



FND 106 First Year Experience and Healthy Living

Yolanda Krueger

UNITED TRIBES TECHNICAL COLLEGE

COURSE INFORMATION

This course is designed to promote a successful college experience and a healthy lifestyle. Emphasis is placed on realistic, practical guidance ranging from study skills to personal health, from test taking to managing time and money, and from self-awareness to career exploration. Course participants will have the opportunity to engage in a balance of classroom activities, guest speakers, and physical activities, integrated with Native American culture.

Instructional Level: Associate Degree

Credits: 2

CLASS INFORMATION

Section Number: FND 106 - B

Term: Spring Year: 2025 Start Date: 1/13/2025 End Date: 5/2/2025

Meeting Times: Monday/Wednesday: 3:00 - 4:00 pm

Delivery Mode: Face to Face

INSTRUCTOR

Yolanda Krueger

Email: ykrueger@uttc.edu

Office Phone: 701-221-1497

Office Location: Education Building Room-005 (Basement Floor)

Office Hours:

Open Door

Monday: 10:00 - 11:00 am / 2:00 - 3:00 pm

Tuesday: 8:30 - 10:30 am

Wednesday: 10:00 - 11:00 am / 2:00 - 3:00 pm

Thursday: 8:30 - 10:30 am

Friday: 10:00 - 11:00 am / 2:00 - 2:30 pm

SUPPLIES

- Most Important - **Pencils**

INSTITUTIONAL LEARNER OUTCOMES

Communication: Exhibit effective oral and written communication.

Social & Personal Responsibility: Demonstrate skills necessary for living and working in a global society.

PROGRAM OUTCOMES

Develop a career plan based on interest and aptitude results.

COURSE OBJECTIVES

1. Develop academic skills to be successful in their college career.
2. Understand the life skills for diverse populations that promote college success.
3. Explore health and wellness initiatives and activities at United Tribes Technical College.
4. Use technology to explore career opportunities.

GRADING INFORMATION

All assignments are expected to be completed on the due date and time. Assignments will be accepted for half credit after five instructional days after the due date. After this, assignments will receive a zero.

Assessment of Student Learning

Scholarship Essay: A writing assignment designed to be used to apply for scholarships. The essay will include a rough draft and a final draft which will be uploaded to MyUTTC. The final draft will be assessed using the UTTC Writing Rubric.

Commitment Paper: The commitment paper for the second writing assignment that serves as the final assessment for the FND 106 course. This paper is an opportunity to complete a guided reflection on the student's first semester in college. The typed paper following the prescribed format will be uploaded to MyUTTC to receive credit. The assignment is assessed using a rubric and the paper is shared with the student's academic advisor.

Speaker Assessment: A major component of the class is presentations from representatives from campus-wide entities that focus on student success. The assessments include exit questions, speaker reflections, topics related activities, and presentation participation.

Homework: Homework includes instructor-developed assessments that reinforce concepts covered in the class.

Evaluation of Student Performance	Percentages
Scholarship Essay	10%
Commitment Paper	20%
Speaker Assessments	50%
Homework	20%

A. GRADING SCALE

Grade	Percentage
A	90-100%
B	80-89%
C	70-79%
D	60-69%

Grade	Percentage
F	Below 60%

B. COMMUNICATION

Email is the official means of communication at UTTC. Information Technology (IT) will assign all students an official UTTC email address. All correspondence from the College to the student will be sent to the student's UTTC email address. Students are expected to check their email regularly and are responsible for all information sent to them via their UTTC email address. Faculty expect students to use their official email address for all instructional purposes, including communicating with the faculty.

C. ATTENDANCE

Students at UTTC are expected to participate in all of their class sessions and are expected to communicate with their instructors regarding any emergencies that cause them to miss class. Regardless of the circumstances, the student is responsible for obtaining any information missed because of the absence and completing any outstanding assignments. The student may refer to the course assignments in My.UTTC.edu, contact another student enrolled in the course, or meet with the course instructor during office hours to get the missing information. Attendance is entered as "Present", "Absent-Unexcused", or "Excused" (college-sanctioned absences).

D. LATE ASSIGNMENT SUBMISSIONS

UTTC supports and fosters the student's responsibility for completing and submitting assignments on or before scheduled due dates and times. If an assignment is due, the student should make every effort to submit the assignment on time. Occasionally, a student may experience an unexpected life event that results in the submission of late work. Communication is the key. Instructors are more than willing to work with students in the event of an emergency if the student communicates with them before the date and time the assignment is due to make other arrangements. Late assignment deadlines will vary among departments but will not exceed more than five (5) business days after which the assignment was initially due. Assignment due dates, late assignment deadlines, and late assignment penalties are outlined in course syllabi. Assignments not submitted by the initial deadline date will be reflected in the course gradebook as a zero (0) until the assignment has been submitted. The amount of points deducted for late work is at the discretion of the instructor. Assignments submitted via E-mail will not be accepted under any circumstances and will receive a grade of zero.

E. MISSED TEST, EXAMS AND QUIZZES (FORMAL ASSESSMENTS)

Students may not make up a missed test, exam or quiz without a valid reason for their absence (illness, family emergency). It is the student's responsibility to contact their instructors before the absence, or within 24 hours after missing the formal assessment. The instructor will review the reason the student missed and determine if the circumstance justifies the student being allowed to take the formal assessment. Approved make-up assessments must be taken outside of the student's regular class schedule and during a time and location agreed upon between the student and instructor. Students are not to miss another class in order to make-up an assessment for another course. If the student fails to show on the date and time of the makeup assessment, the student will not be permitted to reschedule the makeup and the assessment and will earn a 0% grade.

F. THUNDER ALERT SYSTEM

UTTC's Thunder Alert System (TAS) is a proactive, communication-driven support system that provides timely identification and interventions to work with individual students to assist in generating plans to overcome challenges to college success. The system assists UTTC students by linking them to faculty and staff who can provide and connect students to available resources and strategies. The Thunder Alert serves as an opportunity for students to take ownership of their success and empower them to accomplish academic and personal goals. The system helps faculty and academic advisors connect and communicate with students as issues arise. The additional cross-wide partnerships create a culture of collaboration focused on the best interest of UTTC students.

Academic-related concerns such as attendance, missing assignments, or classroom behavior will result in a Thunder Alert being issued by faculty. When a Thunder Alert is issued, the student will receive an email requesting them to make arrangements to follow up with the instructor and/or their academic advisor. Students receiving a Thunder Alert should make the necessary arrangements to set up and meet with faculty as soon as possible to generate a plan of success.

G. ACADEMIC HONESTY

Students are expected to complete their own work. Academic dishonesty includes plagiarism; cheating on assignments or examinations; engaging in unauthorized collaboration on academic work; taking, acquiring, or using course materials without faculty permission; submitting false or incomplete records of academic achievement; acting alone or in cooperation with another to falsify records or to dishonestly obtain grades, honors, awards, or professional endorsement; altering, forging, misrepresenting, or misusing an academic record; or fabricating or falsifying data, research procedures, or data analysis. Refer to [Academic Affairs policies](#) and procedures handbook for further information.

ARTIFICIAL INTELLIGENCE (AI) USE POLICY

Use of generative AI is subject to individual course instructor discretion. Instructors have the authority to:

- Authorize or restrict AI assistance partially or fully
- Define specific limits for individual assignments
- Establish course-wide AI usage policies
- AI use must be explicitly defined and approved by course instructors.
- Generative AI should not:
 - Replace original student work
 - Compromise the evaluation of student learning outcomes
 - Undermine the academic integrity of assignments

Misuse of AI will be considered plagiarism and is subject to consequences outlined in the Student Academic Honesty policy. Examples of AI misuse include:

- Generating entire writing assignments (essays, discussion posts) using AI
- Completing mathematical calculations using AI when computational skills are a learning objective
- Claiming credit for AI-generated content (art, music, program code)
- Using AI in ways not explicitly authorized by the instructor

When in doubt, students are encouraged to consult directly with their course instructors regarding the appropriate use of generative AI.

H. STUDENTS WITH DISABILITIES

United Tribes Technical College recognizes its responsibility for making reasonable accommodations to ensure there is no discrimination on the basis of a disability. The Disabilities Support Services coordinates reasonable accommodations, support services, and appropriate referrals for the purpose of removing barriers and providing an equitable learning environment. If you have a disability, please contact the Disabilities Services (DS) office at (701) 221-1456 or email at dss@uttc.edu.

I. TITLE IX STATEMENT

Title IX is a federal civil rights law that prohibits discrimination on the basis of sex, including sexual harassment, rape and sexual assault. United Tribes Technical College is committed to upholding the law and standards that promote respect and human dignity in a safe environment. Sexual misconduct and relationship violence in any form violates UTTC's mission, cultural values, Student Code of Conduct, and may also violate federal and state law. If you or someone you know has been impacted by sexual assault, dating and domestic violence, stalking, or sexual exploitation, UTTC has resources available on the [Title IX website](#). you can find the appropriate resources on the UTTC campus and in the community

J. DIVERSITY AND EQUITY STATEMENT

United Tribes Technical College values diversity because it enriches the community and wealth of experiences that characterize a post-secondary education. Our students, faculty, and staff come from Tribal lands throughout the United States and Canada. The majority of our students come from the northern plains region of the country, with 70% representing the North Dakota tribes.

UTTC recognizes that diversity is about much more than race, ethnicity or geography. Because students from many Tribal nations are represented at UTTC, from a wide range of cultural and ethnic backgrounds, students are encouraged to share their own cultural practices, traditions, and beliefs in the classroom in an effort to build an inclusive and welcoming community for all individuals and one from which we can learn from one another. We believe engagement with diverse perspectives and ideas is critical to the education and growth of all people, and we value the unique experiences and viewpoints of all of our community members.

EQUITY STATEMENT

United Tribes Technical College (UTTC) believes that access to a high-quality education in an inclusive environment is the right of all individuals and imperative for the continued advancement of a strong democracy and workforce. Equity is ensuring that all students receive what they need to be successful through the intentional design of the college experience.

K. TECHNOLOGY REQUIREMENTS

To ensure that you are using the recommended personal computer configurations, please refer to the [minimal technology requirements](#).

FACE-TO-FACE

PARTICIPATION / CLASS ENGAGEMENT

UTTC prepares students for the workforce by having high expectations for skills demonstrated in the classroom that transfer into future employment. This includes students' ability to be on time for class, to refrain from external

distractions (such as cell phone usage or holding side conversations with other students), by providing positive contributions to class discussions, participating in individual or group activities, and being prepared for class.

CELL PHONES and LAPTOPS

Cell phones are turned off during class times out of respect for the other students and the instructor. If a student is expecting an important phone call (e.g. case worker, Housing, clinic), the instructor must be informed ahead of time and the cell phone set to a silent ring. If the call is received during class time, the student will answer the call and quietly step out of the classroom. Students may not use class time to check social media accounts, voicemail, text messages and/or personal emails.

STUDENT BEHAVIOR

UTTC students will conduct themselves in a responsible and respectful manner at all times in the classroom, in the hallways, in the Library, the Cafeteria, and any other location on campus. Student behavior that interferes with learning in the classroom will not be tolerated. This behavior includes chronic tardiness, threatening confrontations, intoxication, inappropriate physical contact, lewd or disrespectful language or gestures directed at the instructor or at fellow students, bullying, direct or indirect intimidation, and conversations with other students that are not related to classroom topics. Faculty are expected to maintain professional management of classroom activities prior to, during and after class times. As such, if a student demonstrates behavior that disrupts or interferes with classroom activities, an instructor reserves the right to ask the student to leave the classroom, to contact campus security, to request mediation by the academic department chair or an academic/personal counselor, or to file a formal complaint subject to a student disciplinary hearing.

BASIC NEEDS

Any student who faces challenges such as having enough food to eat or adequate housing and believes this may affect their attendance or performance in their courses is urged to contact the Wellness counselors for support. You can also notify your instructor for this course if you are comfortable doing so. Your instructor may be aware of additional resources that are available for you.

COURSE CALENDAR

Spring 2025 Calendar - Subjected to Change

Module/Week	Academic Topic Instructional Strategy	Support Materials, Book chapters, etc.	Assessment (Formative – Summative)
1 Jan 14 - 17	Syllabus Review, Introduction (ice breaker Activity) My UTTC 101	Syllabus Handout FND Schedule	Syllabus Quiz MyUTTC Scavenger Hunt
2 Jan 20 - 24	*No School 1/20 MLK	SMART Goal Handout	Instructor/Counselor/Advisor Office
	Academic Goal Activity Exploring Campus	Faculty Schedule Handout	Hours and Location Assignment Goal Setting Activity Commitment Paper Paragraph
3 Jan 27 - 31	Note Taking and Time Management, Lunch and Learn	Club Meeting Schedule Notetaking Handouts	Notetaking Activity Speaker Assessment – Exit Ticket Attend an SGA or Club Meeting Weekly Schedule

4 Feb 3 - 7	Writing the Scholarship Essay, Financial Aid and Student Accounts	Scholarship Essay Guidelines	Speaker Reflection Scholarship Essay Draft
5 Feb 10 - 14	Wellness Lunch and learn	Wellness Handouts	Speaker Reflection
6 Feb. 17 - 21	No School 2/17 President's Day Reading the Textbook, Study Skills	Study Skills Handouts	Speaker Reflection
7 Feb 24 - 28	Career Inventory Career Goals	FOCUS Directions	FOCUS Commitment Paper Paragraph
8 Mar 3 - 7	Midterm Grades Due 3/7 Mental Health UTTC Library	Tutoring Schedule	Speaker Reflection Library Card Pay it Forward Activity
Mar 10 - 14 Spring Break – No Classes			
9 Mar 17 - 21	Academic Plan Motivation Cultural Presentation	Degree Plans	Speaker Reflection Commitment Paper Paragraph
10 Mar 24 - 28	Commitment Paper Eating Healthy-Food Demo	Commitment Paper Outline	Speaker Reflection Commitment Paper Draft
11 Mar 31 - Apr 4	Critical Thinking, Wellness Personality Inventory	Critical Thinking Handout	Critical Thinking Activity Personality Inventory
12 APR 7 - 11	Wellness Activity, Traditional Stories		Traditional Story
13 Apr 14 - 18	No School 4/18 Good Friday Financial Literacy Spring Planting	Seedling	Budget
14 Apr 21 - 25	Resume Writing Spring Wellness	Resume Worksheet Resume Template	Resume Worksheet
15 Apr 28 - May 2	Finals Week Semester Wrap-up	Survey in MyUTTC	Commitment Paper and Course Evaluation
GRADES DUE	May 5, 2025		