

STRATEGIES AND LIFE SKILLS NEEDED FOR SUCCESS
UNIV 1103 (10 week course)
Fall, 2009

Catalogue Description: *UNIV 1103 - Strategies & Life Skills Needed for Success - provides students with a better understanding of their personal abilities, interests, and competencies and assists to ascertain how these aspects of one's self enhance or hinder academic performance. Students will develop effective plans to overcome barriers to academic success.*

Course Purpose: *This course is designed to promote self-awareness in order to facilitate life-skills of success and achievement.*

Credit: 2 hours.

Class Time & Location: TR 11:00 - 12:15 & TR 12:30 - 1:45 Journalism 515

Instructor: Karen Larson, Ph.D. Assistant Professor & Counselor.

Office: 211 Milledge Hall

Telephone: Office: 706-542-0465

Email: krlarson@uga.edu

Office Hours: Monday 3:00-4:30 pm & Tuesday 3:00-4:30 pm and also by appointment.

Required Text: Second Edition. Ginter, E. J. and Glauser, A. S,

Life Skills for College: A Curriculum for Life. Kendall/Hunt Publishing Company, 2005.
You must purchase a new text as workbook pages may be missing from old copies.

Required Supplies: *Loose Leaf Notebook Paper and a Folder for keeping materials;*

Required Items on Project Date: *Magazine(s), scissors, glue stick.*

***Your text and all of your class materials must be brought to class everyday.*

****General Information/Attendance Policy:** *This class adheres to the attendance policy of the Division of Academic Assistance. After 3 absences a student may be automatically withdrawn from the class. This professor also reserves the option to an automatic withdraw by lowering a student's final grade one full letter grade if a student has not met the Attendance and Class Participation requirement. Attendance is essential as class participation is vital to the composition of the course. Students who fall asleep, are using their lap tops, reading the paper, completing puzzles, answering cell phones or completing other coursework after class has begun will be marked absent. Students arriving after class has begun are responsible for seeing the professor after class to have the "absence" changed to a "tardy." Three tardies equals an absence. You are responsible for assignments whether or not you are in class the day they are assigned or are due. You are welcome to see me during office hours to get missed handouts and assignments. All course work may be submitted until 5 pm the day it is due, and afterwards, it will not be accepted. The midterm and the final are essay exams. They may only be rescheduled for emergency purposes.*

Larson, cont. syllabus.

Assignments and Expectations: *You are responsible for assignments whether or not you are in class the day they are assigned or the day they are due. If you are going to miss class for any reason and wish to receive credit for the assignment due that day, you must get the assignment to me by 5:00 pm on the day it is due. No assignments will be accepted electronically. Work will only be accepted late if you have a documented emergency and have contacted me on the same day as you missed class. There will be no make up quizzes without prior communication and consent from Dr. Larson before the scheduled test time.*

Grading:

Attendance and Class Participation: 20 points

Identity & Career Research/Reflection Paper: 20 points
(including completion of GCIS & TYPEFOCUS Computerized Assessments,
and submission of quality text book exercises.)

**You will receive instructions regarding the completion of these assessments.
Both assessments must be completed by _____*

Midterm 20 points

Project: Mandala, Existential Collage and Presentation 20 points
Composition & Presentation

Final Exam: 20 points
100 points

Grade Distribution:

A = 93-100	B = 83-86	C = 73- 76
A- = 90-92	B- = 80-82	C- = 70 -72
B+ = 87-89	C+ = 77-79	D = 60-69
		F = < 60

****The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.*

University Honor Code: All students are responsible for maintaining the highest standards of honesty and integrity in every phase of their academic careers. The penalties for academic dishonesty are severe and ignorance is not an acceptable defense. "Academic Honesty" means performing all academic work without plagiarism, cheating, lying, tampering, stealing, receiving unauthorized or illegitimate assistance from another person, or using any source of information that is not common knowledge. "Academic Honesty" means knowingly performing, attempting to perform, or assisting any other person in performing any academic work that does not meet this standard of academic honesty. Assistance by another, when authorized by the Faculty Member, will not be considered academically dishonest, nor will using information that is fairly attributed to the source.

* All academic work must meet the standards contained in "A Culture of Honesty." Students are responsible for informing themselves about those standards before performing any academic work.

http://www.uga.edu/ovpi/academic_honesty/academic_honesty.htm until Aug. 22, 05.

<http://www.uga.edu/ovpi/honesty/acadhon.htm> after Aug. 27, 05

UNIV 1103 (10 week course)

Fall, Semester, 2009

Syllabus Dates, Larson

Tues. Aug. 18, 09

Topic: Introduction and Course Overview.

Exploring Self-Composition, “Existential” Considerations.
& The Life-Skills Wheel

Assignment: Purchase your text and your course materials.

Read Chapter 1. Complete Exercise 2: *The Life Skills Assessment/ Inventory College Form* and the accompanying *Life Skills Wheel*. Leave the Wheel in your textbook.

****Keep all assigned/completed exercises in your text as they will be utilized throughout the course. They will be submitted at a later date.*

Thurs. Aug. 20, 09

Topic: Discovering Chickering and the College Experience.

Life Skills Wheel Discussion

Assignment: Read Chapter 2, Motivation,

Complete Chpt. 2 Exercises pgs. 51-53.

**Reflection: what are the “Existential Questions with which I am wrestling?”*

Tues. Aug. 25, 09

Topic: Exploring Motivation: Realignment & Enhancement. Chpt. 2

“Seven Steps for Motivating Success.”

**Reflection: what am I discovering about my varied levels of motivation?*

Thurs. Aug. 27, 09

Topic: Enhancing Self-Management by Time-Management. Chpt 3.

Assignment: Complete the Exercises that we begin in class.

Tues. Sept. 01, 09

Topic: Creating a Repertoire of Strategies. Chpt. 4.

Assignment: Complete the Exercises that we begin in class.

Thurs. Sept. 03, 09

Topic: Identifying Learning Styles, Channels of Processing
& Personality. Chpt. 5 & 6.

Assignment: Complete Chpt. 5 Exercises pgs. 123-125.
and Chpt. 6 Exercises pgs.145-153.

Tues. Sept. 08, 09

Topic: Perfecting Test-Performance. Chpt. 7.

Assignment: Complete Chpt. 7 Exercises pgs. 179,180.

**Reflection: how do I generally navigate through my responsibilities and anxieties?*

Thurs. Sept. 10, 09

Topic: Enlisting Effective Problem Solving and Critical Thinking.
Critical Thinking Film. Chpt. 8

Assignment: Complete Chpt. 8 Exercises pgs. 201-204.

**Reflection: how do I understand my personality type is impacting my decision-making?*

Larson, syllabus dates, fall 2009, page 2.

Tues. Sept. 15, 09 Topic: Clarifying Values and Relationships. Chpt. 10.
Embracing Holism: An Approach to Wellness. Chpt. 12.

**Reflection: how are my values being expressed in my relationships?*

Thurs. Sept. 17, 09 Topic: Understanding and Managing Stress.
Review for Mid-term. A handout will be provided during class.
Assignment: Complete Chpt.13 Exercises pgs.325-330.

**Reflection: what is my 'appearance' when I function out of a preference for wholeness and well-being?*

Tues. Sept. 22, 09 Topic: **Mid-Term**

Thurs. Sept. 24, 09 Topic: Exploring Careers: Finding a Complement.
Assignment: Complete Chpt.14 Exercises pgs. 349-356.
Identity Career Research Reflection Papers will be assigned. They are due Oct. 22, 08.

Tues. Sept. 29, 09 Topic: TBA. Navigating Options with Career Consultant Mr.
Charles Perry. Meet at Clarke Howell Hall, 2nd Floor Lobby,
Career Center, Lumpkin Street.

Thurs. Oct. 01, 09 Topic: Exploring Self in the Group Context. Group Film.

Tues. Oct. 06, 09 Topic: Examining Issues of Gender, Diversity and
Multiculturalism

Reflection: how does my 'self' translate in culturally diverse domains?

Thurs. Oct. 08, 09 Topic: Composing a World View.
"The Existential Domains of Inquiry."

Tues. Oct. 13, 09 Topic: Creating and Interpreting Mandalas
The Take-Home Final will be distributed in class today. It is due Thurs. Oct. 22.
All assigned text exercise pages are to be completed, clipped together and
submitted with your final in a thin folder.

**Reflection: What is new? Changing? Transforming?*

Thurs. Oct. 15, 09 Topic: Constructing Existential Collages.

Tues. Oct. 20, 09 Topic: Presenting Mandala & Existential Collage Compositions.

Thurs. Oct. 22, 09 Topic: Course Evaluations. The Research/Reflection Paper, Take-
Home Final and all accompanying text pages must be turned in at the start of class.
