

Dragon Fun For Everyone



**By: Trinity Dowling
Section: COR 101-070
Instructor: Jeremy Pekarek**



Topic:



My topic is on the various ways that students at SUNY Cortland can get involved on-campus. For example, joining a sport, club, Greek life, getting a job, going to on-campus events, etc. The possibilities of becoming more involved in the red dragon community are plentiful.

Purpose of The Lesson:

I chose to talk about this topic with students because I remember being a first-year student at SUNY Cortland, unsure of all the opportunities our campus offers as a way to be an active participant.

Additionally, my lesson plan topic crossed over with two different assignments we had for our COR 101 section: The event requirement and on-campus scavenger hunt. I was able to guide students in the direction of how to complete the event requirement by discussing common events we have on-campus, which is a way of getting involved. While I did introduce ways of getting involved on campus, a first-year student may be unsure of where all of these are. This led into the scavenger hunt assignment where students would be able to find out more about these resources, as well as their exact location on campus.



Lesson Preparation:

In order to prepare for my lesson, I searched online for different SUNY Cortland websites pertaining to information I needed. The following links below are all the sources I used for my presentation slides:

<https://cortland.campuslabs.com/engage/organizations>

https://bb.cortland.edu/bbcswebdav/pid-1645783-dt-content-rid-16326455_1/courses/2021Fall-COR101-070/COR%20101%20Reader%202021-2022.pdf

<https://www.cortlandreddragons.com/index.aspx>

<https://www2.cortland.edu/offices/recreational-sports/intramural-sports/>

<https://www2.cortland.edu/offices/recreational-sports/sport-clubs/sport-club-information>

<https://www2.cortland.edu/offices/campus-activities/fraternities-and-sororities.dot>

https://jobs.cortland.edu/postings/search?utf8=%E2%9C%93&query=&query_v0_posted_at_date=&435=&query_position_type_id%5B%5D=1&commit=Search

<http://calendar.cortland.edu/FeaturedEventsCalendar/Calendar.aspx>

<https://www.cortlandreddragons.com/>



Why This Lesson Is Important For First-Year Students:

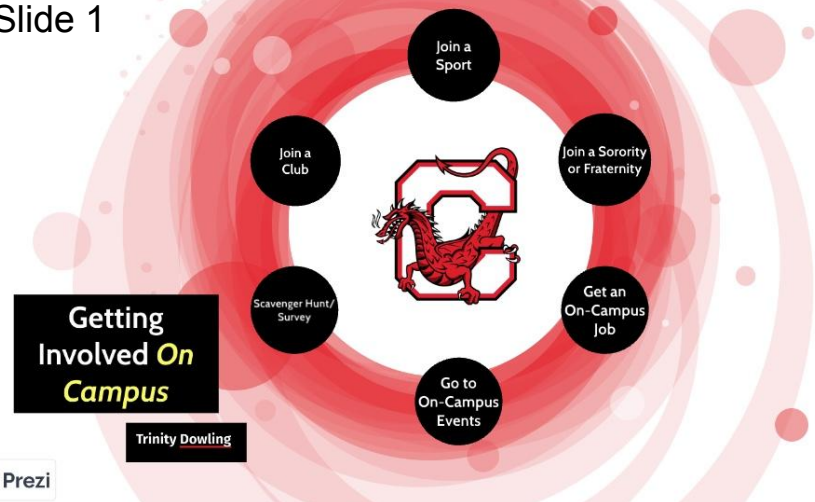


This lesson is important for first-year students to know because one fear they often have is meeting new friends. All the ways I discussed getting involved on-campus has the opportunity for students to meet new people. Another reason why this lesson is important for first-year students to know is because getting involved on-campus can provide students with a break from schoolwork and potentially alleviate stress they may feel. One last reason why this lesson is important for first-year students to know is because it can help students feel a greater sense of community and pride in Cortland.

Presentation Materials: Start of Slides



Slide 1



Slide 2

Join a Club:

- Clubs are a great way to get involved on campus and to meet new people!
- Clubs are also great to put on a *résumé*, and usually have potential *leadership* opportunities!
- The Student Government Association or the SGA Club oversees all these clubs.
- Website with descriptions of each club, meeting times, and contact information: <https://cortland.campuslabs.com/engage/organizations>

Examples of Clubs

More Examples of Clubs

Psychology Club

Slide 3

Examples of Clubs:

- We have about 70 clubs to join here at SUNY Cortland! All are listed on page 221 of the *COR Reader*, which is on *Blackboard*.

| ACADEMIC |
|--|
| Alliance of Physical Education Majors (APEM) |
| Athletic Trainers Association |
| Biology Club |
| Chemistry Club |
| Criminology Club |
| Economics Club |
| Education Club |
| English Club |
| Geology Club |
| Health Club |
| History Club |
| Inclusive Special Education Club |
| Math Club |
| Physics and Engineering Club |
| Political Science Club |
| Pre-Med Club |
| Psychology Club |
| Sociology/Anthropology |
| Spanish Club |
| Speech and Hearing Club (NSSLHA) |
| Sport Management Association |
| SUNY Cortland Recreation Association (SCRA) |
| Urban Education Club |

| CULTURAL |
|---|
| Black Student Union (BSU) |
| Caribbean Student Association (CSA) |
| International Awareness Club |
| La Familia Latina (LFL) |
| M.O.V.E. (Men of Values and Excellence) |
| Pan African Student Association |
| Spectrum - Cortland's Gay/Straight Alliance |
| Women of Color |

| MEDIA |
|---------------------------------------|
| Cortland State Television (CSTV) |
| Cortland Writers Association (CWA) |
| Dragon Chronicle (Student Newspaper) |
| SPEAK Magazine |
| WSLJK 90.5 FM (Student Radio Station) |

Slide 4

More Examples of Clubs:

| SPECIAL INTEREST |
|--|
| Actively Involved in the Community (A.I.C.) |
| AIDS Prevention & Awareness (APAC) |
| Ambassadors Club |
| American Heart Association Club (AHA) |
| American Sign Language |
| Art Exhibition Association (AEA) |
| Asian Cultural Media Experience (ACME) |
| Campus Artists and Lecture Series (CALS) |
| Code Red |
| College Singers |
| Colleges Against Cancer (CAC) |
| Cortland A Capella |
| Cortland Athletics Red Army |
| Culture of Hip Hop |
| Diana Dance Crew |
| Entrepreneurship Club |
| Environmental Science Club |
| Fit Club |
| Gospel Choir |
| Habitat for Humanity |
| Inclusive Recreation Club |
| Leadership |
| Non Traditional Students Organization (NTSO) |
| Rock & Blues Ensemble |
| SAFER (Students Active For Ending Rape) |
| Student Activities Board (SAB) |
| SPARK (Student Alumni Association) |
| SUNY Cortland Emergency Squad (EMS) |
| Sustainability Club |

| POLITICAL |
|---|
| Amnesty International |
| Model UN |
| New York Public Interest Research Group (NYPPIRG) |
| Student Government Association (SGA) |

| SERVICE |
|---|
| Aids Prevention & Awareness Club (APAC) |
| Habitat for Humanity |

Slide 5

Psychology Club:

- Mission statement: "to further students' interests in psychology through lectures, meetings, movies, and field trips. Students also receive a chance to meet with professors through faculty-student events and activities."
- Psychology Club meets every other Monday at 4:30 p.m. via [WebEx](#).
- If you want to contact the psychology club, their email is psyclub.sunycortland@gmail.com



Slide 6

Join a Sport:

- At Cortland, you can play a sport in three different ways: an intramural, club, or through the college's own varsity *division 3* teams (such as Cortland's *football* team or Cortland's track and field).
- Just like with SGA Clubs, sports teams can be a great way to be involved on campus and meet new people, as well as provide leadership opportunities!
- Website to Cortland varsity division 3 teams, which shows how to contact each/interest forms:
- <https://www.cortlandreddragons.com/index.aspx>

Intramurals

Sport Clubs



Slide 7

Intramurals:

- There are two different types of Intramural Sports Programs: Intramural Leagues and Single-Day Tournaments.
- Intramural Leagues generally run for about 5 weeks of play, followed in most cases by a single elimination tournament. Teams are usually scheduled for 1 game per week. Most of these activities are offered at two levels: (1) All-School (highly competitive) and (2) Recreational (just for fun). Typical leagues that are offered include: flag football, soccer, basketball, volleyball, and broomball.
- One Day Tournaments/Special Events are designed for individuals who want to participate, but maybe cannot commit to an intramural league. Typical one day events or tournaments that may be offered include: Kan Jam, *Spikeball*, badminton, 5k road races, basketball skills competitions, video game tournaments, or table tennis.
- Website with information: <https://www2.cortland.edu/offices/recreational-sports/intramural-sports/>
- *Recreational Sports Office's* phone number if you would like to contact them: 607-753-5585.



Slide 8

Sport Clubs:

- There are over 30 sports clubs at Cortland such as *kickline*, frisbee, golf, field hockey, etc!
- I'm on the *figure skating club!*
- Each sports club has an interest meeting for potential new members to join at the start of the semester.
 - The following website has a list of all the sports clubs, including contact information, and when each club's interest meeting will be. <https://www2.cortland.edu/offices/recreational-sports/sport-clubs/sport-club-information>



Slide 9

Join a Sorority or Fraternity:

- About 10.8% of undergraduate students at Cortland are a part of a sorority or fraternity.
- Joining a sorority or fraternity is a great way to make new friends, *network*, engage in community service, and fill leadership roles!
- There are five sororities at Cortland (*Alpha Phi*, Alpha Sigma Alpha, Delta Phi Epsilon, Nu Sigma Chi, and Sigma Delta Tau).
- There are two fraternities at Cortland (*Theta Chi*, and Alpha Phi Delta).

Eligibility



Slide 10

Eligibility:

In order to join a sorority/fraternity, Cortland has the following requirements:

- Must be a full-time undergraduate student enrolled at SUNY Cortland (12 credits or more each semester).
- Cannot be on either *Academic Probation* or Academic Warning.
- Cannot be in your first semester as a first year student. (Can rush in your second semester which is this Spring).
- Must have successfully completed the necessary number of credit hours (12).
- Must have the necessary cumulative GPA (2.5).
- Website with more information and contact information for each sorority/fraternity: <https://www2.cortland.edu/offices/campus-activities/fraternities-and-sororities.dot>
- You can also contact Sandra Wohlleber, associate director for greek affairs at Sandra.Wohlleber@cortland.edu



Slide 11

Get an On-Campus Job:

- Great way to give back to the campus.
- Usually few minimum hours per week and usually have flexible hours, which is great as a full-time student!
- Opportunity to *earn money* and build your résumé.
- Website which shows available on-campus jobs, how to apply, and who to contact with questions: https://jobs.cortland.edu/postings/search?utf8=%E2%9C%93&query=&query_v0_posted_at_date=&435=&query_position_type_id%5B%5D=1&commit=Search

Peer Tutoring

Facility Attendant
(Front Desk,
Equipment Checkout)

Tour Guide



Slide 12

Peer Tutoring:

- Salary: \$12.80/hr
- Job description- : "Tutor undergraduate students one-on-one, modeling how best to study for and think about course content."
- Requirements: To be considered for peer tutoring, a student should be recommended by a professor for the course they want to tutor. The student must also have a GPA of 2.5 or higher and have earned a B or higher in the course(s) to be tutored.



Facility Attendant (Front Desk, Equipment Checkout):

- Salary: 12.50/hr
- Job Description:
 - Front Desk: "Swiping patrons in; validating membership, selling memberships and guest passes, and sanitizing."
 - Equipment Checkout:** "Renting/selling equipment; Laundry; Inventory; Sanitizing."
- No requirements, just preferred customer service experience.

Tour Guide:

- Salary: \$12.80/hr
- Job Description: "Provide tours to prospective students and their families. Participate in virtual events. Attend open house events."
- Requirements: Minimum of a three hour per week tour slot, strong public speaking skills, ability to walk on campus for approximately 2 hours, and occasional lifting of recruitment material.

Event Requirement

Go to On-Campus Events:

- Not only do on-campus events provide the opportunity to learn something new, but they also allow you to meet people who may have similar interests as you!
- There are many different on-campus events for everyone, whether it be a lecture or a "fun" activity through **Cortland Nites**.
- Departments may sponsor specific events that they believe will be beneficial to students in their majors, such as the psychology department.
- Every week, **campus activities** sends out an email about the different events on campus.

Sandwich Seminar

Wellness Wednesday

Sports Events/Games

Cortland Nites

Event Requirement:

- Reminder: "You are required to attend 4-campus events over the course of the semester. Events must be completed periodically throughout the course of the semester. Due to the Pandemic, these may include virtual events. You will write a 1-page **reflection paper** on each event attended. Due dates are listed in the Weekly Course Schedule. Past due dates will lose 5-points for each day late."
- Your first event reflection paper is due **September 20th** on Blackboard, a week from today before the start of class.
- If you still need to go to an event for this first reflection paper, check your email for potential ones that have been sent out by various departments, campus activities, or one of the ones I will be discussing next.
- OR check the following website, which is formatted as a calendar showing some events with their times: <http://calendar.cortland.edu/FeaturedEventsCalendar/Calendar.aspx>

Sandwich Seminar:

- Typically every Wednesday or Thursday around noon in **Brockway Hall**.
- Each seminar usually has a speaker from campus presenting a different topic of interest. For example, some past seminars have discussed Black Lives Matter, **Goal Setting**, The Green New Deal, etc.
- There is no Sandwich Seminar for this week but keep an eye out for an upcoming one in your email.

Wellness Wednesday:

- Every Wednesday, the **Health Promotion Office** hosts a "Wellness Wednesday" event usually for one hour anywhere from noon to 5 p.m.
- Each event discusses relevant health topics and problems such as **mental health**, hazing, covid-19, sleep, etc.
- This weeks Wellness Wednesday event is "Assess and Address Your Stress" from 3-4 p.m. in the Corey Union Lounge.

Wellness Wednesday Events For This Semester:

Wellness Wednesday Events For This Semester:

Cortland
Health Promotion
Fall 2021

Wellness Wednesday
Surf the Wellness Wave

If you need any accommodations, please contact us at: healthpromotion@cortland.edu.
*Note: L.C. = The Student Life Center.

| | | |
|---|--|---|
| Sept. 1: Intro to Yoga 1-4 p.m., SLC Mind Body Room | Sept. 29: Wellness Day: Healthy Red Dragons Noon - 3 p.m., SLC Lobby | Oct. 27: Don't Let the Consequences Haunt You Noon - 3 p.m., SLC Lobby |
| Sept. 8: Explore Outdoor Pursuits 3 - 4 p.m., Mental Outdoor Pursuits | Oct. 6: Empowerment Self-Defense 4-6 p.m., Corey Union Exhibition Lounge | Nov. 3: Academic Success Noon-1:00 p.m., SLC Student Life Center |
| Sept. 15: Assess and Address Your Stress 1-4 p.m., Corey Union Exhibition Lounge | Oct. 13: LGBTQ+ and Mental Health 3 - 4 p.m., Corey Union Exhibition Lounge | Nov. 10: Party Smart with Us Before Cortaca Noon - 3 p.m., SLC Lobby |
| Sept. 22: Healthy Friendships Noon-1:00 p.m., SLC Student Life Center | Oct. 20: All Mixed Up 1-4 p.m., Corey Union Exhibition Lounge | Nov. 17: Great American Vape Out Noon-3 p.m., SLC Lobby |

Sports Events/Games:

- At sports events, you can cheer on Cortland, and maybe even some of your classmates and/or friends!
- One very well known sports event is **Cortaca**, which is Ithaca and Cortland's annual football game against each other.
- This year, Cortaca is at Cortland on November 13th.
- This website has the schedules of all the sports teams at Cortland: <https://www.cortlandreddragons.com/>

Cortland Nites:

- Cortland Nites is different "fun" events that are open for all SUNY Cortland students.
- Some examples include *mini golf*, bowling, trivia, ice skating, movie nights, etc.
- Transportation is provided to all events and they are free unless otherwise noted.

Cortland Nites Weekend Activities Fall 2021

| | | | |
|---------------------------------|--------------------|--------------|-------------------------------|
| BLC Tabooer | Friday, Aug. 27 | 9 p.m. | Student Life Center |
| Movie Night | Saturday, Aug. 28 | 8:30 p.m. | Camp Union, Function Room |
| Necho Night & Street Signs | Saturday, Aug. 28 | 10 p.m. | Camp Union, First Floor |
| Trivia | Tuesday, Aug. 31 | 9 p.m. | Camp Union, Exhibition Lounge |
| Obstacle Fourskin & Board Games | Thursday, Sept. 2 | 8:30 p.m. | Camp Union, Function Room |
| Hypnotist | Friday, Sept. 3 | 8 p.m. | Camp Union, Function Room |
| Mini Golf | Saturday, Sept. 4 | 7, 8, 9 p.m. | Shipwreck Hall, Cortland |
| Outdoor Movie | Sunday, Sept. 5 | 8 p.m. | Hendrick-Wright Field |
| Laser Tag | Friday, Sept. 10 | 8 p.m. | Camp Union, Function Room |
| Silent Party | Friday, Sept. 17 | 9 p.m. | Camp Union, Function Room |
| Comedian | Saturday, Sept. 25 | 8 p.m. | Camp Union, Function Room |
| Trivia | Tuesday, Sept. 28 | 9 p.m. | Camp Union, Exhibition Lounge |
| Bowling | Saturday, Oct. 2 | 8:30 p.m. | TBD |
| Manicure | Saturday, Oct. 9 | 8 p.m. | Old Main, Brown Auditorium |
| Geometry Bingo | Saturday, Oct. 23 | 8 p.m. | Sperry Room 135 |
| Halloween House (I) | Friday, Oct. 29 | 8 p.m. | Camp Union, Exhibition Lounge |
| Paint & Sip | Saturday, Nov. 6 | 8 p.m. | NYC Fairgrounds, Syracuse |
| Trivia | Tuesday, Nov. 9 | 9 p.m. | Camp Union, Function Room |
| Cortland Mix | Friday, Nov. 12 | 9 p.m. | InterTech Center |
| 13 Movie Night (I) | Friday, Nov. 19 | 8:30 p.m. | Crown City Cinema |
| Trivia | Tuesday, Nov. 30 | 9 p.m. | Camp Union, Exhibition Lounge |
| Glow Ice Skating (I) | Saturday, Dec. 4 | TBC | Park Centre, Alumni Arena |

Scavenger Hunt:

- The Campus Scavenger Hunt assignment will be due on Blackboard on *October 25th* before the start of class.
- You will visit selected places on campus to better understand how that service may benefit you and know where it is located on campus.
- You will be visiting The Learning Center, The Writing Center, The Psychology Department/Dean's Office, Student Health Services, Career Services, The Counseling Center, Student Life Center, and Dragon's Den.
- You will be required to take a picture of yourself at each place and if available take a *pamphlet/flyer*.
- You will then upload each picture and pamphlet/flyer into a document with a description of the picture including what it is, where it was taken, and what building it's in.

Survey

Survey:

- First, any questions????
- Please complete the 5 question feedback survey below regarding my lesson plan today! Thank you!
- Link: <https://forms.gle/nH9UGKZEKntCrFux5>
- QR Code:



End of Slides



Methods:



One method that I used during my lesson plan was infuse bingo into my presentation slides. I italicized and highlighted words in Yellow when there was a chance that it could be on a bingo sheet that I handed out to students.

I decided to infuse bingo into my presentation slides in order to keep students more engaged and interested in my lesson plan.

The bingo cards were very effective as students seemed to be focused on my lesson plan for the whole duration of it. Additionally, five students did win bingo and received candy as prizes.

Methods Continued: Example Of Bingo Sheet

| B | I | N | G | O |
|---------------|------------------|------------|------------------|----------------------------|
| Résumé | On Campus | Earn Money | Campus Activites | Health Promotion Office |
| Brockway Hall | Pamphlet | COR Reader | Blackboard | Leadership |
| Kickline | Reflection Paper | Free! | Theta Chi | October 25th |
| Football | Alpha Phi | Mini Golf | Network | Recreational Sports Office |
| Goal Setting | Spikeball | Division 3 | Cortland Nites | Cortaca |

#b7e24f

Learning Outcomes/Objectives:

I wanted the students to take away that there are lots of fun ways to become more involved on-campus. I also wanted them to know of new ways to meet people since many of them did state that making friends was a fear of theirs. Lastly, a final take away of my lesson was to introduce and explain the two different assignments that they would have to do for COR101. My goal was that they would have more clarity about these and ask questions at the time if they needed.



Assessment/Feedback:

At the end of my presentation, I asked students to fill out a survey regarding my lesson plan. Here are some of the things that students had to say, as well as a bar graph demonstrating their learning of the material.

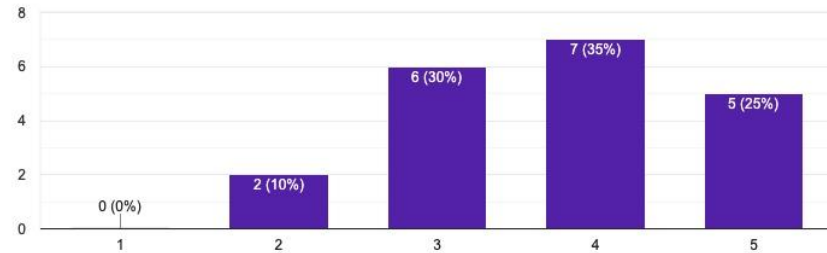
The bingo was a lovely idea, and the prezi was well made! :)

I liked how you did bingo and made the class more fun and interactive

It was very interesting you made it informative but you also mad it interactive so we weren't just listening to you talk.

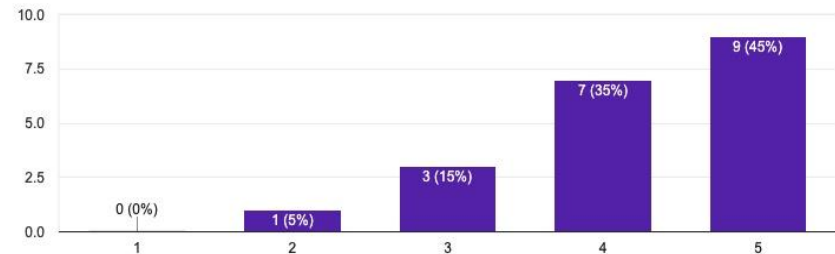
How likely were you to get involved on-campus in one of the ways I discussed prior to hearing my presentation?

20 responses

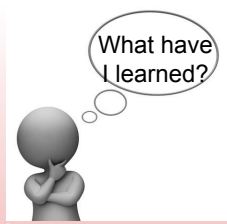


How likely are you to get involved on-campus in one of the ways I discussed after hearing my presentation?

20 responses



Reflection:



While putting together my lesson plan, I had learned a lot more about our campus than I did beforehand. I did not know just how many sport teams, sport clubs, and regular clubs we had at Cortland. Additionally, I learned a lot more about Greek life and the eligibility to join.

I also learned more about my own teaching style as a result of my lesson plan. I learned that I do well making lessons engaging for students, and make them aesthetically pleasing. One other thing I learned was sometimes I make font too small to read, especially for people in the back. This is something that I will always be on the lookout for when making a presentation in the future.

This benefited my own college experience and readiness because as a future educator, it helped me with my lesson planning skills. Additionally, it provided me a chance to work on my presentation and public speaking skills.