimacy?
- What is Title IX and how is that tied to your conduct in school?

Pre-work:

- To be announced

Homework:

- To be announced

Week 5 (July 20 - 24)

Monday

Class 13: LGBTQ+

Key questions:

- What does LGBTQ stand for?
- What are discrimination and intersectionality?

Pre-work:

- To be announced

Homework:

- To be announced

Wednesday

Class 14: Religion and time management

Key questions:

- What is religious life like?
- How do I manage my time when in school given the added responsibilities?

Pre-work:

- To be announced

Homework:

- To be announced

Friday

Class 15: Online safety

Key questions:

- How do I stay safe online?

Pre-work:

- To be announced

Homework:

- To be announced

Week 6 (July 27 - 31)

Monday

Class 16: Flex day for additional culture topics

Key questions:

- To be announced

Pre-work:

- To be announced

Homework:

- To be announced

Wednesday

Class 17: Jobs and taxes

Key questions:

- What kind of job might I be able to get while I'm at school?
- What are the legal restrictions for working?
- What are my tax obligations as an international student?

Pre-work:

- To be announced

Homework:

- To be announced

Friday

Class 18: Fellowships and summer opportunities

Key questions:

- What should I plan to do during the summer?
- What resources will my school have to help me find job and fellowship opportunities?

Pre-work:

- To be announced

Homework:

- To be announced

Week 7 (Aug 3 - 7)

Monday

Class 19: Budgeting and money management

Key questions:

- What is a budget?

Pre-work:

- To be announced

Homework:

- To be announced

Wednesday

Class 20: Bank accounts and credit cards

Key questions:

- How do I open a bank account? Checking and savings? (bank perks e.g. cash-back etc)
- What's the difference between a credit and debit card? (What's credit?)

Pre-work:

- To be announced

Homework:

- To be announced

Friday

Class 21: Travel

Key questions:

- What should I pack with me when I travel?
- How do I navigate an airport and public transportation?

Pre-work:

- To be announced

Homework:

- To be announced

Week 8 (Aug 10 - 14)

Monday

Class 22: Arrival

Key questions:

- What things will I need to purchase when I arrive?
- How do I get a phone? What's a phone plan? How can I call home cheaply?
- How do I get a laptop?

Pre-work:

- To be announced

Homework:

- To be announced

Wednesday

Class 23: Writing emails, winter

Key questions:

- How do I write a formal email?
- How do I navigate winter and the cold weather?

Pre-work:

- To be announced

Homework:

- To be announced

Friday

Class 24: Flex day for practicalities

Key questions:

- To be announced

Pre-work:

- To be announced

Homework:

- To be announced