

**UNIVERSITY SUCCESS FOR FRESHMEN**  
**UNIV1113**  
**Fall, 2009**

**Catalogue Description:** *UNIV 1113 - University Success for Freshmen* assists freshmen in adapting to the University. Course topics include the purpose of higher education, time and stress management, learning styles, goals and objectives, the core curriculum, career exploration, diversity issues, and critical thinking and problem solving. The course additionally 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.

**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:** MW 11:15 - 12:05 & MW 12:20 – 1:10 Journalism 515.

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

**Office:** 211 Milledge Hall

**Telephone:** Office: 706-542-0465

**Email:** [krlarson@uga.edu](mailto:krlarson@uga.edu)

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

**Required Text:** Ginter, E. J. and Glauser, A. S, *Life Skills for the University and Beyond. Third Edition*, 2005. Dubuque, Iowa: Kendall/Hunt Publishing Company.

\*\*\*Be certain to purchase a new text, as resold copies may have workbook pages missing.

**Required Items:** *Notebook Paper & a Folder for taking notes & keeping materials.*

*(Scissors, glue stick and magazine(s) for The Existential Collage Construction.)*

*Your text and all of your class notes/handouts must be brought to class everyday.*

**General Information & Attendance Policy** *This class adheres to the attendance policy of the Division of Academic Enhancement. After 3 absences a student may be automatically withdrawn from the class. This professor reserves the option instead of an automatic withdraw to lower 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 mid-term may be rescheduled for emergency purposes only.*

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..

**Grading:**

Attendance, Class Work & Participation: 20 points

Midterm: 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 completion of these assessments.  
Both assessments will need to be completed by \_\_\_\_\_

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

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
		F = < 60
B+ = 87-89	C+ = 77-79	D = 60-69

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

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/honesty/acadhon.htm> after Aug. 27, 05.

**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 Dishonesty” 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

---

Course Syllabus Dates for UNIV 1113, Fall, 2009 -Dr. Larson

**Mon. Aug. 17** Topics: Introductions & Course Overview

Assignment: Read Chpt. 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.*

**Wed. Aug. 19** Topics: Exploring Self-Composition, “Existential” Questions & The Life Skills Wheel

Assignment: Read Chpt. 2. Complete pages 37-39.  
Read Chpt. 3.

*\*Reflection: what are the ‘Existential Considerations’ with which I am wrestling?*

**Using the Milledge Hall TutorTrac system, sign up** for a one-hour block as soon as possible to take the Personality Inventory (TypeFocus) & The Georgia Career Instrument (GCIS). Instructions for signing up are listed online. You will take the Assessments in the Milledge Hall Learning Center with our graduate student, Mr. Andrew Mantini. His available hours for you to complete the Assessments are yet to be scheduled. Both Assessments must be completed by class time\_\_\_\_\_. There will be a charge of 6 cents per page printed. Be sure you have enough money on your UGA card before coming to the Learning Center, as you cannot add to the card in our center. Remember to take the Instructional Forms with you that Professor Larson will hand out in class. Mr. Andrew Mantini will sign each Form upon your completing the computerized assessment. Turn in (only) your Forms to Dr. Larson to receive credit.

**Mon. Aug. 24** Topics: Discovering Chickering and the College Experience  
Life Skills Wheel Discussion

**Wed. Aug. 26** Topics: Written integration of Chickering’s theory.

**Mon. Aug. 31** Topics: Exploring Motivation - Enhancement & Realignment. Chpt. 2.  
Effective Student Strategies. Chpt. 3.

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

**Problem-Solving/ Decision-Making Skills:**

**Wed. Sept. 02** Topics: Identifying Learning Styles, Channels of Processing,  
& Personality. Chpt. 4.

Assignment: Complete Chpt. 4 exercises pages 67-73.

*\*Reflection: how is my personality type impacting my decision-making process?*

*Larson syllabus dates, fall 09, page 2*

**Mon. Sept. 07** LABOR DAY HOLIDAY. No class.

**Wed. Sept. 09** Topics: Enlisting Creative & Critical Thinking Skills. Chpt. 5.  
Assignment: Complete Chpt. 5 exercises pages 87- 90.

**Physical Fitness/Health Maintenance Skills:**

**Mon. Sept. 14** Topics: Perfecting Performance Strategies, Reducing Anxiety. Chpt.6.  
Managing our Time. Chpt. 7.  
Assignment: Complete Chpt. 6 exercises pages 105- 108.

**Wed. Sept. 16** Topics: Drawing. Blueprints & Reflections.

**Mon. Sept. 21** Topics: Embracing Holism: An Approach to Wellness. Chpt. 11.  
Assignment: Complete Chpt. 11 exercises pages 209-210.

*\*Reflection: what is my 'appearance' when I experience wholeness and well being?*

**Wed. Sept. 23** Topics: Understanding & Managing Stress. Chpt. 12.

Assignment: Complete Chpt. 12 exercises pages 231-235.

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

**Career Exploration:**

**Mon. Sept. 28** Topics: Part I. TBA. Navigating options with Career Consultant Mr. Charles Perry. Students will meet in the UGA Career Center, Clarke Howell Hall, on Lumpkin Street, at the 2<sup>nd</sup> floor lobby reception desk.

**Wed. Sept. 30** Topics: Part II. Exploring Careers: Finding a Compliment. Chpt. 13.

Assignment: Complete Chpt. 13 exercises pages 251-259.

Your Identity-Career Research/Reflection Paper will be assigned today. Due Monday, November 17 . All assigned text exercise pages are to be completed, clipped together and submitted with your Paper in a thin folder.

**Mon. Oct. 05** Topics: Stress Reduction & Career Visualization.

**Wed. Oct. 07** Topics: Review for Mid-term. -A handout will be provided during class

**Mon. Oct. 12** Topic: **Mid-term**

**Interpersonal Communication/Human Relations Skills:**

**Wed. Oct. 14** Topics: TBA. UGA Health Center Facilitation. "Being a Critical Thinker: Sex and Drinking in the Classic City.

Larson , syllabus dates fall 09, page 3.

**Mon. Oct. 19** Topics: Clarifying Values and Relationships. Chpt. 9.

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

**Wed. Oct. 21** Topics: Understanding Self in the Group Context.

**Mon. Oct. 26** Topics: Group Film.

**Wed. Oct. 28** Examining Issues of Gender, Diversity and Multiculturalism. Chpt. 10

*\*Reflection: \*How does my "self" translate into culturally diverse domains?*

**Identity Development and Purpose in Life Skills:**

**Mon. Nov. 02** Topics: Affirming Authenticity. Mask Construction.

*\*Reflection: what is new? changing? transforming?*

**Wed. Nov. 04** Topics: Mask Film

**Mon. Nov. 09** Topics: Uncovering Personal and External Resources.

**Wed. Nov. 11** Topics: Composing a World View: "The Existential Domains of Inquiry."

**Mon. Nov. 16** Topics: Creating and Interpreting Mandalas.

**Wed. Nov. 18** Topics: Constructing Existential Collages. Presentations.

**Mon. Nov. 23 – 27 Thanksgiving Holiday. No class.**

**Mon. Nov. 30** Topics: **Your Identity-Career Research/Reflection Paper is due today.**

**Wed. Nov. 19** Topics: Film.

**Nov. 23- 27 THANKSGIVING HOLIDAY. No Classes.**

**Mon. Nov. 30** Topics: Course Conclusions. Course Evaluations.

**The Take-Home Final Project will be distributed in class today. It is due Thurs., December 10 by 5pm in my office. Additionally, all required workbook exercise pages must be turned in at this time. The pages must be attached by a paper clip or stapled together.**

**Wed. Dec. 02** Topics: Dr. Larson will meet with individual and small groups of students during class time in her office. She will answer questions regarding the UNIV1113 Final Project and will counsel students preparing for Finals Week.

**Mon. Dec. 07** Topics: The Take-Home Final Project and accompanying workbook pages are due by 5 pm in Dr. Larson's office.

---