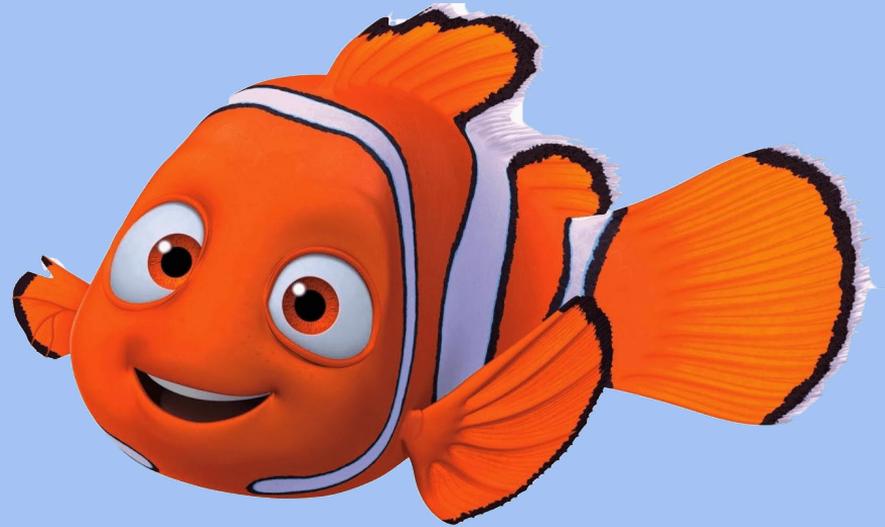


Finding Help

Student Facilitator: Jenna Kratz
Section: COR 101-071
Instructor: Jesse Del-Bene



Topic

This lesson was an introduction to Cortland resources. All resources available on campus were also grouped into categories such as health and wellness, academic, and a more. This provide where and how to access the much used resources that would aid to my student's experience here at SUNY Cortland.

Purpose of this lesson?

I developed this lesson for the second week of classes as many of the resources are needed frequently or at least once a semester. I was not sure where or who to go to for assistance during my first semester and had to figure most of it out on my own. I wanted to help avoid confusion and to increase the likelihood of my students reaching out and receiving needed help.



Lesson Preparation



- I compiled a list of typical stressors problems, or other issues students typically face on campus
- I asked multiple friends and current students about what resources they wish they knew about during their first semester
- I went through what offices and who addresses those needs
- I found the number and where those resources are located in a simple format for students
- All of my resources were from the SUNY Cortland website
 - I also attached which link or tabs students should go through to find the resources online

Importance

If students are unaware of the available resources on campus...

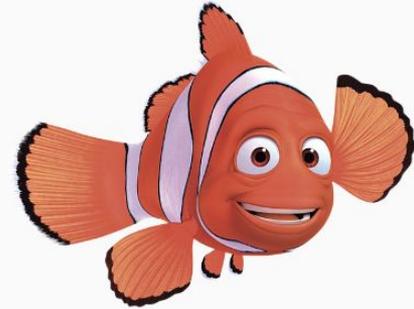
- They may not use them
- They may not be able to find them (or at the time of need)
- They may become more stressed
- They may be less likely to reach out or receive the assistance they need
- This helps them mentally, physically, and academically

Materials

I developed a powerpoint to breakdown each individual resources to simplify and provide more direct information about each

Career Services

- Van Housen B-5
- “Once a red dragon, always a red dragon”
- Resume Workshops
- Marketing and Networking
- Mock Interviews
- Digital Dirt
- On and Off campus jobs and internships
- How to get certifications (ex: teacher certification workshops)



Methods

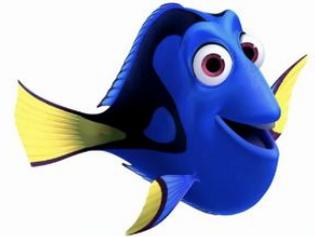
I introduced what the resource was and then asked students :

“What could you go to this resource for?”

“What might you need to do prior before going ?”
(email, set up an appointment, walk-in)

Academic Advisor

- Meet them!
- They help make your schedule
- They help figure potential future
- Ask them if you have any questions about your major
- If you need something signed, do it ahead of time!
- Who is yours?
 - MYR (My Red Dragon)
 - Student
 - Who is my Advisor (Towards the bottom left)



Learning Outcomes

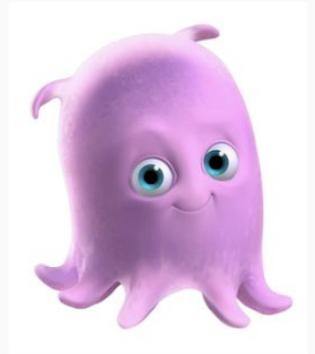
I wanted students to know where and who to go to no matter what their circumstances or needs are.

They now know where and who to go to for specific and general needs.

I wanted them to know only know about the resources but to also use them throughout their SUNY Cortland career

Student Health Services

- Van Hoesen Room B-26
- (607)753-4811
- 8:30-4:00 phone triage and scheduling
- 8:15-4:00 appointments
- Closed noon-1:00 pm
- \$25 if no call no show

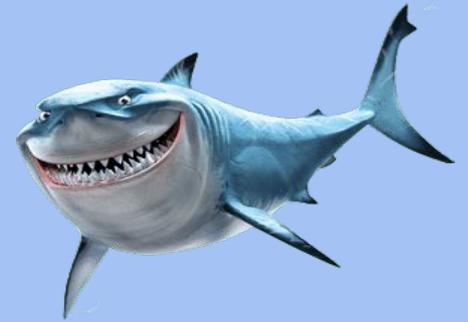


Student Feedback

Throughout the semester:

- Multiple students have stated they went to the resources found within the lesson
- Three students stated they went back to the powerpoint while posted on blackboard to find where to go for a specific need
- There was no formal assessment except students referring back to me if they used anything within the lesson and if that resource was or was not useful to them

What I learned



- College students are bored very easily and will go on their phones as soon as they are disengaged.
- I started with more of a lecture style and quickly adapted into a conversation based style lesson.
- I walked around the room more and emphasized the participation part of the class steed in the syllabus.
- This helped me learn to adapt lessons on the dot for my future lessons as a teacher or one day professor.

References

SUNY Cortland. SUNY Cortland: Home. (n.d.). Retrieved December 3, 2021, from <https://www2.cortland.edu/home/>.

