



**Division of
Academic Enhancement**
UNIVERSITY OF GEORGIA

**UNIV 1203 Starting Strong: Introductory Seminar for Scholars CRN 64770
Spring 2023**

Course Instructor Information

Instructor: Garrison Bickerstaff

Email: gbick@uga.edu

Phone: 706-542-7575

Student Hours: MWF 8:00 a.m. to 10:00 a.m.

Additional student hours are available by appointment.

Students may e-mail Bickerstaff at any time.

Course Meeting Information

Meetings: R 2:20 p.m.

Location: Zell B Miller Learning Center 0205

UNIV Courses are offered by the Division of Academic Enhancement, a unit of the Office of Instruction at the University of Georgia.

The Division of Academic Enhancement empowers all students to **Learn Differently** through innovative courses, programs, services, and student-centered initiatives. The DAE supports students as they transition into higher education and sustains their progress through the University's unique academic environment.

Course Description

This course provides first-year Scholars opportunities to: practice skills regarding motivation, academic, and career exploration; develop academic and professional skills; and, prepare for academic success at UGA. A cohort-based approach, the class builds a sustainable community during students' entry to the University.

Learning Objectives

Upon successful completion of this course, students will be able to:

- Articulate their educational goals and future academic goals.
- Develop and sustain a strategic academic plan using requisite coaching and advising resources (e.g., Academic Coaching, Academic Advising, DegreeWorks, Exploratory Center, Mentors, and Career Center).
- Utilize learning strategies to maintain high levels of active cognitive engagement within varied academic environments, and with complex scholarly content to sustain necessary academic momentum and progress.
- Regulate their productive, growth mindset when confronted with ideas, beliefs, attitudes, and behaviors that are different from their own.

- Practice behaviors conducive to achieving high levels of academic performance (i.e., productive mindsets regarding impulse control, and anxiety and stress management)
- Practice appropriate and effective formal and informal interpersonal communicative professional skills and etiquette as they apply to academic settings.
- Apply understandings of motivational and attitudinal concepts as they relate to academic work and endeavors including, but not limited to: self-determination, motivation, mindsets, tenacity, grit, resilience, and perseverance.

Assignments and Projects

Students will be evaluated in the following areas:

Activities: 60% (600 points); Final Project 40% (400 points).

Grading/Evaluation

Grade Scale: A = 920 to 1000 points; A- = 890 to 919 points; B+ = 870 to 889 points; B = 820 to 869 points; B- = 790 to 819 points; C+ = 770 to 789 points; C = 720 to 769 points; C- = 690 to 719 points; D = 600 to 689 points; F = fewer than 600 points.

No late work, quizzes, projects, or exams will be accepted. No electronic submissions for projects required on paper will be accepted.

Course Materials

Necessary materials will be available in eLC or on the Web.

Course Policies

Participation Policy

UNIV 1203 is a workshop class in which participation is required. Bring all of your work on the current assignment to each class and be prepared to revise that work or develop additional new work.

eLC

Some of our class activities (such as submission of essays) will occur at <https://uga.view.usg.edu/>

Please check the Course Announcements area on eLC frequently for important information that relates to our class.

Inclement Weather

In the event that the university cancels classes, such as for severe weather, students are expected to continue with readings as originally scheduled. Any assignments scheduled during those missed classes, such as a project or paper, are due at the next class meeting unless other instructions are posted at the course website or communicated via email.

Disability Statement

If you anticipate issues related to the format or requirements of this course, please meet with me. I would like us to discuss ways to ensure your full participation in the course. If you determine that formal, disability-related accommodations are necessary, it is very important that you be registered with the Disability Resource Center (<https://drc.uga.edu/>)(Voice: 706-542-8719 or TTY: 706-542-8778) and notify me of your eligibility for reasonable accommodations. We can then plan how best to coordinate your accommodations. Arrangements can be made with the instructor with regard to attendance and participation. If students are not physically present in the classroom because of COVID19 and precautions in relation to this pandemic, they will not receive punitive measures in this class in terms of grades. Additionally, if a student is in need of such an accommodation, the student must request an accommodation with the Disability Resource Center (<https://drc.uga.edu/>) Voice: 706-542-8719 or TTY: 706-542-8778). Such accommodations cannot be applied retroactively.

Academic Honesty Policy

As a University of Georgia student, you have agreed to abide by the University's academic honesty policy, "A Culture of Honesty," and the Student Honor Code. All academic work must meet the standards described in "A Culture of Honesty" found at: <https://ovpi.uga.edu/academic-honesty/academic-honesty-policy>. Lack of knowledge of the academic honesty policy is not a reasonable explanation for a violation. Questions related to course assignments and the academic honesty policy should be directed to the instructor. UGA Student Honor Code: "I will be academically honest in all of my academic work and will not tolerate academic dishonesty of others." A Culture of Honesty, the University's policy and procedures for handling cases of suspected dishonesty, can be found at www.uga.edu/ovpi.

Mental Health and Wellness Resources

If you or someone you know needs assistance, you are encouraged to contact Student Care and Outreach in the Division of Student Affairs at 706-542-7774 or visit <https://sco.uga.edu>. They will help you navigate any difficult circumstances you may be facing by connecting you with the appropriate resources or services.

UGA has several resources for a student seeking mental health services (<https://www.uhs.uga.edu/bewelluga/bewelluga>)

or crisis support (<https://www.uhs.uga.edu/info/emergencies>). If you need help managing stress anxiety, relationships, etc., please visit BeWellUGA

(<https://www.uhs.uga.edu/bewelluga/bewelluga>) for a list of FREE workshops, classes, mentoring, and health coaching led by licensed clinicians and health educators in the University Health Center. Additional resources can be accessed through the UGA App.

Other Division Resources

From peer tutoring through the Academic Resource Center to Academic Coaching to Student Success Workshops and more, the Division is committed to the success of all

students at the University of Georgia. For more on these and other resources, visit <https://dae.uga.edu>.

Grade Appeal Process

University of Georgia students have the right to appeal academic decisions. The burden of proof for an appeal rests with the student. The policies governing the process of appealing grades are covered in the Academic Affairs Policy Manual, General Academic Policy: Student Appeals ([Section 4.05-01](#)). All grade appeals must be initiated in writing to the instructor within one calendar year from the end of the term in which the grade was recorded. The process for appealing a grade in a UNIV course can be found at: <https://dae.uga.edu/courses/appeal-process/>.

Student Exceptionalities Statement

If you anticipate issues related to the format or requirements of this course, please meet with me. I would like us to discuss ways to ensure your full participation in the course. If you determine that formal, disability-related accommodations are necessary, it is very important that you be registered with the Disability Resource Center (Voice: 706-542-8719 or TTY: 706-542-8778) and notify me of your eligibility for reasonable accommodations. We can then plan how best to coordinate your accommodations.

Student Wellness

To be brief: take care of yourself. While navigating the rigorous (at times treacherous) experience of college, we easily may fall prey to poor habits and choices. We encourage students to maintain a healthy lifestyle. If you (or anyone you know) experiences debilitating academic stress (i.e., stress that paralyzes, induces persistent fear/anxiety), challenging life events, persistent negative emotions/moods, or other factors that hinder mental, physical, or emotional wellbeing, we encourage you to seek resources you need to be successful.

University Health Center

Website: <https://www.uhs.uga.edu/newstudents/newstudents>
Phone: 706.542.1162 Email: contact@uhs.uga.edu Suicide Prevention:706.542.2273
Sexual Assault 24 Hour Hotline 706. 542.SAFE200

Counseling and Psychiatric Services (CAPS)

Website: <https://www.uhs.uga.edu/caps/welcome> During office hours, you may call 706-542-2273. For an after-hours crisis, you may call 706-542-2200. Ask to speak with a CAPS clinician.

Student Care and Outreach

Website: <http://sco.uga.edu/> Phone: 706-542-7774 Email: sco@uga.edu

Student Veterans Resource Center

Website: <http://svrc.uga.edu/> Phone: 706-542-7872 Email: svrc@uga.edu

Course Outline:

Class meeting date	General Topic	Reading /Other Assignment
Unit 1 12 January	Introduction to course. Begin Unit 1: Metacognition, test preparation, and general academic strategies.	Complete Reading 1 available on eLC. Receive instructions for Activity 1.
19 January	Discussion of Reading 1. Topic: "Learning Your First Job."	Complete Reading 2 available on eLC. Continue work on Activity 1.
26 January	Discussion of Reading 2. Topic: "Mix Up Your Practice."	Complete Reading 3 available on eLC. Continue work on Activity 1.
2 February	Discussion of Reading 3. Topic: "Fostering Self Regulated Behavior."	Complete Readings 4 and 5 available on eLC. Continue work on Activity 1.
9 February	Discussion of Readings 4 and 5. Topics: "The Power of Bloom's Taxonomy and the Study Cycle" and select specific metacognitive and writing strategies. Conclusion of Unit 1.	Complete Readings 6 and 7 available on eLC. Continue work on Activity 1.
Unit 2 16 February	Begin Unit 2: Health and wellness while in college Discussion of Readings 6 and 7. Topics: Sleep and Exercise and Learning.	Activity 1 is due to eLC by 11:59 p.m. on 19 February. Receive instructions for Activity 2. Complete Readings 8 and 9 available on eLC.
23 February	Discussion of Readings 8 and 9. Topics: Time management, test taking, and stress reduction and mindsets.	Complete Readings 10 and 11 available on eLC. Continue work on Activity 2.
2 March	Discussion of Readings 10 and 11. Topics: Emotional intelligence and grit. Conclusion of Unit 2.	Complete Introduction, Get Focused, and Get Experienced in "The UGA Career Guide" available on eLC. Pages 4-19. Continue work on Activity 2.
Unit 3 16 March	Begin Unit 3: Strategies for preparing for a professional career Discussion of pages 4-19 in "The UGA Career Guide."	Activity 2 is due to eLC by 11:59 p.m. on 19 March. Receive instructions for Activity 3. Complete Get Connected, Get Noticed, Get Hired, and Get Accepted in "The UGA

		Career Guide” available on eLC. Pages 20-54.
23 March	Discussion of pages 20-54 in “The UGA Career Guide.”	Continue work on Activity 3.
30 March	Independent work time on Activity 3. Conclusion of Unit 3.	Activity 3 is due to eLC by 11:59 p.m. on 2 April. Receive instructions for Activity 4. Review all of the campus resources in the Unit 4 folder on eLC for next time.
Unit 4 6 April	Begin Unit 4: Campus resources Discussion of campus resources.	Review all of the campus resources in the Unit 4 folder on eLC for next time. Continue work on Activity 4.
13 April	Discussion of campus resources.	Continue work on Activity 4.
20 April	Discussion of and independent work time on the Final Project.	Activity 4 is due to eLC by 11:59 p.m. on 23 April. Receive instructions for Final Project.
27 April	<u>Last class meeting.</u> Discussion of and independent work time on the Final Project. Conclusion of Unit 4. Conclusion of the course.	Continue work on the Final Project. The Final Project is due to eLC by 11:59 p.m. on 8 May. Please let me know at gbick@uga.edu if you have any questions or concerns about the Final Project.

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