

Lesson 10

First Year Experience: *Coach Guide*

Learning Goals

1. Students will be able to articulate what they're looking forward to during their first year of college
2. Students will understand different ways to become involved on campus
3. Students will understand the benefits of living on campus as a first year student

Introduction (~5 minutes)

- **Welcome your class back to Beaver Hangouts**
- **Introduce this week's lesson**
 - Describe your experience as a first year student. Think about the following topics:
 - How was the transition from high school to college?
 - What was your biggest fear going into college?
 - What surprised you the most during your first year?
 - What were some of the best moments during your first year?
 - If you could re-do your first year, what would you do differently? Or, what do you wish you knew coming into college?
- **First Year Goals**
 - Ask students to share some things they look forward to experiencing during their first year of college

Activity 1 (~10 minutes)

- **Getting Involved**
 - For this activity, students will learn about the different ways they are able to become involved on-campus.
 - You will start by share a couple different ways that you are involved on campus.
 - Mention something that you're involved in whether it's a club, or a sport, or volunteer event.
 - Using screen share, show the students the OSU Student Leadership and Involvement page (<http://sli.oregonstate.edu/seac/student-organization-support/find-organization>).
 - Ask the students to name a few activities that they may be interested in and search the page for any similar clubs or organizations.
 - After searching for a few topics, emphasize the wide variety of clubs and organizations available at OSU for student involvement.
 - End the activity by reiterating why it is important for you to be involved.



Activity 2 (~15 minutes)

➤ Dorm life and living on-campus

- This is a two-part activity. Students will first recognize what it is like to live in the dorms.
 - Share your experience living in the dorms. Mention some things you liked about living on campus and some of the challenges you faced.
 - Make sure to mention that first year students are required to live on campus
 - Do an online dorm tour with your class. You can show a few different rooms, but remember that the co-ops are no longer available.
(http://oregonstate.edu/campusmap/virtualtour/tours/housing_tour/west_hall_double_room)
 - Have the students mention some things that stood out to them
- Next, you'll talk about the benefits of living on campus.
 - Go through the powerpoint "Benefits of living on campus."
 - Ask students if they were surprised by anything, or if anything stood out to them.

Closing/Assignment (~5 minutes)

➤ Wrap-up

- Leave some time for students to ask you questions

