

# Qualitative Findings for Bulldog Foundations

Would you Recommend Bulldog Foundations to incoming first-year students?

Yes: 100

Maybe: 11

No: 11

## Excerpts from Final Letters

### Yes

1. I would recommend this course because it helps you learn about equity and inclusion at drake which helps you feel more at home and keeps you educated more about Drake. You learn new things about yourself as a student and person and although it may be difficult to realize and change habits about yourself it really does help you grow as a student. I would also recommend this course because it prepares you for the reality of college and gives you tools to be able to handle those uncomfortable situations, that can occur, and gives you ways that help you be more comfortable. This course is great because it really does help you become a better student, better educated and since there is not a lot of course work it doesn't get in the way of other classes.
2. I would recommend you taking Bulldog Foundations because it is a good class. It is kind of common sense but it's good for discussion and to hear other people's thoughts, especially if you are closed minded. I liked the class but I also think there could have been better topics discussed like mental health. I also think a lot of topics were tip toed around and I just feel like if we're taking the class, it should be completely open and say everything without having to tip toe around topics. (ex sexual assault)
3. It's a fantastic course to teach you how to build a strong mindset and daily routine not only for college, but life in general. And finally, it's an excellent place to meet some new classmates, who you will find out during the course that they have many things in common with yourself. Just remember, You're Not Alone.
4. One thing I appreciated about this class and what was able to help me as a student, was goal setting. At the beginning of the class we made a SMART goal for ourselves and periodically checked-in on how we were doing... One thing that I learned that I will always have in the back of my mind, is the idea that some stress can be good. Not all stress is bad for you, it's only bad if you make it that way. If you didn't have any stress in your life, you might not have the urgency to get things done on time. This lesson helped me look at a different perspective and realize situations are what you make of them. I would recommend this class to first-year students because it is a class to help you succeed and is a relatively easy credit.
5. To any first year students considering this course, I would say take it. The 10 week, one credit course is low stress and quite helpful, not to mention the fact that the assignments are incredibly easy. Bulldog Foundation offers a nice break in the midst of what may seem like an extremely hard first semester at Drake.
6. This class welcomed me to Drake and to the real world as we covered topics such as inequality, relationships, and sexual assault. This was probably the part of the course that was the most challenging for me because although I had always known about these things I had never acknowledged them.

7. I would highly recommend taking this course because, regardless of how 'woke' or how 'well versed' in life you think you are, you're really not. We're starting to condition ourselves to fear talking about important and often times sensitive topics. Sometimes we surround ourselves with like minded people but rarely ever have the chance to hear or explore other perspectives or give a chance to it. Also, we've let social constructs like race, class, ethnicity, nationality etc. divide us. We think because we don't look or do certain things someone we consider different from us does, that we share no relation or similarities. Being exposed to a forum like this gave me not only the space to voice against stereotypes, or to even just have my points be heard and validated, improved my confidence in my self beliefs but also welcomed me to the idea of fresher perspectives.
8. This course I would say was fairly easy, assignment wise, but there will be days where the topic you are talking about isn't going to be easy and may even feel uncomfortable, in that moment. The topics the professors choose aren't meant to be easy topics to think about, they have thought provoking questions that sometimes I couldn't or didn't want to answer or talk about. But besides the really heavy topic that we talk about I think that Bulldog Foundations is a course that is worth your while. Bulldog Foundations to me at first was a joke. I didn't see a point in it, but I still showed up to class and I'm glad I did. This class helped me figure out where I could go for help, with my school work, or even personal problems, if I needed the help. The course also bettered by study habits and really help me find a set schedule that worked for me so I didn't feel so disorganized. But most importantly this course made me feel like I had a sense of belonging here at drake and that I'm not alone, that the faculty here at Drake really care about you and want to see you succeed and are willing to help however they can. In the beginning of this course if you were to ask me if Bulldog Foundations we worth taking my answer probably would have been no. But now as the end of the semester is ending I would encourage you to take Bulldog Foundations because you won't be disappointed.
9. I would recommend taking the course because the coursework was manageable, but we learned a lot about Drake and ourselves along the way. One of the most important take-aways that I ask you to remember is to keep your support network in mind. They are the people who are the most accessible to you and who are in the best position to assist you in your college journey.

## No

1. Don't take Bulldog Foundations. This class was a waste of time, it was shown off as a course to take to learn more about how to do well in college and how to fully utilize the Drake resources. Instead of this we got 10 weeks of equity and inclusions talks that teach you nothing about how to do better at college... If you were accepted into Drake odds are that you already accept other people and their cultures, as a result this class will teach you nothing. The ideas and lessons taught in this class are obvious and straightforward assuming that you aren't a bigot.
2. Overall, everything that this course was supposed to teach was a lost cause from the beginning. As Drake students, we are all inherently bright enough to know what the class was supposed to teach us. If somebody were to transfer to another university, Drake does not allocate this credit toward my degree, so no other university would transfer this credit to their own institution either. In short, though I am certain the intentions for this class were good, I gained nothing from it. I simply lost sixty dollars and time to sitting in a classroom and reading a simply editorial book. To all incoming freshmen, this class is inherently flawed. Unless this class is restructured from its foundation, I as well as other students in this class implore you to not spend your time or money. Utilize your time in a way that will work toward your degree and ultimately, your future. Best of luck, freshmen. You are already at Drake, so I am certain you will succeed.
3. The challenging part about the course was finding the motivation to go to it. Being a science major it was really hard to prioritize it over my other classes as I did not find it as important since it is just a pass or fail class, and I had it on Tuesdays which was the day of my chemistry and biology exams. I personally would not recommend any one to take this course as I did not feel like I learned enough for it to be beneficial. The classes never discussed anything truly new that I had never discussed before, and over all I found the material uninteresting compared to the other classes I was involved in throughout the semester.

4. Personally, I would not recommend this class, but only because I do not care much to discuss a lot of societal issues with people who I recognize as close-minded, despite their claim of open-mindedness. And what I mean by this is often people will say that they are open-minded and place themselves in discussions to only push their opinion without properly taking into consideration the other person's experiences and evidence they are providing; rather they choose to invalidate, interrupt, and repeat themselves to the point where they have made their own point confusing and illogical. So if you like echo-chambers and confirmation bias, take the class.

### Maybe

1. The most challenging thing to me was reading "Between the World and Me." This book was very all over the place and for my background it was really hard to connect to. I think that other people would connect more, and this could be a really good book, but it just wasn't a good book for me. I would recommend this course if it was made shorter. I think that some of the topics could be combined to make the class shorter. I also think that the amount of time the class meets could be shortened. My high school was very diverse and good about educating us being kind to everyone. This is a big thing in this course, kindness and respect.
2. With all of that said, in my opinion, there were more downs than ups to taking this course. When I was told about the course, there was a lot of emphasis on how it would focus on tips, habits, and skills to improve your abilities as a student to get through college. When I heard that, I thought it was going to focus on study techniques, how to navigate class, tips that upper classmen had with taking some courses. In actually taking the classes, we did talk about some of those things, but a lot of the class topics centered around diversity/inclusion, sexual assault, relationships, stereotypes, and bystander intervention. In no way am I saying or even suggesting that these aren't important topics to talk about or cover; not in the slightest. But I didn't sign up for the class because of those topics, and that is why I didn't enjoy the class as much as I thought I would.
3. Hello first year, bulldog foundations was an okay course not too bad not just too great. Mostly that way for me because I felt I talked about the same things as when I came in for flight also my first year seminar class. They talked about most of the same things you'll hear all through your first year such as equity and inclusion, being a bystander, and microaggressions. Besides that it was a very helpful class we did the bulldog success plan and it is a really good way to map out your goals and plans. Also did this schedule thing that helped me showed I have lots of time but I wasn't being productive with all my time. I have been using it to help keep me on schedule and it has made my grades improve greatly. What I found challenging about this course was trying to listen to others' opinions when I did not necessarily agree. I would recommend others take this course it is a great way to build substance in your first years and also help us teach sensitivity to our first years. The only thing that surprised me is that we didn't actually talk much about the book and I assumed that would be the main theme of the class.
4. Overall, I wouldn't completely recommend this course. If it is a class full of discussion, then I'm sure the experience would be much better than my own, in which participation was low and the learning experiences were not as wide as they could have been. If you need an extra credit, then sure, this is a good class to do that. This simply is a class that is important for people to take if they don't already have a growth mindset or are struggling to understand the importance of diversity, equity, and inclusion on campus. If you are someone who already has these skills, I don't think this class is worth it.

