

Instructor Info:

Instructor: Alexis (Allie) Hauck
[she/her]

Office Hours: Tues and Thurs 11:00am – 12:30pm;
and by appointment

Office: Michener L013
Phone: Email Preferred
Email: Alexis.Hauck@unco.edu
Class Leader: Dani Magasano [she/her]
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Department Info:

Angela Vaughan, PhD
Director, UNIV 101

Tues and Thurs 11:00am – 12:30pm;
and by appointment

Michener L013
(970) 351-1175
Angela.Vaughan@unco.edu

Class Information: **Days:** Tues and Thurs **Time:** 9:30 – 10:45am **Building:** MCKEE **Room:** 0145

Course Description:

The purpose of this course is to help students successfully navigate the challenges and meet the expectations of being an undergraduate student scholar at a research university. This course will introduce theoretical models and the application of these models to help build the foundation for continued intellectual, personal, and professional growth and development. With a broad focus on reading, writing, critical thinking, and communication skills and competencies, this course will help students become independent, strategic learners who can contribute to the university as scholars and who can determine and construct their own futures.

Course Objectives:

This course provides an interdisciplinary introduction to topics that will promote students' beginning development and progress towards the following objectives. Upon successful completion of this course, students will begin to:

- 1) *Intellectual Development*
 - a) Adapt and apply appropriate information processing and strategic learning strategies to their courses and learning experiences.
 - b) Use effective research skills to retrieve and evaluate information from a variety of sources.
 - c) Use written and oral communication to discover, develop, articulate, and defend ideas and viewpoints.
- 2) *Personal Development*
 - a) Describe the inter-relationship between goal-setting, motivation, and time management. Apply strategies to effectively set goals, develop and maintain personal motivation, and manage time based on priorities.
 - b) Describe processes, strategies, and resources, and explain the implications of their decisions, related to their overall personal wellness.
 - c) Describe concepts of diversity and recognize diverse perspectives.
- 3) *Professional Development*
 - a) Use effective collaboration and teamwork skills to work productively with others.
 - b) Identify relevant academic policies, processes, and procedures related to advising, course planning, and major exploration.
 - c) Identify career options that are consistent with personal values, interests, and aptitudes.

Course Materials:

Required Texts:

1. Vaughan, A. L., & Wilkinson, B. D. (2019). *Educational psychology for learners: Connecting theory, research, and application* (2nd ed.). Dubuque, IA: Kendall Hunt.
2. UNIV 101 Reading and Research Supplement – Available at the bookstore.

Canvas: This course uses Canvas as the primary means of communication between students and instructor. All course materials will be available for you to download and print. In addition, you have access to your grades, email, discussion, and helpful links. **All students should check their Canvas site at least daily.**

Attendance:

POLICY 2 (medium)

Reward: If you have perfect attendance (no unexcused absences), you will have 6% added to your final grade.
Neutral: (1) You can miss two classes (Tu/Th) with no effect (good or bad) on your grade. (2) You can miss three classes (MWF) with no effect (good or bad) on your grade.
Consequence: After you miss the classes above, you will lose 3% for each subsequent day missed.

Academic Integrity: You are expected to practice academic honesty in every aspect of this course. Students who engage in academic misconduct are subject to grading consequences with regard to this course and/or university disciplinary procedures through the Office of Community Standards and Conflict Resolution.

Disability Resources: It is the policy and practice of the University of Northern Colorado to create inclusive learning environments. If there are aspects of the instruction or design of this course that present barriers to your inclusion or to an accurate assessment of your achievement (e.g. time-limited exams, inaccessible web content, use of videos without captions), please communicate this with your professor and contact Disability Resource Center (DRC) to request accommodations. Office: (970) 351-2289, Michener Library L-80.
Students can learn more here: www.unco.edu/disability-resource-center

Food Insecurity and Basic Needs: Research shows that college students experience food insecurity at higher rates than the American household rate, and that food insecurity can negatively impact academic performance and persistence. In recognition of this problem, UNC offers assistance to students facing food insecurity through an on-campus food pantry. The Bear Pantry is located in University Center 2166A, and is open for regular hours throughout the semester. Please visit www.unco.edu/bear-pantry for more information.

Any student who faces challenges securing their food or housing and believes this may affect their performance in the course is also urged to contact Student Outreach and Support (SOS) for assistance. SOS can assist students during difficult circumstances which may include medical, mental health, personal or family crisis, illness or injury. SOS can be reached at sos@unco.edu or via phone at 970-351-2796.

Equity and Inclusion Statement: The University of Northern Colorado embraces the diversity of students, faculty, and staff, honors the inherent dignity of each individual, and welcomes their unique perspectives, behaviors, and world views. In this course, people of all races, religions, national origins, sexual orientations, ethnicities, genders and gender identities, cognitive, physical, and behavioral abilities, socioeconomic backgrounds, regions, immigrant statuses, military or veteran statuses, size and/or shapes are strongly encouraged to share their rich array of perspectives and experiences. Course content and campus discussions will heighten your awareness to each other's individual and intersecting identities. If you would like to report an incident or learn more about identity-based discrimination/harassment, please visit www.unco.edu/institutional-equity-compliance

Title IX: The University of Northern Colorado is committed to providing a safe learning environment for all students that is free of all forms of discrimination and sexual harassment, including sexual assault, domestic violence, dating violence, and stalking. If you (or someone you know) has experienced or experiences any of these incidents, know that you are not alone. UNC has staff members trained to support you in navigating campus life, accessing health and counseling services, providing academic and housing accommodations, helping with legal protective orders, and more.

Please be aware all UNC faculty and most staff members are "responsible employees," which means that if you tell a faculty member about a situation involving sexual harassment, sexual assault, dating violence, domestic violence, or

stalking, they must share that information with the Title IX Coordinator, Larry Loften. Larry or a trained staff member in the Office of Institutional Equity and Compliance (OIEC) will contact you to let you know about accommodations and support services at UNC as well as your options for pursuing a process to hold accountable the person who harmed you. You are not required to speak with OIEC staff regarding the incident; your participation in OIEC processes are entirely voluntary.

If you do not want the Title IX Coordinator notified, instead of disclosing this information to your instructor, you can speak confidentially with the following people on campus and in the community. They can connect you with support services and help explore your options now, or in the future.

- UNC’s Assault Survivors Advocacy Program (ASAP): 24 Hr. Hotline 970-35-4040 or www.unco.edu/asap
- UNC Counseling Center: 970-351-2496 or www.unco.edu/counseling
- UNC Psychological Services: 970-351-1645 or www.unco.edu/cebs/psych_clinic

If you are a survivor or someone concerned about a survivor, or if you would like to learn more about sexual misconduct or report an incident, please visit www.unco.edu/sexual-misconduct or contact the Office of Institutional Equity and Compliance (970-351-4899). OIEC is located on the third floor of the University Center in room 3060.

Covid-19 Policies: Due to the current global pandemic, the fall 2020 semester will be unlike any other that the University has experienced. The safety and well-being of our Community of Bears requires each of us to be prepared to do our part to protect the health of our entire campus community, as well as our friends, families, and neighbors. The COVID-19 pandemic is a complex, challenging, and fluid situation, which continues to evolve. Therefore, students should review frequently the Return to Campus website: <https://www.unco.edu/return-to-campus/> for updated information. UNC will follow applicable legal requirements and federal, state, and county public health recommendations and mandates in all decisions related to university operations.

To mitigate the spread of COVID-19, students, faculty and staff are expected to follow university requirements about wearing face coverings when on campus, including in the classroom. Additionally, members of the university community are expected to follow physical or social distancing requirements by keeping at least 6 feet from others, covering their coughs, and practicing good hand hygiene.

Persons who fail to adhere to these requirements will be reminded of them so that they can address and correct their noncompliance. Thereafter, persons who fail to correct their behavior will be asked to leave the classroom (until such time as they comply with UNC’s requirements) and may be referred to the Dean of Students Office or Human Resources. It is important that all members of the university community work together to do all we can to keep our community safe.

Course Evaluation:

Type	Percent	Grading (%)	
Participation	10%	A = 94 – 100	C = 74 – 76
Homework Assignments	25%	A - = 90 – 93	C - = 70 – 73
Research Project	30%	B+ = 87 – 89	D+ = 67 – 69
Major and Career Unit	15%	B = 84 – 86	D = 64 – 66
Mid-term & Final Exams	20%	B - = 80 – 83	D - = 60 – 63
		C+ = 77 – 79	F = ≤ 59


Submitted and Late Work: Successful college students and professionals fulfill their obligations as required and on time. If an assignment states to submit it “online”, this means to submit your assignment on Canvas by the specified date and time (usually 8am). Assignments **will not be** accepted by other means (e.g., emails, hard copy, etc.) or as other types. Technology problems will not be considered an acceptable explanation for not submitting work on time or as required. **No late work will be accepted.** If you will be missing class due to approved university events (documentation required), you must coordinate any missing work with me **before** you miss class. We can discuss on a case-by-case basis extra time needed for extraordinary events that may occur (e.g., extended illness, hospital stay, etc.). **Just be sure to communicate with me!**

Schedule as of: 9/3/2020

Week	Dates	Topics	Readings Due	HW Due
1	TUES – 8/25	Introduction/ Higher Ed	Cluster 1: Module 1.1	NONE
	THURS – 8/27	Prof Comm/Liberal Arts Education		
Add Deadline – Fri 8/28				
2	TUES – 9/1	Useful and Effective Goals	Cluster 2; Student Reading #1	iStartStrong Inventory (Due: Thurs 9/3 online by 8am)
	THURS – 9/3	Goals/ Intro to Journal Articles		
Drop Deadline – Fri 9/4 Labor Day Holiday – Mon 9/7				
3	TUES – 9/8	Research Project	Cluster 1: Module 1.2	Goals Paper (Due: Tues 9/8 online by 8am)
	THURS – 9/10	Paraphrasing and Plagiarism		
4	TUES – 9/15	Library Research Session – Computers in Class		Research Topic(s) (Due: Thurs 9/15 TBD)
	THURS – 9/17	Time Management	Cluster 3; Time Management Examples; Student Reading #2	
5	TUES – 9/22	Time Management – Computers in Class		Time Use Chart & Log (Due: Tues 9/22 in class)
	THURS – 9/24	Information Processing	Cluster 4; Student Reading #3	Ideal Schedule and Master Calendar (Due: Thurs 9/24 in class)
6	TUES – 9/29	Information Processing		Research Outline & Introduction (Due: Thurs 10/1 online by 8am)
	THURS – 10/1	Information Processing		
7	TUES – 10/6	2- or 4-Year Plan – Computers in Class		NONE
	THURS – 10/8	Comprehension Monitoring	Cluster 5	
8	TUES – 10/13	Study Groups		Online Mid-Term Exam (Due: Tues 10/13 online by midnight)
	THURS – 10/15	Research Project – Computers in Class		
Individual Course Withdrawal Date – Thurs 10/15				
9	TUES – 10/20	Majors & Careers – Computers in Class		Research Paper Draft (Due: Tues 10/20 online by 8am)
	THURS – 10/22	Motivation	Cluster 6	

Week	Dates	Topics	Assigned Readings Due	HW Due
10	TUES – 10/27	Motivation		
	THURS – 10/29	Motivation Majors & Career Presentations		Majors & Careers Paper w 2- or 4-YR Plan (Due: Thurs 10/29 online by 8am)
11	TUES – 11/3	Research Project – Computers in Class		NONE
	THURS – 11/5	Research Project – Computers in Class		
12	TUES – 11/10	Metacognition & Self- Regulation	Cluster 7	Research Project Poster (Due: Tues 11/10 online by 8am)
	THURS – 11/12	Metacognition & Self- Regulation		
13	TUES – 11/17	Diversity	Cluster 8	Research Nights 11/16 – 11/19 (1 night)
	THURS – 11/19	Diversity		
14	TUES – 11/24	Wellness/Coping with Stress – online class	Cluster 9	Final Research Paper (Due: Tues 11/24 online by 8am) Online Class (Due: Sun 11/29 online by midnight)
Thanksgiving Holiday – No Classes – 11/25-11/29				
15	TUES – 12/1	Wellness/Coping with Stress		NONE
	THURS – 12/3	Final Exam Review – Computers in Class		
FINALS WEEK			12/7-12/11	

* Schedule is tentative and subject to change.

Assignment	Comments	Week Assigned	Due Date	
iStartStrong Inventory	Online	1	Week 2: Thurs 9/3 online by 8am	
Goals Paper	5 paragraphs	2	Week 3: Tues 9/8 online by 8am	
Research Project Topic		3	Week 4: Thurs 9/17 (TBD)	
Time Use Chart and Log		3	Week 4: Tues 9/22 in class	
Ideal Schedule and Master Calendar	Completed mostly in class	4	Week 5: Thurs 9/24 in class	
Research Outline and Draft Introduction		3	Week 6: Thurs 10/1 online by 8am	
Mid-Term Exam		7	Week 8: Tues 10/13 online by midnight	
Research Paper Draft	5 pages	8	Week 9: Tues 10/20 online by 8am	
Major and Career Unit	W 2- or 4-YR Plan	9	Week 10: Thurs 10/29 online by 8am	
Research Poster	Poster	11	Week 12: Thurs 11/10 online by 8am	
Poster Presentation	Poster	3	Week 13: Mon 11/16 - Thurs 11/19	
Research Paper Final	5 pages	3	Week 14: Tues 11/24 online by 8am	
Online Wellness Class	Online assignment	13	Week 14: 11/29 online by midnight (Incomplete = unexcused absence)	
Final Exam		16	Week 16: Finals Week	