UNIV 1010
SEMINAR ON COLLEGE SUCCESS
UNIVERSITY OF LOUISIANA-MONROE

Description: Focuses on critical skills and competencies to help students become more academically successful; requires individual meetings with mentor and classroom attendance.

About UNIV 1010: ULM’s Seminar on College Success is a course designed to help students become more academically successful. The skills and competencies taught and the assignments required will supplement the learning taking place in students’ semester course load. This means that any time spent outside the classroom will be spent on skills/exercises that will benefit, rather than detract from, students’ ability to be successful in their other classes. The semester will be broken into class sessions and mentoring sessions focusing on critical skills and understandings related to college success. Class sessions will be comprised of presentations and discussions. In mentoring sessions, students will attend a one-on-one session with a mentor (Adam McKeever-Burgett), where conversation will center on key themes presented in class and other topics depending students’ needs/desires.

UNIV 1010: 1 hour credit
Meeting Time:
Meeting Place:
Instructor: Adam McKeever-Burgett
Office: Student Success Center, 125
Telephone: 318.342.3667 Email Address: mckeever-burgett@ulm.edu
Office Hours: email or call to schedule appointment

Text: Motivation and Learning Strategies for College Success: A Self-Management Approach 2nd edition by Myron Dembo. This text is currently available on Amazon.com in both hardcopy and Kindle editions (Kindle editions are currently $30 to purchase or $12 to rent for 120 days. Amazon Kindle books are accessible to all students through the Amazon Cloud Reader – a web-based application accessible through Google Chrome or Mozilla Firefox web browsers, which are loaded on all SSC lab computers.

Other Resources:
Articles (all on Moodle):
- “Adapting for Success: Using Ronald Heifetz’s Teachings about Change in Response to the Challenges of College” by McKeever-Burgett, 2012
- “14 Habits of College Students“ from Secrets of College Success by Lynn Jacobs and Jeremy Hyman
- “The 11 Secrets of Getting Good Grades in College” from Secrets of College Success by Lynn Jacobs and Jeremy Hyman
- “Don’t! The Secret of Self-Control
- “Choosing Vocation: The Importance of Choosing a Major You Like” by McKeever-Burgett, 2012
- “The Myth of Multitasking” by the Atlantic Monthly
- “Stress and the College Student” by NHM
Course Goals/Objectives: At the end of this semester, learners will be able to:

- Identify the pitfalls, shortcomings, and behaviors that led to their unsatisfactory academic progress during their first semester at ULM
- Analyze and explain the processes related to human learning and motivation
- Evaluate, select and utilize effective strategies for time management, setting and prioritizing daily and long term goals, preparing for and executing the various methods of assessment used at the college level, and using and reviewing assessments for further learning.

Class Policy: Learning cannot take place if the learner is not in class, is ill prepared, or is not paying attention. Therefore, you are expected to attend every class on time, and you should be prepared to contribute to the classroom learning experience. In case of absences, documentation meeting University Policy criteria must be presented to the instructor in order to make up missed assignments.

**The absentee policy set forth in the University of Louisiana at Monroe Undergraduate Catalog 2012-2013 will be strictly adhered to (specific information addressing freshmen and sophomores).**

Cell Phone Policy: Cell phones should be turned off or set to vibrate only when in academic buildings (including the University Library) and may be used only in restrooms, group study rooms, and offices. Text messaging may be used throughout the Library (with the exception of the classrooms) provided that no audible sound is used to notify the recipient. All people carrying cell phones into a classroom, laboratory, or clinic must turn off and store (e.g., in a backpack, purse, phone holster, or other similar item) their phones prior to entering the room. Cell phones are not allowed on desk or table tops. If there is an extenuating circumstance that requires the cell phone to be on during a class, the student must obtain permission from the instructor prior to the beginning of class and must operate the phone in a silent (vibrate only) mode. Each instructor may further restrict the use of cell phones in class and may determine the consequences for violations of this policy. People who violate this cell phone use policy may be asked to leave the building.

Class Attendance: Regulations/Excused Absences:

1. Class attendance is regarded as an obligation and a privilege, and all students are expected to attend regularly and punctually all classes in which they are enrolled. Failure to do so may jeopardize a student’s scholastic standing and may lead to suspension from the University.
2. Any student who is not present for at least 75% of the scheduled class sessions in any course may receive a grade of W if this condition occurs prior to the last day to drop a course or a grade of F after that date.
3. Any University-related activity requiring an absence from class will count as an absence when determining if a student has attended 75% of class meetings.
4. Students are responsible for the effect absences have on all forms of evaluating course performance. Thus, the student is responsible for arranging the allowed make up of any missed work.

Grading Scale:
Developmental Grading
Based on 500 semester points

450 – 500 pts = 90% - 100% = A
400 – 449 pts = 80% - 89% = B
350 – 399 pts = 70% - 79% = C
0 – 349 pts = 0% - 69% = NC

Required Activities:
Weekly Goal assignments (10 pts each)  10 points x 12 weeks = 120 pts
Weekly Schedule assignments (10 pts each)  10 points x 12 weeks = 120 pts
Individual Session Assignments (40 pts each)  40 points x 4 assignments = 160 pts
Participation/ Attendance (10 class sessions, 6 individual)  100 pts

UNIV 1010 Class Breakdown

Week 1 –  Presentation: Understanding Academic Probation, TOPS, and Syllabus
Week 2 –  Presentation: Understanding Academic Change
Reading: Adapting for Success: Using Ronald Heifetz’s Teachings about Change in Response to the Challenges of College” by McKeever-Burgett, 2012 and “14 Habits of College Students“ from Secrets of College Success by Lynn Jacobs and Jeremy Hyman
Individual Sessions this week

Week 3 -  Presentation: Understanding Motivation and Goal Setting Workshop
Reading: Dembo, pp 53-82 and 93-107

Week 4 -  Presentation: Behavioral Strategies – Time Management, Prioritization, Management of Physical and Social Environments
Reading: Dembo, “The Myth of Multitasking” by the Atlantic Monthly (on Moodle), Dembo 165-183
Individual Sessions this week

Week 5 -  Presentation: Understanding Learning and Memory
Reading: Dembo, pp. 29-47

Week 6 -  Presentation: Learning from Textbooks
Reading: Dembo, 189-202
Individual Sessions this week

Week 7 -  Presentation: Learning from Lectures
Reading: Dembo, 217-233

Week 8 -  Presentation: Preparing for, Taking, and Assessing Exams
Reading: Dembo, 237-274
Individual Sessions this Week

Week 9 -  Presentation: Understanding Vocation/ Profession
Reading: “Choosing Vocation: The Importance of Choosing a Major You Like” by McKeever-Burgett, 2012
Week 10 - **Presentation:** Self-Care and Finishing Strong  
**Reading:** Stress and the College Student” by NHM  
**Individual Sessions this week**

Week 12 - **Individual Sessions this week**

*All aspects of this syllabus are subject to change.*