Ebony Carlisle

• BIMS Academic Advisor III
• B.S in Biomedical Sciences, Grand Valley State University
• M.S in Higher Education Administration, Texas A&M University
• 5 years Higher Education Experience
  • All from Texas A&M University
• 1 year experience teaching FYE courses
• My favorite part about my job is problem solving
Michael Black

- BIMS Academic Advisor III
- B.S in Public Relations, Mississippi State University
- M.S in Higher Education Administration, Bay Path University
- Ph.D. in Higher Education Administration, Texas A&M University (anticipated 2024 graduation)
- 18 years Higher Education Experience
  - East Mississippi Community College
  - Mississippi State University
  - Texas A&M University (November 2018-present)
- 5 years experience in teaching FYE courses
- Favorite part about my job is helping students find their passion
Anibal “BJ” Espinoza, Peer Mentor

- Second Year BIMS Student
- Career Goal- Flight Surgeon in the US Air Force, then become a cardiothoracic surgeon
- BSA Human Medicine Member
- BUILD Volunteer
- Mentor for Mentoring Youth and Exposure to Medicine (MYE2M) Program
- Pre-Med Society Member
- Senior Friends Member
- Latino Medical Student Association Pre-med Latino Undergrad Society (LMSA PLUS)-Social Chair Officer
- Hobbies-Fishing, hunting, hiking, reading books outside
Darrell Quichocho, Peer Mentor

- Second Year BIMS Student
- Career Goal- Pediatric Surgeon
- BIMS Delegates
- Progressively Reaching Excellence in Professionalism (PREP)-Leadership Development Executive
- BSA Human Medicine Officer
- Hobbies-All things Fitness! Hiking, weight lifting, running, swimming, and long walks
- Fun Facts- I was born in Fairfield, California and I am Pacific Islander, specifically Guamanian
Goals of this Presentation

➢ Goals entering 2019-2020 Pilot Cohort
➢ Success/ Learning Points from Pilot Year
➢ Hear from Peer Mentors (both members of the first-year pilot cohort)
➢ Our plan/ processes for 2020-2021 AY
➢ Suggestions and helpful hints for your FYE course
2019-2020 Pilot Year Goals

Goals Entering Pilot Year:

- Have Fun
- Build Community
- Family Atmosphere
- Safe Space Environment
- Value Added Content
- Diversity and Inclusion
- Peer Mentor Focus and Interaction
- Focus on University Retention, not Major Retention
- Utilize and Educate on TAMU Resources
2019-2020 Pilot Year Reflections

- Two 25 student FYE classes
- Optional for students to register at NSC
- Filled very quickly
- Class met once a week for 50 minutes
- Students wanted more time together!
- Students loved small group discussion and activities
- Utilized formative and summative mid-term and end-of-term assessments to flex the courses to student feedback
- Peer Mentors were invaluable
- Important to have a plan for class, but be flexible
2019-2020 Pilot Year Results

Retained all but one student at TAMU= 98% Retention Rate of Year 1 Cohort
Student left due to health complications
Re-enrolled for Fall 2020

➢ “This course is so open and instructors are easily approachable. A positive environment.”
➢ “I like that we are all first-year students and can relate to the same things.”
➢ “It helps me to feel not alone in my struggles and that I have support.”
➢ “Encouraged my mental wellness.”
➢ “The concept of the failing and falling forward was helpful to me.”
➢ “Talking about stress and the speech about failure. It encouraged me to step out of my comfort zone.”
➢ “It helps freshmen get connected to campus resources and is a good support group.”
ABCs of an Intentional FYE

A: Adaptable

➢ Give yourself grace
➢ Know your audience/students
➢ Try new things
  • Kahoot
  • Pollseverywhere.com
WHICH DIMENSION OF WELLNESS IS MOST IMPORTANT TO YOU?

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<thead>
<tr>
<th>Dimension</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Emotional</td>
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<tr>
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<tr>
<td>Intellectual</td>
<td>4%</td>
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<tr>
<td>Occupational</td>
<td>4%</td>
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<tr>
<td>Physical</td>
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<tr>
<td>Social</td>
<td>8%</td>
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<tr>
<td>Spiritual</td>
<td>19%</td>
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WHICH DIMENSION OF WELLNESS DO YOU NEED TO IMPROVE ON?

<table>
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<tr>
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<tr>
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<td>Spiritual</td>
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ABCs of an Intentional FYE

B: Break the silence

➢ Use your peer mentors
  • Creative Ice Breakers
  • Classroom Cheers

➢ Ask the opinion of those that may not speak

➢ Advocate for the students
ABCs of an Intentional FYE

C: Communicate

➢ Set classroom expectations
➢ Use your peer mentors (they are valuable)
  • Groupme
➢ Share knowledge, be proactive
## Fall 2020 Course Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>August 19</td>
<td>Community Building</td>
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<tr>
<td>August 26</td>
<td>BIMS Advising</td>
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<tr>
<td>September 2</td>
<td>Well-Being (Hullabaloo U)</td>
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<td>September 9</td>
<td>Peer Mentor Day</td>
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<td>September 16</td>
<td>Alcohol and Drugs</td>
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<tr>
<td>September 23</td>
<td>Student Success Panel</td>
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<td>September 30</td>
<td>Resources/Student Success (Hullabaloo U)</td>
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<td>October 7</td>
<td>Faculty Panel</td>
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<td>October 14</td>
<td>Healthy Relationships (Hullabaloo U)</td>
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<td>October 21</td>
<td>Respect and Inclusion (Hullabaloo U)</td>
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<td>October 28</td>
<td>Resource Community Building (Family Feud)</td>
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<td>November 4</td>
<td>Class Registration</td>
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<tr>
<td>November 11</td>
<td>Scholarships and Financial Aid</td>
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<td>November 18</td>
<td>Community Building</td>
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ADD A LEVEL OF CARE

I just realized that you are a first generation student, and so was I! I wanted you to know that if you ever needed to talk to me about anything that I am here. It is very commendable that you are first in your family to go to college, but it can also be a lot of pressure and a lot of hard work. Stay strong during midterms! You got this!!
Questions?