**FTS 100: First Term Seminar**

***Sport Psychology: An Introduction***

Co-Curricular Activities

**What is the Co-Curricular Activities assignment?**

Gustavus Adolphus College offers diverse activities and this assignment will provide you with an opportunity to familiarize yourself with these activities.

**What are my responsibilities for the Co-Curricular Activities?**

* By the end of the fall semester, attend **FIVE** activities offered by Gustavus Adolphus College. Please see below for some possibilities. If you would like to attend an activity that is not listed below, you must check with the professor prior to the activity.
	+ **Play** or **dance** (Department of Theater and Dance)
	+ **Concert** (Fine Arts Program or Department of Music)
	+ **Athletic event** (excluding participation and intramurals)
	+ **Public lecture** (any academic department); *Note: Attendance at Nobel Conference lectures will be used for another activity in this course*
	+ **Christmas in Christ Chapel**
* Write a short summary paper. This summary needs to be to:
	+ Be double-spaced, typed, and approximately 1-2 pages
	+ Include a description of the activity (summary of the events and why you decided to attend this particular activity)
	+ Be submitted to the professor, in person during class, within one week of the activity. Papers submitted after a week of the activity will not be accepted.

**How will I be graded on this assignment?**

* Each short summary paper will be graded on a five point rubric:

|  |  |  |  |
| --- | --- | --- | --- |
|  | 1 | 2 | 3 |
| **Summary**  | Paper does not accurately summarize event and/or describes why attended | Paper superficially summarizes event and/or describes why attended | Paper sufficiently summarizes event and/or describes why attended  |
| **Readability & Convention** | Paper’s meaning is impeded due to errors in grammar, usage, spelling and punctuation. | Paper contains a few (if any) minor errors in grammar, usage, spelling, | XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX |