

First Year Experience 2021-22 Seminars

*Facilitator Guide
for Cadet Leaders, Faculty, and Staff*



CAL MARITIME

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Purpose of this Guide

This guide will support the 2021-22 First Year Experience (FYE) seminars that will be co-facilitated by teams of cadet leaders, academic faculty, and staff members. By providing a framework that emphasizes the goals and outcomes of the FYE program, benefits to first year cadets, and successful classroom strategies, facilitators will be better prepared to interact with new cadets, provide valuable information, and contextualize it through the experiences of peers.

Description of Seminars

The FYE seminars are structured around topical meetings held in small-group settings, as well as large-group meetings to open and close the semester and academy-wide events. The small-group sessions will occur on Tuesdays for half the groups or Thursdays for the other half of the groups during the Leadership Hour (11:00 a. m. - 12:00 p. m.). The large-group sessions and academy-wide events, however, will be held on a mix of Tuesdays and Thursdays intermittently over the course of the semester. The progression is as follows:

- Convocation (Academy-wide event)
- Watchstanding and Unpacking Orientation and Watchstanding (Large-group session)
- Academic Advising and Financial Aid (Large-group session)
- Academic Awards Ceremony (Academy-wide event)
- Alcohol Education and Bystander Intervention (Small-group session)
- Personal Identity and Values (Small-group session)
- Leadership Development (Small-group session)
- Title IX (Small-group session)
- Diversity, Equity, and Inclusion (Small-group session)
- “This I Believe” Presentations (Large-group session)
- Semester Wrap-Up, Feedback, and Evaluation (Small-group session)

Appendices to this guide provide detailed calendars for facilitators (Appendix A), first year cadets (Appendix B and Appendix C), and transfer cadets (Appendix D). Access to public Outlook calendars will also be provided at the start of the semester.

Goals and Outcomes

The outcomes of the FYE program are realized through three interconnected components, including the seminars, academic integration, and peer mentoring. While each component focuses on different outcomes, they overlap to provide a comprehensive, common experience designed to help prepare first year cadets to be successful and have fulfilling academic and developmental experiences at Cal Maritime. This guide will focus exclusively on content for the seminar component.



Goal 1: Cadets will participate in and foster a culture of community.

- Outcome 1: Cadets will evaluate and discuss issues of living in a diverse community.
- Outcome 2: Cadets will establish working relationships with cadet leaders, faculty, advisors, and student support services.
- Outcome 3: Cadets will identify and participate in cadet organization and co-curricular activities that fit their interest and goals.
- Outcome 4: Cadets will engage in and reflect on a common, academy-wide experience.

Goal 2: Cadets will learn skills that promote academic and professional growth.

- Outcome 1: Cadets will practice skills needed to manage their time and study habits.
- Outcome 2: Cadets will conduct an exploration and development of their academic interests and career pathways.
- Outcome 3: Cadets will practice skills needed to develop critical thinking and improve written communication.

FYE Seminar Participants and Participation Requirements

The FYE Seminars are primarily targeted at first year, first time in college cadets (traditional matriculation) who are required to participate, but transfer cadets also join in some activities, either by requirement or by personal choice. Each seminar section comprises 15-30 cadets from the same division in the Corps of Cadets. This is by design to build a close community of peers and encourage dialogue in multiple settings, allowing cadets to see different work styles, personalities, and strengths. Traditional matriculation cadets participate in all components of the program, including the academy-wide events, large-group sessions, and small-group sessions. Transfer cadets, by contrast, are required to participate only in the academy-wide events and large-group sessions, but may choose to participate in the small-group sessions.

Facilitator Teams

Facilitator teams bring together 3-4 individuals from campus with diverse perspectives and experiences at Cal Maritime, but all of whom share a desire to prepare first year cadets for success. Seminar sections are organized by cadets' division in the Corps of Cadets and the facilitator teams align with this structure, with most teams including cadets in leadership roles on campus - a Corps Division Commander (DIVCOM) and a Residence Hall Officer (RHO) - from their respective divisions. The other 1-2 members of facilitator teams will be staff or faculty members. Facilitator team assignments and names, campus roles, and email addresses for team members are included in Appendix E.

Facilitator Training and Preparation

Due to the unique scheduling challenges of the end of the 2020-21 academic year and the start of the 2021-22 academic year, the training of facilitators will take place over a series of 1-hour meeting throughout the fall semester. These meetings will be a combination of building the facilitator teams, training on best practices in First Year Experiences, and learning how to present deeper knowledge and skills that build on cadets' Orientation experiences. Campus content experts and trainer will meet with facilitators 1-2 weeks in advance of delivery to first year cadets to review material to be presented,



as well as to cover an activity that will encourage interaction with the material and between cadets and facilitators. The full schedule of trainings and meetings are included in Appendix A (Facilitator Meeting and Training Schedule). Note that the trainings and meetings vary, with some for all facilitators, some for Cadet Facilitators only, and some primarily for Cadet Facilitators with Staff and Faculty Facilitators welcome to join.

Large- and Small-Group Session and Design

There are three large-group sessions scheduled throughout the semester, which will include all first year and transfer cadets. One is a session to highlight essential components of and purpose behind watchstanding combined with cadet feedback on Orientation, the second is on Financial Aid and Academic Advising, and the final will include presentations from the “This I Believe” assignment. These sessions will all be held in Rizza and be facilitated by the Dean of Cadets, with some content delivered by campus experts. The intent is to bring the full group together to build a community and common sense of purpose, while also allowing some experts to deliver content that is better communicated simultaneously and consistently.

The six small-group sessions for each group will always take place on the same day of the week, either Tuesday or Thursday, during the Leadership Hour (11:00 a.m. - 12:00 p.m.). Additionally, first year cadets are expected to attend large-group meetings and academy-wide events, which may take place on the off-day from their small-group meetings.

What to Expect: First Large-Group Session

In the first large-group session (Tuesday, September 14), we will start together in Rizza before breaking out into random groups to debrief on Orientation. The first portion will be an overview of watchstanding provided by staff members from the Office of the Commandant. For the second portion, Facilitator Teams will be asked to stay together and go to one of the groups of chairs positioned in and around the perimeter of the Quad. You will then be joined by first year and transfer cadets to discuss their Orientation experience. While cadets completed brief assessments at the end of each day of Orientation, this is an opportunity to collect the narratives associated with qualitative inquiry. Facilitators will have a set of approximately 5 questions to help guide the discussion and are asked to take notes that will contribute to the development of Orientation for 2022.

What to Expect: First Small-Group Session

In the first small-group session (Tuesday, September 28 or Thursday, September 30), facilitators will have their first chance to get to know their participants in a more intimate setting. Prepare a short name game activity that will allow the staff and/or faculty facilitators to meet the group before diving into content. While the Cadet Facilitators will already know the group through Orientation, divisional activities, and other settings, this will be the first opportunity for cadets to meet the Staff and Faculty Facilitators. Be sure to use this time to establish the foundation of trust necessary for subsequent discussions.

“This I Believe” Assignment and Presentations

“This I Believe” is a organization that promotes public dialogue about belief, in their words, “one essay at a time.” The original incarnation of the program was a radio broadcast hosted by Edward R. Murrow in the 1950s and allowed people to distill into a few minutes the guiding principles by which they lived. This later became a podcast hosted by NPR, a collection of essays, and a series of books throughout the early 2000s.



Seminar 4: Personal Identity and Values will provide the foundation for our own “This I Believe” activity, which will be the only assignment to be completed by first year cadets as part of the FYE program. All will complete the assignment and then some will be allowed the opportunity to present to the group. Broadly described, the cadets’ end products will be an “artifact” through which they can communicate their values to others; this can be an written essay, spoken word, artistic interpretation, visual representation, or any other medium through which they want to share. The result will be a rich story from a small collection of individual cadets presented to their peers through the semester’s final large-group session.

There will be criteria cadets need to fulfill, but they will have broad latitude in terms of how the product is presented. These criteria will be the foundation for assessment of all of the final products, not for grades, but for assessment of this project and its intended outcomes. Facilitators will have access to but will not be asked to evaluate the assignments and are welcome to recommend specific cadets to present at the large-group session .

Strategies and Techniques for Success with First Year Cadets

| Strategy | Techniques |
|---|--|
| Be Approachable | <ul style="list-style-type: none"> • Relate to cadets and develop rapport. • Encourage cadets to visit you in your work setting on campus. • Learn your cadets’ names early in the semester. • Be proactive about reaching out to cadets who need help or are reluctant to ask for help. • Provide regular feedback. |
| Provide Cohesive Seminar Content | <ul style="list-style-type: none"> • Review the FYE seminar content and consider how it is timely and relevant for cadets’ experiences. • Ask cadets to make meaningful connections between content across different seminars and events. |
| Define Expectations | <ul style="list-style-type: none"> • Talk with your facilitator team members about standards and shared expectation in your section. • Identify strategies to handle disagreement or conflict. • Discuss how you will talk with first year cadets when they are not meeting expectations. |
| Support Active Learning | <ul style="list-style-type: none"> • Consider beginning or endings seminars with a “one-minute paper” to reflect on content. • Review activities provided by campus content experts and adapt to your personality and facilitation style. • Ask cadets to share their unique knowledge and experiences on seminar topics or present to the group. |
| Be Cadet-Centered | <ul style="list-style-type: none"> • Integrate group discussions into every class. • Utilize the simple activities designed by the content experts to encourage cadet collaboration. • Ask cadets questions and engage them in dialogue rather than present a lecture. • Close seminars by reviewing the content for the next session and ask cadets to come prepared with a question for the facilitator team to address. |



Appendix A - Facilitator Meeting and Training Schedule

- Tuesday, September 7 – Rizza
Academy-Wide Event: Convocation
Recommended but Optional for All Facilitators
- Thursday, September 9 – Peachman
Facilitator Team Meeting and Training for Seminars 1/2
Required for All Facilitators
- Tuesday, September 14 – Rizza and Quad
Seminar 1 (Large-Group Session): Watchstanding and Unpacking Orientation
Required for All Facilitators
Required for All Facilitators
- Thursday, September 16 – Peachman
Facilitator Team Meeting and Training for Seminar 3
Required for Cadet Facilitators and Recommended but Optional for Faculty/Staff Facilitators
- Tuesday, September 21 – Rizza
Seminar 2 (Large-Group Session): Academic Advising and Financial Aid
Recommended but Optional for All Facilitators
- Thursday, September 23 – Quad
Academy-Wide Event: Academic Awards Ceremony
Recommended but Optional for All Facilitators
- Tuesday, September 28 (Facilitator Teams 1-6) or Thursday, September 30 (Facilitator Teams 7-12)
Seminar 3 (Small-Group Session): Alcohol Education and Bystander Intervention
Required for All Facilitators
- Tuesday, October 5 – Peachman
Facilitator Training for Seminars 4/5
Required for Cadet Facilitators and Recommended but Optional for Faculty/Staff Facilitators
- Tuesday, October 12 (Facilitator Teams 1-6) or Thursday, October 14 (Facilitator Teams 7-12)
Seminar 4 (Small-Group Session): Personal Identity and Values
Required for All Facilitators
- Tuesday, October 19 (Facilitator Teams 1-6) or Thursday, October 21 (Facilitator Teams 7-12)
Seminar 5 (Small-Group Session): Leadership Development
Required for All Facilitators
- Tuesday, October 26 – Peachman
Facilitator Training for Seminars 6/7
Required for Cadet Facilitators and Recommended but Optional for Faculty/Staff Facilitators
- Tuesday, November 2 (Facilitator Teams 1-6) or Thursday, November 4 (Facilitator Teams 7-12)
Seminar 6 (Small-Group Session): Title IX
Required for All Facilitators
- Tuesday, November 9 (Facilitator Teams 1-6) or Thursday, November 11 (Facilitator Teams 7-12)
Seminar 7 (Small-Group Session): Diversity, Equity, and Inclusion
Required for All Facilitators
- Tuesday, November 16 – Peachman
Facilitator Training for Seminars 8/9
Required for Cadet Facilitators and Recommended but Optional for Faculty/Staff Facilitators
- Thursday, November 18 – Rizza
Seminar 8 (Large-Group Session): “This I Believe” Presentations
Recommended but Optional for All Facilitators
- Tuesday, November 30 (Facilitator Teams 1-6) or Thursday, December 2 (Facilitator Teams 7-12)
Seminar 9 (Small-Group Session): Semester Wrap-Up, Feedback, and Evaluation
- Tuesday, December 7 – Peachman
Facilitator Team Meeting
Required for All Facilitators

17 1-Hour Meetings in Fall Semester

- 9 required and 8 recommended but optional for Faculty/Staff Facilitators
- 13 required and 4 recommended but optional for Cadet Facilitators



Appendix B - First Year Cadet Event and Meeting Schedule

First Year Cadet Cohort 1 (Divisions 1D, 2D, 3D, 4D, 1E, and 2E)

Facilitator Teams 1-6

- Tuesday, September 7 – Rizza
Academy-Wide Event: Convocation
- Tuesday, September 14 – Rizza and Quad
Seminar 1 (Large-Group Session): Watchstanding and Unpacking Orientation
- Tuesday, September 21 – Rizza
Seminar 2 (Large-Group Session): Academic Advising and Financial Aid
- Thursday, September 23 – Quad
Academy-Wide Event: Academic Awards Ceremony
- Tuesday, September 28 – CLSR, Rooms by Division
Seminar 3 (Small-Group Session): Alcohol Education and Bystander Intervention
- Tuesday, October 12 – CLSR, Rooms by Division
Seminar 4 (Small-Group Session): Personal Identity and Values
- Tuesday, October 19 – CLSR, Rooms by Division
Seminar 5 (Small-Group Session): Leadership Development
- Tuesday, November 2 – CLSR, Rooms by Division
Seminar 6 (Small-Group Session): Title IX
- Tuesday, November 9 – CLSR, Rooms by Division
Seminar 7 (Small-Group Session): Diversity, Equity, and Inclusion
- Thursday, November 18 – Rizza
Seminar 8 (Large-Group Session): “This I Believe” Presentations
- Tuesday, November 30 – CLSR, Rooms by Division
Seminar 9 (Small-Group Session): Semester Wrap-Up, Feedback, and Evaluation

Small-Group Meeting Locations

- Division 1D: CLSR 201
- Division 2D: CLSR 102
- Division 3D: CLSR 103
- Division 4D: CLSR 203
- Division 1E: CLSR 202
- Division 2E: CLSR 101



Appendix C - First Year Cadet Event and Meeting Schedule

First Year Cadet Cohort 2 (Divisions 3E, 4E, 1M, 2M, 3M, and 4M)

Facilitator Teams 7-12

- Tuesday, September 7 – Rizza
Academy-Wide Event: Convocation
- Tuesday, September 14 – Rizza and Quad
Seminar 1 (Large-Group Session): Watchstanding and Unpacking Orientation
- Tuesday, September 21 – Rizza
Seminar 2 (Large-Group Session): Academic Advising and Financial Aid
- Thursday, September 23 – Quad
Academy-Wide Event: Academic Awards Ceremony
- Thursday, September 30 – CLSR, Rooms by Division
Seminar 3 (Small-Group Session): Alcohol Education and Bystander Intervention
- Thursday, October 14 – CLSR, Rooms by Division
Seminar 4 (Small-Group Session): Personal Identity and Values
- Thursday, October 21 – CLSR, Rooms by Division
Seminar 5 (Small-Group Session): Leadership Development
- Thursday, November 4 – CLSR, Rooms by Division
Seminar 6 (Small-Group Session): Title IX
- Thursday, November 11 – CLSR, Rooms by Division
Seminar 7 (Small-Group Session): Diversity, Equity, and Inclusion
- Thursday, November 18 – Rizza
Seminar 8 (Large-Group Session): “This I Believe” Presentations
- Thursday, December 2 – CLSR, Rooms by Division
Seminar 9 (Small-Group Session): Semester Wrap-Up, Feedback, and Evaluation

Small-Group Meeting Locations

- Division 3E: CLSR 202
- Division 4E: CLSR 101
- Division 1M: CLSR 203
- Division 2M: CLSR 103
- Division 3M: CLSR 102
- Division 4M: CLSR 201



Appendix D - Transfer Cadet Event and Meeting Schedule

Transfer cadets are required to participate in the All-Academy Events and Large-Group Sessions that are part of the First Year Experience program. Additionally, transfer cadets are strongly encouraged but not required to participate in the Small-Group Sessions to get additional time with their division and have access to the support from their Corps leadership and campus faculty and staff members.

Required All-Academy Events and Large-Group Sessions

- Tuesday, September 7 – Rizza
Academy-Wide Event: Convocation
- Tuesday, September 14 – Rizza and Quad
Seminar 1 (Large-Group Session):
Watchstanding and Unpacking Orientation
- Tuesday, September 21 – Rizza
Seminar 2 (Large-Group Session): Academic
Advising and Financial Aid
- Thursday, September 23 – Quad
Academy-Wide Event: Academic Awards
Ceremony
- Thursday, November 18 – Rizza
Seminar 8 (Large-Group Session): “This I
Believe” Presentations

Recommended Small-Group Sessions

Divisions 1D, 2D, 3D, 4D, 1E, and 2E

- Tuesday, September 28 - Seminar 3
Alcohol Education and Bystander Intervention
- Tuesday, October 12 - Seminar 4
Personal Identity and Values
- Tuesday, October 19 - Seminar 5
Leadership Development
- Tuesday, November 2 - Seminar 6
Title IX
- Tuesday, November 9 - Seminar 7
Diversity, Equity, and Inclusion
- Tuesday, November 30 - Seminar 9
Semester Wrap-Up, Feedback, and Evaluation

Divisions 3E, 4E, 1M, 2M, 3M, and 4M

- Thursday, September 30 - Seminar 3
Alcohol Education and Bystander Intervention
- Thursday, October 14 - Seminar 4
Personal Identity and Values
- Thursday, October 21 - Seminar 5
Leadership Development
- Thursday, November 4 - Seminar 6
Title IX
- Thursday, November 11 - Seminar 7
Diversity, Equity, and Inclusion
- Thursday, December 2 - Seminar 9
Semester Wrap-Up, Feedback, and Evaluation



Appendix E - Facilitator Teams

| Team 1 - Division 1D | | Team 7 - Division 3E | |
|----------------------|---------------------------------|----------------------|-----------------------------|
| 1D DIVCOM | Kyle Kielty | 3E DIVCOM | David Jiron |
| RHO | Jake Banich | RHO | JC Marshall |
| CLD Staff | Vineeta Dhillon | Marine Programs | Jess Ryals |

| Team 2 - Division 2D | | Team 8 - Division 4E | |
|----------------------|------------------------------|----------------------|---------------------------------|
| 2D DIVCOM | Kyle Collins | 4E DIVCOM | Sarai Alonso |
| RHO | Chase Latson | RHO | Maddie Dack |
| CLD Staff | Siobhan Case | CLD Staff | Anthony Konecni |

| Team 3 - Division 3D | | Team 9 - Division 1M | |
|----------------------|----------------------------------|----------------------|--------------------------------------|
| 3D DIVCOM | Julia Mast | 1M DIVCOM | Cailen Arnold |
| RHO | Toni Alvarez | RHO | Noah Tuitavuki |
| CLD Staff | Mac Griswold | CLD Staff | Lennon Prothro-Jones |
| CLD Staff | David Taliaferro | | |

| Team 4 - Division 4D | | Team 10 - Division 2M | |
|----------------------|-----------------------------------|-----------------------|----------------------------------|
| 4D DIVCOM | Avery Steinhilber | 2M DIVCOM | Matthew Suarez |
| RHO | Johnny Ferguson | RHO | Hanna Parrah |
| CLD Staff | Ryan Rodriguez | CLD Staff | Carissa Lombardo |

| Team 5 - Division 1E | | Team 11 - Division 3M | |
|----------------------|---------------------------------|-----------------------|-------------------------------------|
| 1E DIVCOM | Erwin Hernandez | 3M DIVCOM/RHO | Daniel Gonzales |
| RHO | Tiara Supakit | 3M XO | Sam Sniffen |
| CLD Staff | Josie Alexander | CLD Staff | Danielle Pelczarski |

| Team 6 - Division 2E | | Team 12 - Division 4M | |
|----------------------|--------------------------------|-----------------------|--|
| 2E DIVCOM | Angel Bermudez | 4M XO | Alicia Porter-Villalobos |
| RHO | Zach Crawford | RHO | Jacob Pina |
| CLD Staff | King Xiong | CLD Staff | JoEllen Myslik |





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