

BC 192 – Freshman Seminar in Biochemistry and Molecular Biology

SYLLABUS

Seminar: 12:00 – 12:50 PM on Thursdays at Glover 130

Recitation: 1:00 – 1:50 PM on Thursday at Glover 130

Prerequisites: None

Instructors:

Dr. Laurie A. Stargell
 Department Chair
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 Office: MRB 111

Stasi Brazil-Engleman
 Academic Success Coordinator
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 Office: MRB 111/AZ?: Office hours: TH 9am –11am

Learning Objectives:

- Demonstrate an understanding of the importance of academic integrity, knowledge of structure and roles within the college and department.
- Demonstrate understanding of how social, personal, and academic factors influence the adjustment to college life.
- Demonstrate appropriate use of academic resources and learning tools available on campus.
- Identify faculty and ASCs within the department; use resources to create a four year plan, utilizing DARS, concentration sheets and course catalog.
- Demonstrate a familiarity of extra-curricular campus resources that help students thrive, such as, Career Center, Health Services, etc.

Tentative Lecture Schedule: Please note this schedule is subject to change based on guest speaker availability.

| Date | Topic/Activity | Assignment | Presenter |
|--------|--|--|---|
| Aug 29 | Introduction to the Department and BMB Major Recitation | Activity: Get to Know You Ice Breaker | Dr. Laurie Stargell |
| Sep 5 | BMB Curriculum Recitation | Develop your own 4year plan Submit in Canvas | Dr. Aaron Sholders, BMB Key Advisor (Aaron.Sholders@colostate.edu) |

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|--------|--|---|--|
| Sep 12 | Semester planning Recitation | Approaching your professors Compose a professional email | |
| Sep 19 | Career Counseling Recitation | Part I BMB Faculty | Amy Cailene Meet with department faculty |
| Sep 26 | Semester assessment Recitation | Assignment: Reflection Part II -BMB Faculty | Meet with department Faculty |
| Oct 3 | TILT: Academic Success Workshop Recitation | Part III – BMB Faculty | Mekdelawit Desta Meet with department faculty |
| Oct 10 | Tentative: Undergraduate opportunities Recitation | Undergrad panel discussion | 'TBD |
| Oct 17 | The Science of Learning – how to teach and Learn Recitation | | Dr. Paul Laybourn - |
| Oct 24 | Spring Registration Advising Recitation | Bring 4 year Plan | Brian Kalet & Stasi Brazil-Engleman-Confirmed |
| Oct 31 | Strength Finder Recitation | | |
| Nov 7 | Morgan Library Tutorial Recitation | ½ class from 12 to 12:50 ½ from 1-1:50 | |
| Nov 14 | Well-Being: Physical Self-Care Workshop Recitation | In class assignment | Mind and body-holistic health for student well |
| Nov 21 | TBD Recitation | | |
| Nov 28 | Fall Break | No class. | |
| Dec 5 | Scholarship Season! Recitation | Apply Now Reflection | |
| Dec 12 | Intro to Careers in Biochemistry | In class Assignment: Explore Careers | |

Assignments:

Canvas Quizzes (5%): There will be announced quizzes throughout the semester. Each quiz will be posted to Canvas on a Saturday and due on a Wednesday at 11:59. The quizzes will be timed for 30 minutes.

Choose BMB faculty for meetings (5%). Please review the Biochemistry Department website: Submit the names of 5 faculty members that you'd like to meet n' greet. For each faculty you choose, also submit one question you'd like to ask him/her. Type the names and the questions in Canvas directly. **Due in Canvas by 11:59 PM on Sept 12th**

4-year class plan (10%): Each student submits your individual 4-yr plan in Canvas due **by 11:59 PM on Sept 18th**. Also, enter your class schedule through RAMweb under register\plan ahead.

Career worksheet (10%) Each student turns in a typed career worksheet to Canvas by 11:59 PM on Sept 25th

Faculty Meeting Summary (10%) Upon completion of meetings with your selected faculty, each student will write a brief summary on the research you learned from or discussed with the faculty during the meetings. Describe in your own words (in 3-5 sentences) the significance of each research topic and why it piqued your interest. Type your summary as text entry, or upload a file in Canvas. Due in canvas by 11:59 PM on Oct 9th

Career Plans Paper (10%): Each student will write a two-page, typed, double-spaced paper describing their current career plans. This should include a discussion of material covered in class that helped you to formulate your career plans and describe the activities you plan to pursue at Colorado State University that will assist you in achieving your goal. Due to Canvas by 11:59 PM on Dec 11th.

In-Class and homework activities (50%): an assortment of activities and assignments will be performed during class or assigned as homework, to be uploaded to Canvas.

Missed assignments - The first time you miss the deadline of any assignment, including quizzes, you will get 80% of the points as long as the assignment is completed within 7 days. However, no future late assignment will be accepted. In class assignments must be completed in class for full credit. Absences due to medical and family emergencies will be evaluated on a case-by-case basis.

Traditional letter grades (A to F) will be assigned. The individual class assignments will constitute the percentage of your grade as indicated above. Written assignments will be graded for spelling and grammar, as well as content and organization.

****We have the option to change the cut line on the grades****

| Score | Grade |
|------------|-------|
| 90 – 100% | A |
| 80 – 89.9% | B |
| 70 – 79.9% | C |
| 60 – 69.9% | D |
| 0 – 59.9% | F |

Policies:

Attendance - Student attendance and participation in this course is essential to learning the material. Students are expected to attend class, be on time, and stay for the entire session. Students may miss one of the fifteen class sessions with no negative impact to their participation grade - you are expected to ask classmates to fill you in on missed material, as the instructor will not review it again. If an additional excused absence is needed for a medical reason, the student must have a doctor's note and be in touch with the instructor before class. Two or more missed class periods will result in a lower participation grade. Participation will be graded by in-class participation.

Classroom conduct – Students are expected to assist in maintaining a classroom environment that is conducive to learning and is respectful to the instructor and the other students. Within the classroom, students are prohibited from using cellular phones (including texting/data/email), making offensive remarks, or engaging in any form of disruptive activity. Inappropriate behavior in the classroom may result in a request to leave the class at the instructor's discretion.

ACADEMIC INTEGRITY

Academic misconduct (such as plagiarism, cheating, or fabrication of information) is a violation of the regulations of the University and will be reported to the Student Resolution Center. Student responsibility for academic integrity is discussed in the CSU General Catalog for 2017-2018, which can be found at www.catalog.colostate.edu.

According to the CSU General Catalog, plagiarism includes the copying of language, structure, ideas, or thoughts of another (e.g., paraphrasing a sample paper, another student's paper, or your own paper from a previous class or assignment), and representing them as one's own without proper acknowledgment. Students may not "self-plagiarize" a paper they have written/are writing for another course without permission from the course instructor. In addition, if you copy text word-for-word from

another source (including webpages), you must put it in quotation marks, regardless of the citation style (e.g., APA, etc.) Simply **citing your source without using quotation marks for direct quotes is plagiarism** and will result in a significant deduction of assignment credit, or failing the assignment or the course, if it is warranted.

ACCOMMODATIONS

Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990 requires Colorado State University to provide academic adjustments or accommodations for students with documented disabilities. Students seeking academic adjustment or accommodations must self-identify with the Student Disability Center (SDC). You may call for an appointment at: 491-6385 or stop in at the TILT Building, room 121. After meeting with SDC staff, and based on their recommendations, students are encouraged to meet with their instructors to discuss their needs, and if applicable, any lab safety concerns related to their disabilities.

MANDATORY REPORTING

CSU's Discrimination, Harassment, Sexual Harassment, Sexual Misconduct, Domestic Violence, Dating Violence, Stalking, and Retaliation policy designates faculty and employees of the University as "responsible employees." This designation is consistent with federal law and guidance, and requires faculty and staff members, such as ASC's to report information regarding students who may have experienced any form of sexual harassment, sexual misconduct, relationship violence, stalking or retaliation. This includes information shared with faculty in person, electronic communications or in class assignments. As "Responsible Employees," faculty may refer students to campus resources, together with informing the Office of Support and Safety Assessment to help ensure student safety and welfare. Information regarding sexual harassment, sexual misconduct, relationship violence, stalking and retaliation is treated with the greatest degree of confidentiality possible while also ensuring student and campus safety

DIVERSITY/INCLUSIVITY POLICY

In this class, we understand that our members represent a rich variety of backgrounds and perspectives. The teaching staff for this course is committed to providing an atmosphere for learning that respects diversity. Disparaging remarks in relation to others' ethnic or racial background, sex, sexual orientation, age, disability, socioeconomic status/background etc., will not be tolerated.

While working together to build this community, we ask all members to:

- share their unique experiences, values and beliefs
- be open to the views of others
- honor the uniqueness of their classmates

- appreciate the opportunity that we have to learn from each other
- value each other's opinions and communicate in a respectful manner

ANIMAL POLICY

Only service animals are allowed in class. Per CSU's policy, a service animal is defined as, "any dog that is trained to do work or perform tasks for the benefit of an individual with a disability, including a physical, sensory, psychiatric, intellectual, or other mental disability. The work must be active and specifically related to the person's disability. Simply providing comfort or emotional support does not qualify a dog as a service animal under the Americans with Disabilities Act. On a limited, case-by-case basis, a miniature horse that has been similarly individually trained may also qualify as a service animal." An emotional support animal is not the same as a service dog. An emotional support animal is an animal that has been verified by the university to be necessary to accommodate an individual with a disability by providing emotional support, comfort, or therapy in a university housing facility. To see CSU's complete policy on service animals visit this site: <http://policylibrary.colostate.edu/policy.aspx?id=747>

Principles of Community

The Principles of Community support the Colorado State University mission and vision of access, research, teaching, service and engagement. A collaborative, and vibrant community is a foundation for learning, critical inquiry, and discovery. Therefore, each member of the CSU community has a responsibility to uphold these principles when engaging with one another and acting on behalf of the University

Inclusion:

We create and nurture inclusive environments and welcome, value and affirm all members of our community, including their various identities, skills, ideas, talents, and contributions.

Integrity:

We are accountable for our actions and will act ethically and honestly in all our interactions.

Respect:

We honor the inherent dignity of all people within an environment where we are committed to freedom of expression, critical discourse, and the advancement of knowledge.

Service:

We are responsible, individually and collectively, to give of our time, talents, and resources to promote the well-being of each other and the development of our local, regional, and global communities.

Social Justice:

We have the right to be treated and the responsibility to treat others with fairness and equity, the duty to challenge prejudice, and to uphold the laws, policies and procedures that promote justice in all respects.

Notes:

Things to add:
Strength Finder

TedTalks: Scott Dinsmore on “How to Find work you love” (17ish minutes)

Surround yourself with people who are doing what you love.

Research: Environment is everything.

Pursue what matters

Change surroundings

Youtube: Career Onestops: Biochemistry: Biochemists and Biophysicists Career Video
(1min, 37)