

A white rectangular sticky note is affixed to a light-colored wooden surface. The note has a small piece of clear tape at the top center. The text on the note is written in a blue, sans-serif font and is centered. The bottom-left corner of the note is folded over.

Involvement
outside the
classroom

- TA: Christian Mangerian
- Section: COR 101-006
- Instructor: Thomas Spanbauer

Topic: Involvement on campus

- X For the topic of campus involvement, I spoke about ways that they can stay both physically and professionally active while at SUNY Cortland

Conditions covered:

- X SGA clubs
- X Sports clubs
- X Intramurals
- X PE department
 - X APEM
 - X Teaching Assistant, Lab assistant, or Professional involvement



Purpose of the lesson

x I choose this lesson as I have a lot of knowledge in this areas as i am highly involved in each topic covered. As a freshman the hardest thing is to make new friends and showing them this other ways to make friends then keeping their dorm room door open i thought was important.

x From there I then decided to choose provide where to look for opportunities the Cortland campus offers them that are free to take participate in, keep them physically active, and satisfy the typical PE major competitiveness.



Lesson Preparation

- X In order to prepare for my lesson, I used resources that would be easily found by the students if they were interested in taking part in some of the shown opportunities. I also work closely with the PE Department as I am the APEM(PE Majors Club) President and am currently employed by intramural sports.
- <https://www2.cortland.edu/offices/recreational-sports/intramural-sports/>
 - <https://www2.cortland.edu/offices/recreational-sports/sport-clubs/>
 - <https://cortland.campuslabs.com/engage/>



Why Lesson is important to first year students

X Making friends:

The biggest struggle that all my students voiced was making new friends and being involved on campus is by far the best way to meet new people and build those college friendships

X Build Resume:

It's never too early to start building a strong resume for post college life and by introducing them to clubs that will help build their professionalism and networking abilities is vital

X Develop Connections:

Having connections with your professors is a great way to build a strong repertoire and may help open doors for other opportunities down the road for themselves

Presentation Materials

- X In couple of slides are what the slides that I made on the presentation i gave to the class on being involved on campus .





Meetings Biweekly



Tuesdays at 6 pm
Wednesdays at 7:30 pm

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What about department

ents



NYS AHPER Conference

November 17-20th, 2021
Turning Stone Casino/Resort

March 15th, 2021
Washington DC

SPEAK OU



April 26-30th, 2022
New Orleans, LA

SHAPE America Convention

Methods

- x I used a slideshow presentation for this topic as it would allow me to put a lot of information in a format that is organized to allow for peaking the students interest. Having images and from some of the club meetings or intramural games gave students the ability to see with their own eyes what that exact experience looked like instead of having someone explain it to them.



Learning objectives

X My first objective of the lesson was to peak interest in taking part in the clubs or sports SUNY Cortland offers to them. Having them grasp and understand what types of clubs, sport clubs, or even intramurals allows them to start a plan to implement them into their own college experince

X My second objective was to provide them with why it is important to take part in activities outside of the classroom and the benefits that it will come along with doing them



Assessment

x On this slide is the results from the post assessment i made for the students to take after I was done with my lesson to see how much information that they not only understood, but also provide reminders the where, when, and how to sign up for these offers



Nickname	Rank	Correct answers	Unanswered	Final score
Kenzie	1	100%	—	9.786
Sam	2	100%	—	9.763
CJ M	3	100%	—	9.748
James	4	100%	—	9.737
Charlie	5	100%	—	9.719
Alicia	6	100%	—	9.680
Dan	7	100%	—	9.579
Ell	8	100%	—	9.569
Patrick	9	100%	—	9.532
Luke	10	100%	—	9.513
McKenna	11	100%	—	9.512
Iz	12	100%	—	9.502
Maddy	13	100%	—	9.462
McKenna	11	100%	—	9.512
Iz	12	100%	—	9.502
Maddy	13	100%	—	9.462
Kyle	14	90%	—	8.728
Jon	15	90%	—	8.706
Ben F	16	90%	—	8.543
Garret	17	90%	—	8.541
Max L	18	90%	—	8.510
Max w	19	90%	—	8.501
adrian	20	90%	1	8.460
Dina	21	90%	—	8.401

Reflection

- By presenting this lesson I learned that I need to review information before presenting it as I felt I was reading off of the screen too often and that causes a lost of connection with the people you are speaking to

- I learned that campus has far more to offer to its students than i ever knew and that there are events that happen every single day whether it is a club meeting or having an intramural basketball game

- By giving this lesson I also learned that everyone is on their own journey and path to their own dream. I can provide them the opportunities, but it is their decision on if they want to make make the most from it and I can't force them to do that