

LionStrong: A New Hybrid Model for First-Year Seminar

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Why Lion Strong?

- What are incoming students weaknesses?
- What are incoming students strengths?
- What skills do students need to be successful in college?
- What do students need to be **LION STRONG**

Student Comment

During my first days at school, I became literally terror stricken when asked to complete a simple computer survey. That experience was like finding one's self suddenly in a foreign land with no knowledge of the language, because I was virtually computer illiterate.

Common Elements

Each week:

- online video (Accessing the video is graded).
- assignment to complete and/or a short quiz.
- discussion forum on transitioning to college

Reflective Paper Assignment

- *“Making a conscious commitment and believing that I can be successful in college.”*
- short and long term goals for their education and career.
- define academic success.
- Rough draft must be reviewed at the campus Learning (tutoring) Center.

Week One

- Virtual tour of campus
- Introduction to course / syllabus

Week Two

- Technology Boot Camp
 - CMS = ANGEL
 - Email = Webmail
 - With Quiz & Document Submission
- Transition to College / Discussion Forum 1
 - As you start your third week of classes as a Penn State Shenango student, what are your greatest concerns or fears? What stumbling blocks have you encountered? Do you know where to get help with those stumbling blocks?
- Reflective Paper Assigned

Week Three

- Time Management With Assignment
 - Tracking of time
- Note Taking
 - Quiz
- Transition to College / Discussion Forum 2
 - What have you noticed is different about a college instructor/professor compared to your high school teachers? Do you know what your instructors' / professors' expectations of you are? What are your expectations of them? Are you starting to feel more comfortable in the classroom?

Week Four

- Test Taking / Test Anxiety
 - Quiz
 - Writing Assignment on Test Anxiety
- Transition to College / Discussion Forum 3
 - What problems are you encountering as a Shenango student? Have you experiences any new or different stumbling blocks in the last three weeks? Do you know where to get assistance in dealing with those stumbling blocks? What have you not enjoyed about your college experience thus far?
- Learning Center Visit for rough draft of reflective paper

Week Five

- Scholarly Discourse & Plagiarism
 - Copyright discussion forum
- Penn State Principles
 - *I will respect the dignity of all individuals within the Penn State community.*
 - *I will practice academic integrity.*
 - *I will demonstrate social and personal responsibility.*
 - *I will be responsible for my own academic progress and agree to comply with all University policies.*
 - With Quiz
- Transition to College Discussion Forum 4
 - Now that you have completed the note taking study modules, how are your note taking skills? What changes have you made? Are there changes you would still like to make? What do you think of your note-taking skills now - poor, fair, about average, good, excellent?

Week Six

- Career Services
 - MyPlan.com
 - Career Assessment Test
 - Guest presenter
- Transition to College Discussion Forum 5
 - We all have commitments outside of the classroom. How are you handling your outside commitments? Is your job affecting your studies? Do your family commitments have you needing more time in the day? What can you do to improve this balance of commitments?

Week Seven

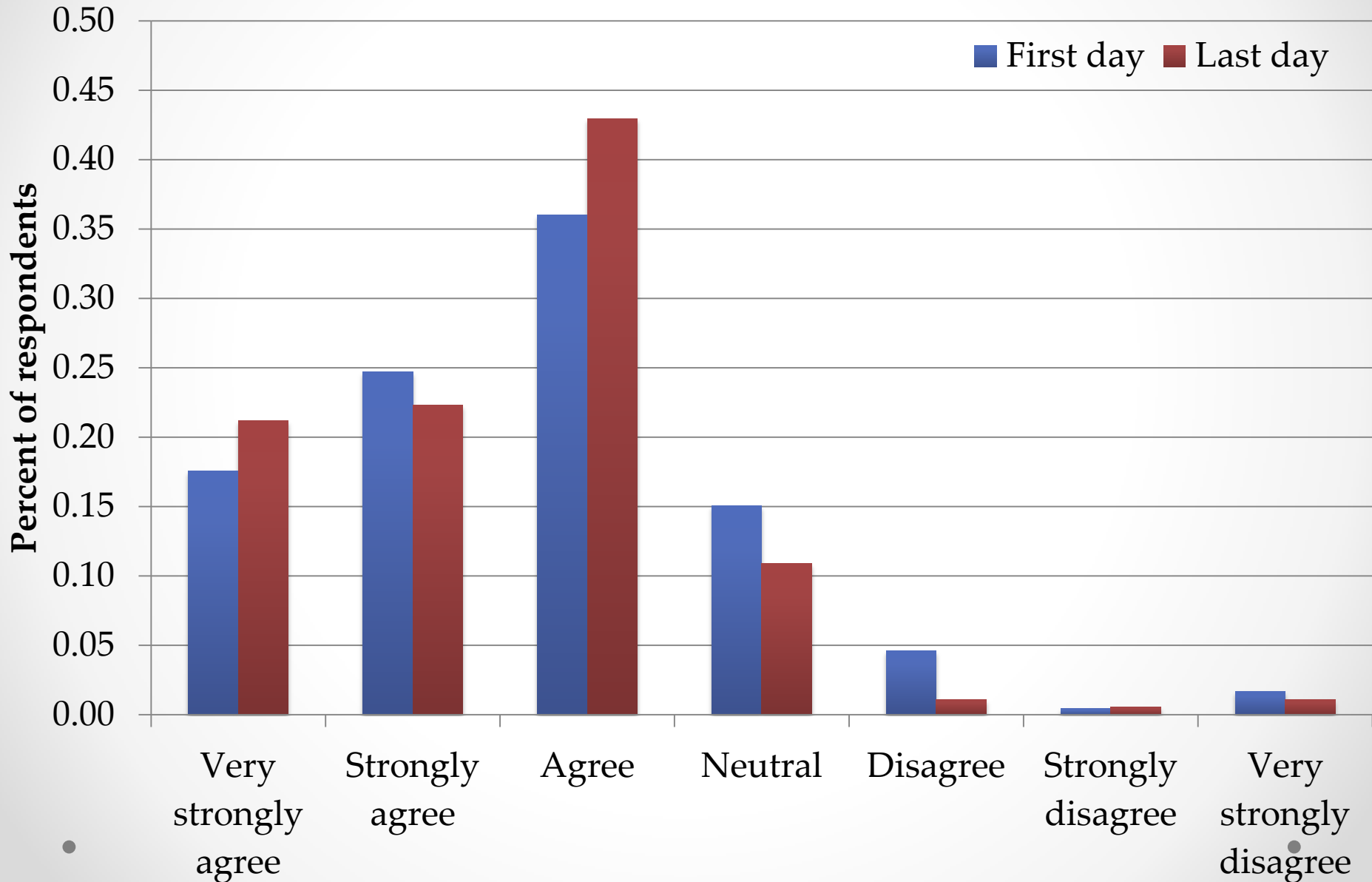
- Degree Audit
 - eLion Assignment
- Meet with Advisor
 - Future Semester courses
- Final draft of reflective paper due

After

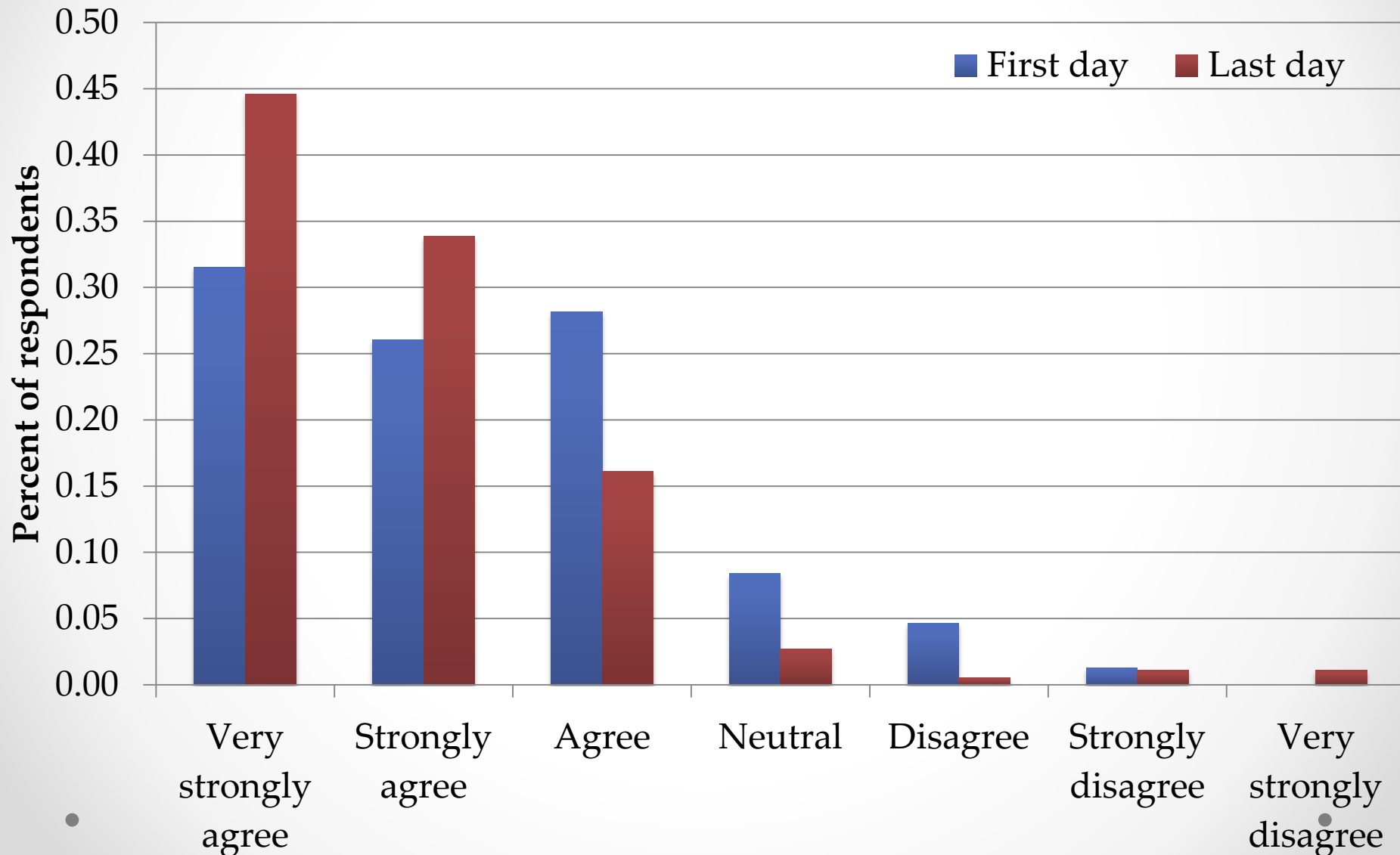
- “Guided me through all the tasks that are required to be successful at Penn State.”
- “It was not only the content of the PSU008 program that proved key to my success as a student, but the compassion of the staff that run the program as well.”
- “Ultimately proved to be fundamental to my successful completion of all my other courses and monitoring my progress.”
- “I believe this course is a necessity for students and should be required because the skills gained are essential for future courses and progress management.”



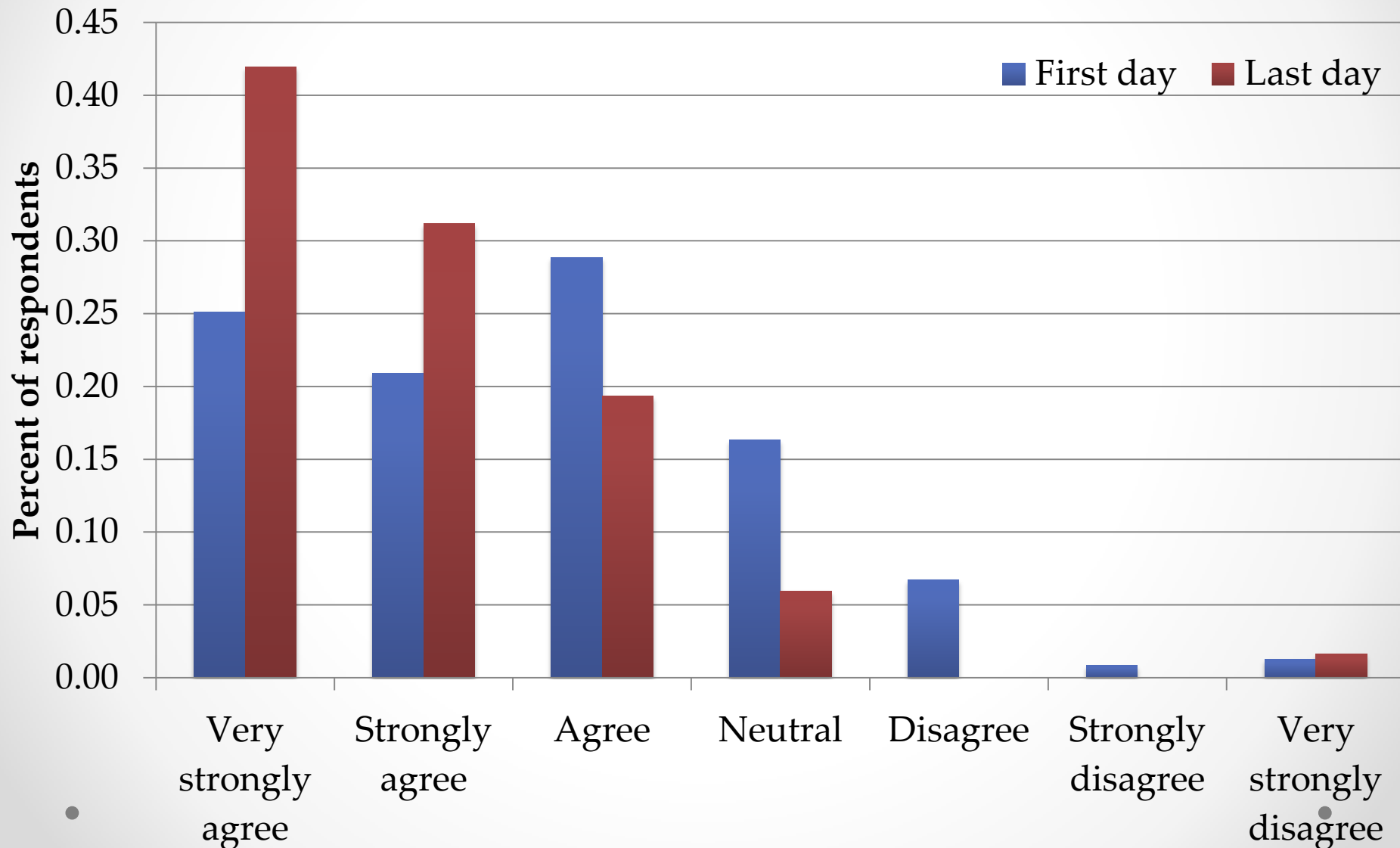
"I understand how to manage my time and which strategies work best for me."



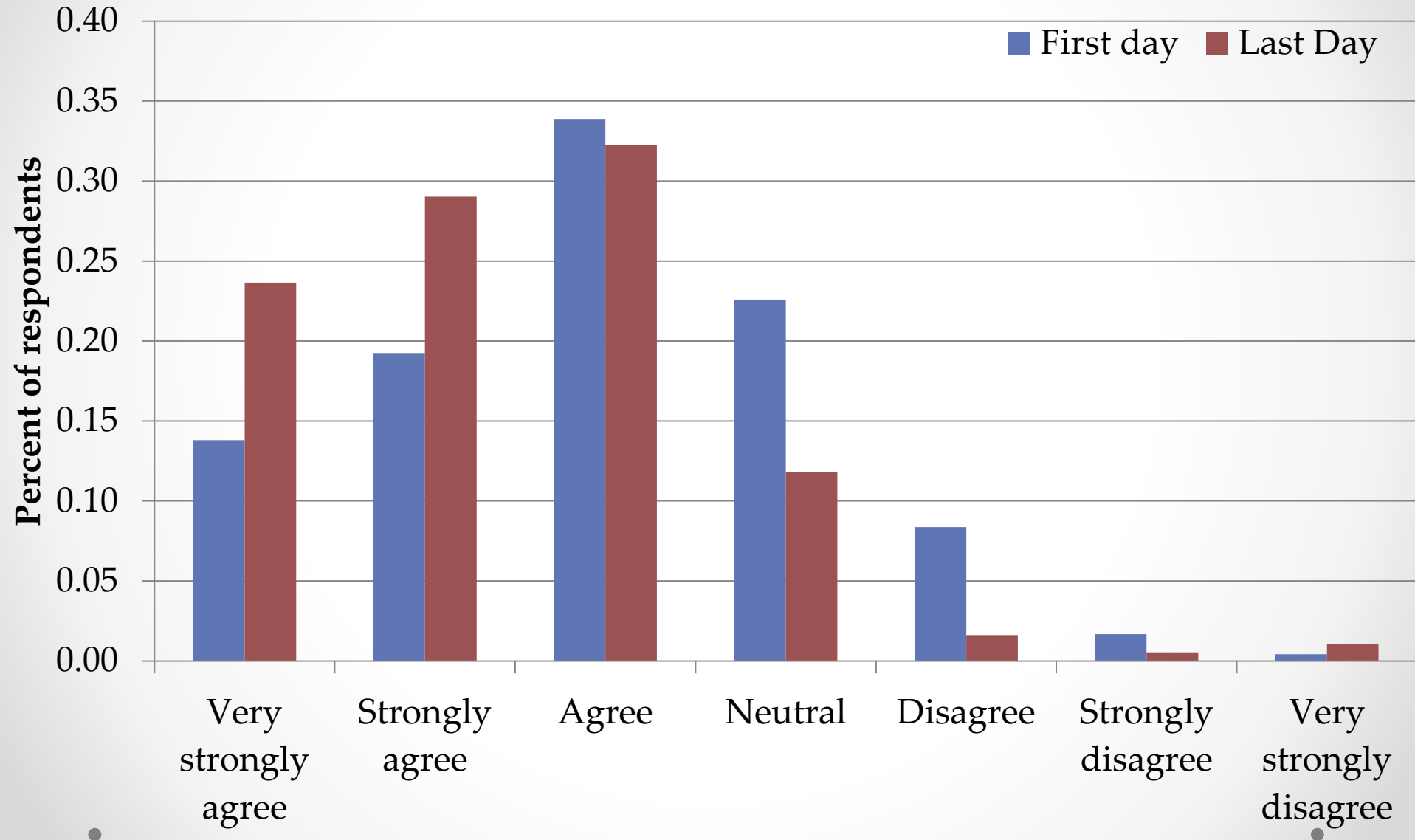
"I am able to use technology such as ANGEL and webmail to do my coursework and communicate with my instructors."



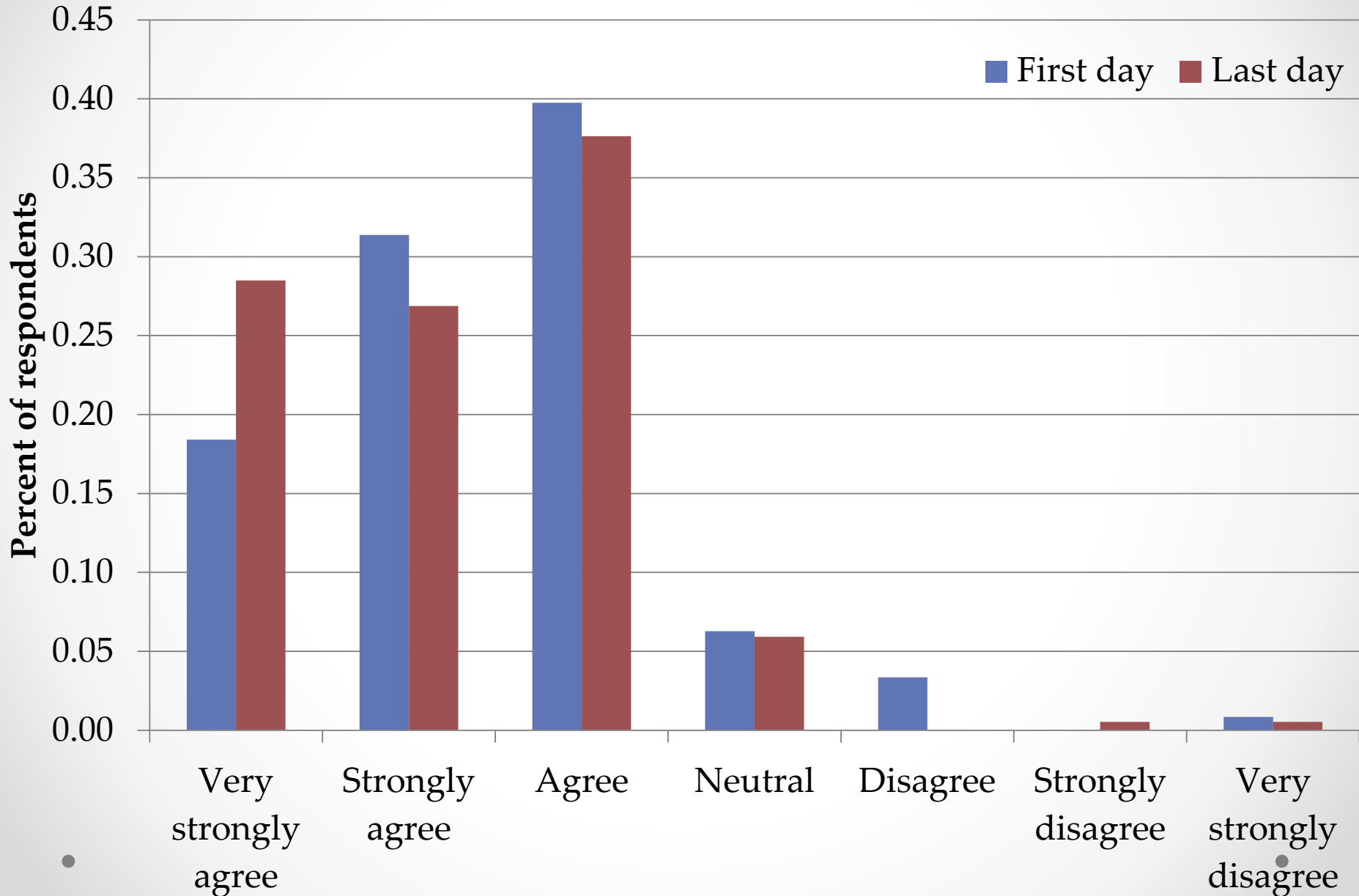
**"I am comfortable using on-line educational tools
such as ANGEL quizzes, document drop-boxes, and
discussion forums."**



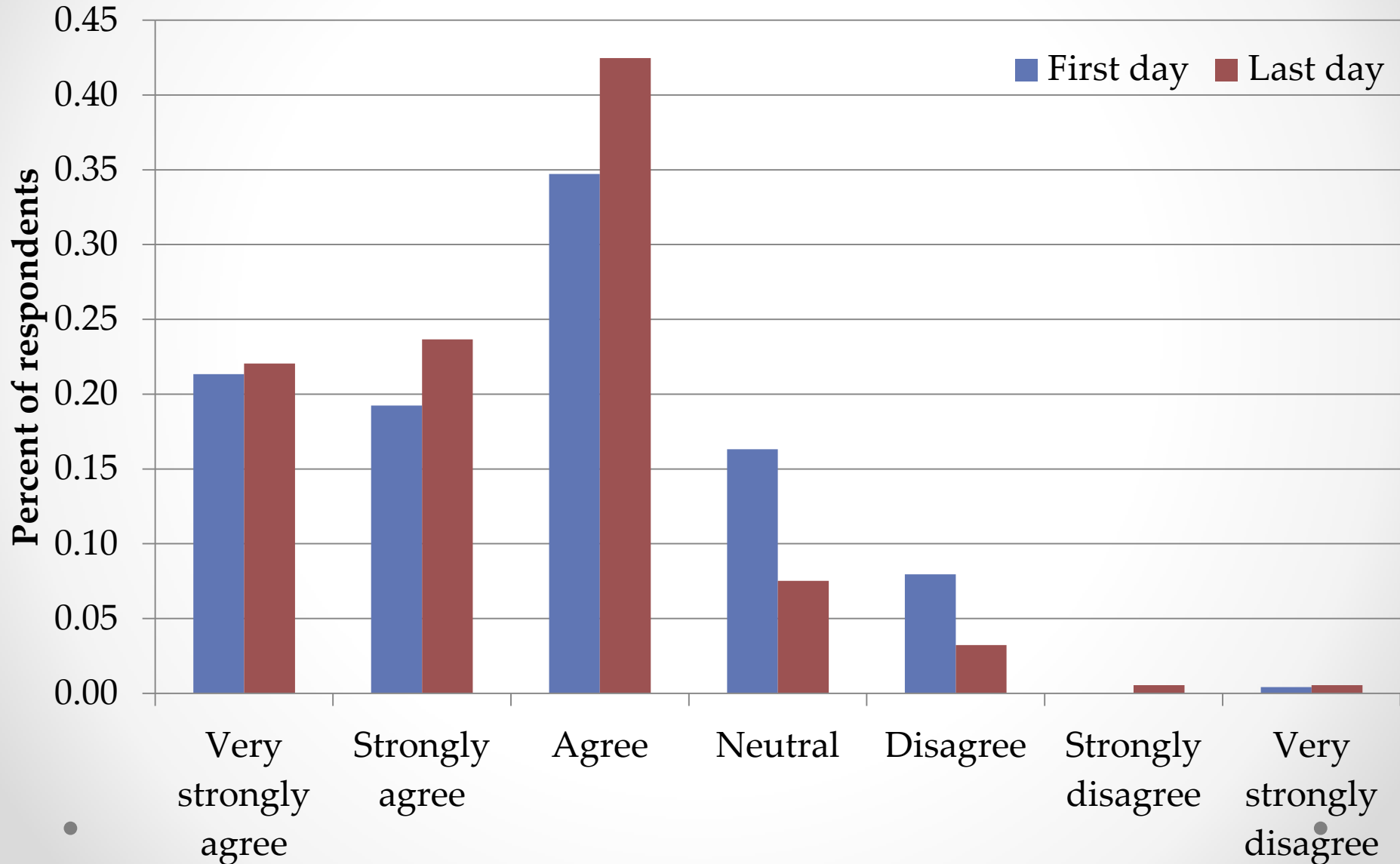
"I recognize the symptoms of 'test anxiety' and use effective relaxation methods to calm down and focus."



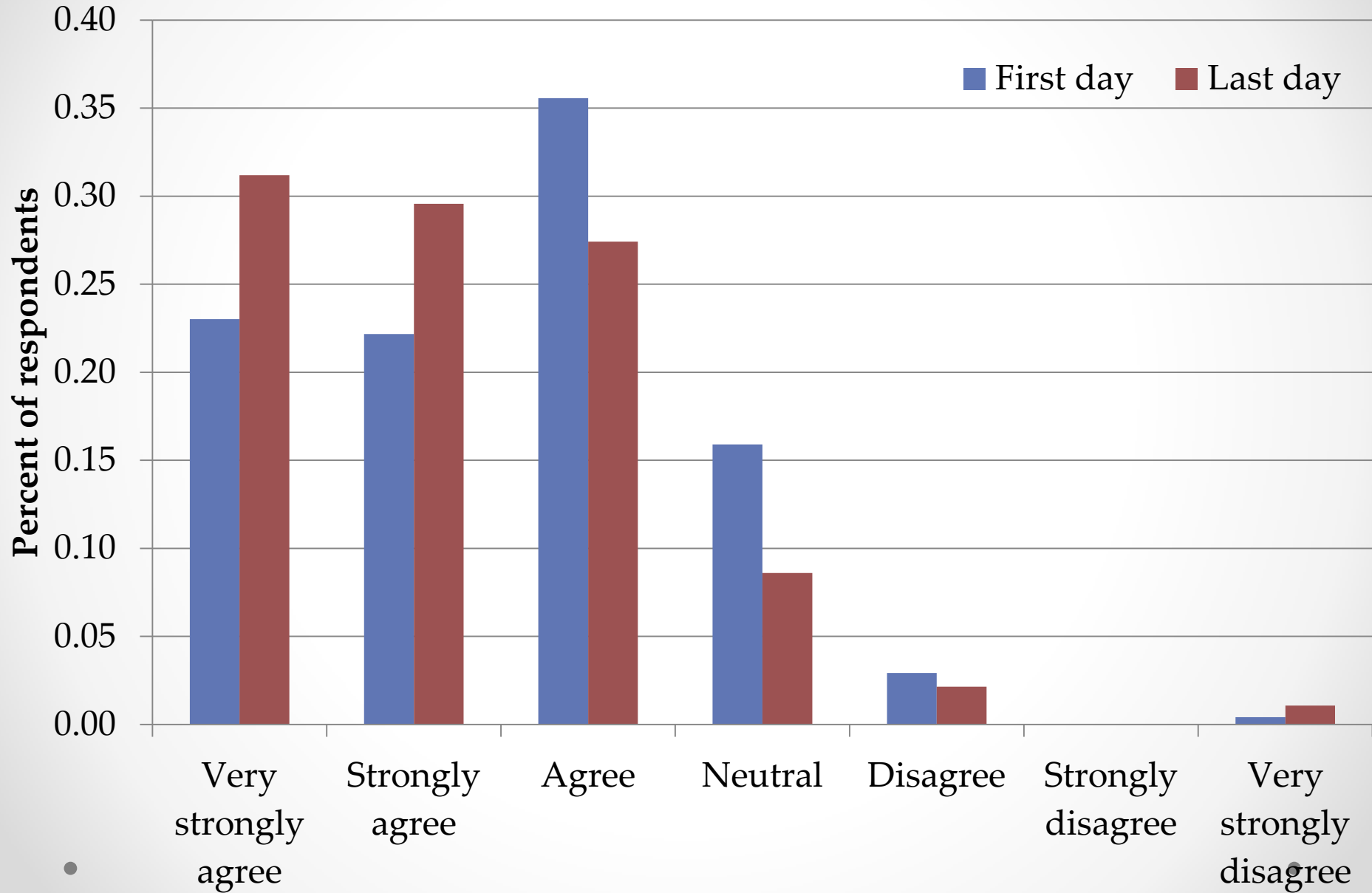
"I take notes in a way that is effective for me to learn from them."



"Should I fall behind due to illness or other emergency, I know what steps to take to get back on track."



**"I am able to determine my progress toward my degree,
and what I need to do next."**



What about retention?

- RN programs & BS in Nursing – students must leave PSU
- Complexity of Provisional Students
- Collecting student data via eLion & registrar:
 - Enrollment in next term
 - GPA
 - Move to other PSU campus
 - Completion of degree(s)
 - Nursing students – enrollment & completion of RN programs (not at PSU)
 - Our first cohort has not yet returned for the BS in nursing
- Complexities: issues we cannot address in adult students' lives

Retention continued

- Decreased August → December loss rate from 7% to 3.5%
- Decreased January → May loss rate from 4% to 1.33%
- Very strong correlation between PSU008 completion and GPA of 2.5 or better
- Appears to buffer the declines happening at all PSU-UC campuses

Changes for Fall 2013

- Additional Modules
 - Distance Delivery – How to be a student in a PolyCom classroom
 - Behavioral Threat Management – Campus resources
 - All students will be required to physically “attend” or check in each week with the faculty member. No student will be allowed to take the course strictly online.
 - One faculty member will be delivering FTCAP, Orientation and PSU008 seven week course.
 - Reflective Paper – Learning styles and managing your personal style
 - Both Learning Center & Library visits will be required.

Changes for Fall 2013

- FTCAP
 - Introduced to being a “seed” that needs water (course content), sunshine (campus resources) and cultivated (faculty member).
 - Basic study skills will be covered.
- Orientation
 - Technology Boot Camp presentation
 - Trivia challenge will include elements from FTCAP
- PSU008
 - “Lion Strong” t-shirts given for successful completion (C or Better)

Lion Strong

- A student who has average study skills will be able to earn a college degree, however,
- With the extra cultivation of the PSU008 course, the hope is the student not only earns a degree, but becomes a life long learner or in other words:
 - The seed becomes a well-rooted plant!!