

SUNY College Cortland

## Digital Commons @ Cortland

---

COR 101 Slides

COR 101 Student Symposium

---

11-2022

### Transition and Involvement on Campus

Isabella Granahan

Follow this and additional works at: <https://digitalcommons.cortland.edu/corslides>



Part of the [Higher Education Commons](#)

---

# Transition and Involvement on Campus



Isabella Granahan  
Section Number: 024  
Instructor: Taylor Lynch

# Lesson Summary

The lesson I covered in my COR 101 class was transition and involvement. We talked about different strategies and resources that will help ease the transition into college as well as some obstacles that may come along the way. I introduced campus facilities and resources that students should become familiar with for their mental, physical, and social health. We also discussed the importance of getting involved on campus and how to do so through academic and sports clubs, intramural sports, research opportunities, volunteering, and student employment.

# Purpose of my Lesson

I choose to talk about this lesson because ...

- Transitioning into college was something I significantly struggled with as a freshman and I want to help others in the same position by sharing my experience
- By getting involved on campus I was able to ease the struggles of transitioning and I want to encourage others to do the same
- I've forged really great connections, built friendships, and gained so much knowledge by joining clubs and participating in research opportunities
- I wish I would have had someone to inform me about the amazing exercise science based opportunities here on campus that set you up for a successful future after college

# Importance for Students

This lesson is especially important for new students. Research has shown how involvement with campus activities increases independence and sense of purpose within students (Foubert, 2006). After understanding this lesson, first year students can more successfully adapt to college life and start to acclimate with the different environment. Knowledge of clubs and organizations on campus will help to develop quality networking and communication skills which will benefit them in the future (Pericles, 2020). Being involved on campus and knowing how to properly transition can help students feel more connected to their school and decrease their chances of failing. This lesson stresses the importance of being well adjusted and involved at college in order to make it more balanced and fun.

# Lesson Preparation

# Materials Reviewed



## Information On...

- Counseling Center
- The Writing Center
- The Learning Center
- Advisement and Transition Office
- Career Services
- Student Activities
- Student Employment
- Sport Clubs
- Intramural Clubs
- Academic Clubs
- Greek Life

# Transition: On-Campus Living

- Facilities/ Resources:

- Student Life Center
- Counseling Center
- The Learning Center
  - professional and peer tutoring, nightowl, PLTL
- The Writing Center
  - organization, structure and understanding of writing assignments
- Advisement and Transition office
  - pre-major support, transfer credit, academic advising
- Career Services
  - internships, resumes, cover letters

- Residence Halls:

- Living with a roommate
- Resident Assistants (RA)
- RHD
- Events





# Involvement: Clubs and Organizations

## Academic Clubs

- ❑ FIT Club
- ❑ Dartfish Club (video capture/analysis software)
- ❑ The Athletic Trainer Club
- ❑ Biology Club
- ❑ Pre-Med Club
- ❑ Sports Management
- ❑ SUNY Cortland EMS

## Sororities and Fraternities

- ❑ Alpha Phi
- ❑ Alpha Sigma Alpha
- ❑ Theta Chi
- ❑ Alpha Phi Delta



# Getting Ready to Teach

- Practiced presenting out loud
  - Timed my presentation
  - Studied my slides
  - Read presentation to friends
  - Reviewed information on the Cortland website
-

# Lesson Execution

# Learning Objectives

- Become aware of what clubs / organizations are offered on campus
  - Know what resources are available for new students
  - Encourage students to join clubs that spark interest
  - Encourage students to participate in campus activities and events throughout semester
-

# Activities and Methods Used

**Lecture Method:** I used a powerpoint format to deliver information. With each slide I incorporated some of my own experiences and advice they could relate to as a new student.

**Participative Method:** Throughout the lesson I made sure to ask students questions and address any thoughts / concerns. I wanted to interact with them so they stayed engaged and were retaining the information.

---

# Transition: Being Away from Home

It is okay to be homesick

Hang with friends

Pictures

Keep busy

Facetime/  
Text



(Example from presentation)

# Involvement: Student Employment



Student Life  
Center

Memorial  
Library

Auxiliary Services

Campus  
Activities



# Lesson Reflection



# Student Feedback and Reflection

## Responses:

- ❑ Showed interest in joining clubs related to exercise science
- ❑ Curious about on campus employment
- ❑ Some participation but not the whole class

## Assessing Their Learning:

- ❑ At the time of the lesson
  - Asking questions after each small topic
- ❑ After class
  - Everyone received a post it note to write what they were nervous about, excited for, and interested in
  - Most students wrote about joining club sports or other kinesiology clubs/organizations on campus

# Personal Reflection

Did it go as expected?

Yes, everything went very smoothly and there were no problems / challenges encountered

Changes for the future?

Include a game like kahoot into the lesson to make it more interactive for the students

Instructor feedback?

My instructor gave very positive and encouraging feedback and thought it went very well.

# Work Cited

## 1. Journal Article

Foubert, & Urbanski, L. A. (2006). Effects of Involvement in Clubs and Organizations on the Psychosocial Development of First-Year and Senior College Students. *NASPA Journal*, 43(1), 166–182.

<https://doi.org/10.2202/0027-6014.1576>

## 2. Journal Article

Pericles. (2020). The Benefits of Joining Professional and Student Groups and Communities: Participation in organizations, social media sites, mentoring programs, and other groups can help you navigate graduate and undergraduate education. *ASHA Leader*, 25(5), 44–.

## 3. Pictures

<https://www2.cortland.edu/>

---