

Cheyney University of Pennsylvania
Department of Guidance and Counseling
Fall 2010
Freshman Seminar I and II (GAC101 and GAC102)
'Wednesdays Workshop Series'
1:30-2:30 PM
DSS Auditorium

All first-year students must attend at least 7 workshops during the course of the semester. This will count as 15% of their GAC 101 or GAC 102 course grade.

In addition an alternative assignment will be listed on D2L (that can be completed in order to receive credit) for those that have documented that they have a class at this time.

Week 3

9/15/10

Cheyney History---Presented by Mr. Keith Bingham, University Librarian

Week 4

9/22/10

It's The Law and We Care! (University Code of Conduct)---Presented by Ms. Sharon Thorn and Ms. Tammy Hilliard Thompson :

A detailed explanation of The University Code of Conduct and the Judicial Process and how it applies to a student's in their everyday lives on campus.

Week 5

9/29/10

General Education Curriculum---Presented by Dr. Chris Barnes, Director of General Education:

Students will learn the basics of the General Education Requirements, which all students must complete prior to graduation. Students will also learn the important, and often overlooked, aspects of the Gen. Ed. curriculum that they should consider when registering for classes. This is an enjoyable interactive presentation that uses innovative I>Clicker technology.

Week 6

10/6/10

Time is Of the Essence---Presented by Ms. Etta Baldwin, Director of Academic Success Center: A presentation on time management to assist students in learning to effectively utilize time and developing a daily schedule.

Week 7**10/13/10*****Don't Be a Back Seat Driver! ---Presented by Public Safety***

Parking and Driving on campus: How to obtain a parking sticker, Campus speed limit/legal parking areas for students and how students and guests may enter and leave the campus

Week 8**10/20/10*****Midterms---No Workshop This Week*****Week 9*****Individual Student Conferences (Conducted by G & C faculty)***

All first year students will meet 1-on-1 with their freshmen advisor. Academic progress and overall student progress (personal issues, health and well-being) will be discussed and options on how to improve problem areas will be suggested.

10/27/10

How to Be a Book Worm---Presented by Dr. Beth Mullaney: Library Policies and Procedures: Learn how to utilize the Library and understand the policies and procedures associated with using library resources.

Week 10**11/3/10**

D2L---Presented by Dr. Chris Barnes: Students will learn how to access and utilize the D2L system. This presentation will cover log-in conventions, accessing faculty posted materials, and the use of academic tools – such as Discussions and Dropbox.

Week 11**11/10/10**

Power Campus Self-Service---Presented by Ms. Lataisha Johnson – Students will be given a web presentation in order to assist them using the system to access campus email, register for classes, view transcripts etc.

Week 12**11/17/10*****We Wish You Well---****Presented by the University Health Center:*

A series of wellness workshops and seminars focusing on wellness of the whole student.

Nutrition and Fitness: Discussion focusing on the important of maintaining a nutritional diet and exercise regime.

Better Safe than Sorry: Seminar explaining the importance of practicing safer sex. The importance of overall mental health will also be discussed.

Week 13**12/1/10**

What's Your Major: Throughout the year a series of presentations from academic departments will be designed and presented to assist students in learning more about their respective disciplines study, to understand the requirements to earn a degree in the major they have selected and to learn more about careers in their chosen field of study. In addition these workshops will serve to assist undeclared students in selecting a major course of study by exposing them to information from various disciplines.

Social and Behavioral Sciences

Majors include: Psychology, Political Science, GIS, Geography, History, Social Relations, Sociology and Criminal Justice

Week 14**12/8/10*****Wrap up/Overview---*** Fall 2010 Workshop Series