College Success Skills: LEAP Education 107 Sec. 7 Wednesdays 6-6:50, Room 018F, Albertson Hall Fall 2017

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Course Description:

Learn about and employ college success strategies, develop an understanding of how higher education and UW-Stevens Point operates, make connections with UWSP peers and the broader Portage County community, and learn about the City of Stevens Point and Portage County offerings.

Student Learning Outcomes:

Upon successful completion of this course, students will have:

- A working knowledge of college success skills
- Applied college success skills to your own effective, academic plan

Course requirements (to pass this class):

- 1. Attendance and Participation: Engage yourself in the learning process. You will only get out of this class what you put in. You are allowed two absences. It is your responsibility to email me to get the homework assigned that day. You must complete all homework assignments, regardless of your attendance.
- 2. **Reflective Writing:** I'll be asking you to journal throughout the next 8 weeks. Journaling is a fantastic way to investigate your own thinking. Journals that are completed satisfactorily are one page, typed, and show real thought into the topic. Reflections will be handed in via the Dropbox on D2L. You must complete all the journal assignments, even if you have missed a class.
- **3.** Assignments: There will be several assignments that reflect the topic for that week. You are required to complete all the assignments, <u>even if you have missed a class.</u>

Tentative Semester Course Schedule

Week		What?
1	Sept. 6	Answering Questions
		 Discussing Challenges and Successes
		Goal Setting HW: Post Goals
		Thank You Cards to Partner Families
		T-Shirt Design Conversation
		HW: Set up Midterm Grade Report Request Forms
		HW: Syllabi into planners
2	Sept. 13	Chancellor's Visit (4-4:45)
3	Sept. 20	 Individualized TLC Services Options
		 College Success Skills (including Time Management)
		 Discussing Challenges and Successes
		HW: Pick 4 college success skills to implement, write a reflection
		on whether or not they work
4	Sept. 27	Choice of Climbing Wall/Open Rec/Pool
5	Oct. 4	Preparing for Midterms (Exams and Papers)
		Test Taking Strategies
		Using Syllabi for Grade Calculations
		Overcoming Test Anxiety
		 Discussing Challenges and Successes
		 HW: One thing each day that scares you and reflection
6	Oct. 11	 Attend Soccer Game (4pm) or Volleyball Game (7pm) or other SPIN Activity
7	Oct. 18	Maintaining Our Mental Health – Understanding and Managing
-		Stress and Anxiety
		Discussing Challenges and Successes
		• HW: One thing each day that helps another and reflection
8	Oct. 25	Team Building Activity
9	Nov. 1	Overcoming Failure – Using Failure as a Tool
		Discussing Challenges and Successes
10	Nov. 8	Snow shoeing/skiing if there is snow? Team building otherwise
11	Nov. 15	Chancellor's House for meal
12	Nov. 22	NO CLASS, Thanksgiving
13	Nov. 29	Reflection – Lessons Learned
		Discussing Challenges and Successes
		HW: Write a reflection on your time so far at UWSP, goals to
		improve for the rest of the semester, next semester
14	Dec. 6	 Preparing for Finals (Exams and Papers)
		Discussion Challenges and Successes
15	Dec. 13	Study Table – Final Exam Prep
		Discussing Challenges and Successes

Accommodations:

If at any time you require accommodations due to learning or health issues, please speak with me and appropriate modifications will be made to ensure that you have a positive and successful semester.

UWSP Community Bill of Rights and Responsibilities

UWSP values a safe, honest, respectful, and inviting learning environment. In order to ensure that each student has the opportunity to succeed, a set of expectations have been developed for all students and instructors. This set of expectations is known as the Rights and Responsibilities document, and it is intended to help establish a positive living and learning environment at UWSP. For more information go to:

http://www.uwsp.edu/stuaffairs/Pages/rightsandresponsibilites.aspx.

The Rights and Responsibilities document also includes the policies regarding academic misconduct, which can be found in Chapter 14. A direct link can be found here: http://www.uwsp.edu/stuaffairs/Documents/RightsRespons/SRR-2010/rightsChap14.pdf.

Americans with Disabilities Act

The Americans with Disabilities Act (ADA) is a federal law requiring educational institutions to provide reasonable accommodations for students with disabilities. For more information about UWSP's policies, check here:

http://www.uwsp.edu/stuaffairs/Documents/RightsRespons/ADA/rightsADAPolicyinfo.pdf.

If you have a disability and require classroom and/or exam accommodations, please register with the Disability Services Office and then contact me at the beginning of the course. I am happy to help in any way I can. For more information, please visit the Disability Services Office, located on the 6th floor of the Learning Resource Center (the Library). You can also find more information here: <u>http://www4.uwsp.edu/special/disability/</u>.