



US 1010: College & Career Success (Section: 8606)

Monday 2:00PM- 2:50PM

Kayser Hall Room 224

Class Meets: First 12 weeks

Instructor: Durango Maverick

Office/Phone: 115 Eppley Administration Building, 402-554-1234

E-mail Address: dmaverick@unomaha.edu

Office Hours: By appointment

The Course: This 12 week hybrid on-line course is intended to enhance first year students' potential for success in college and provide opportunity for academic and career exploration. College & Career Success focuses on three primary themes: student sense of self, student as learner, and developing linkages with the university community. This course prepares students to responsibly meet the individual and interpersonal challenges of college life.

Required Class Materials:

This course will require regular access to a computer. If you do not have regular access to a computer, please note the following computer lab locations on campus that you can use.

<http://www.unomaha.edu/information-services/labs-and-classrooms/labs-and-kiosks.php>

For free rental options, click here: <http://www.unomaha.edu/information-services/software-and-hardware/equipment-checkout.php>

This course will utilize Microsoft Word and PowerPoint. As a student you, have free access to Microsoft Office 365 ProPlus. Learn more at this website: <http://www.unomaha.edu/information-services/software-and-hardware/office-365-proplus.php>

Course Objectives:

As a result of taking US 1010, students will be able to:

- Identify the name and how to contact their academic advisor.
- Describe and list the general education requirements.
- Assess the importance of general education requirements.
- Articulate the importance of attending class.
- Provide examples of campus activities and campus resources.
- Examine a career that matches their skills, interests and values.
- Create an effective study plan.
- Show how they can use priorities to manage their time.
- Identify the 8 dimensions of wellness and factors that contribute to a healthy lifestyle.

Course Requirements:

- Regular attendance and participation in class and online discussions
- Completion of all assigned work and inventories
- Minimum of one scheduled individual appointment with the instructor
- Attendance at two campus activities or events

UNO's 8 Dimensions of Wellness and US 1010:

Overall health and wellness is key to academic and personal success. As part of UNO's dedication to student wellness, this course will utilize the 8 Dimensions of Wellness as a centralized theme. Topics, conversations and assignments will focus on one or more of the 8 Dimensions. Look for the following designations on assignments, class plans and the syllabus:



Emotional Wellness



Intellectual Wellness



Social Wellness



Environmental Wellness



Occupational Wellness



Spiritual Wellness



Financial Wellness



Physical Wellness

For more information, visit: <http://www.unomaha.edu/student-life/wellness/what-is-wellness.php>

Accommodations are provided for students with verified disabilities. For more information, contact Services for Students with Disabilities (SSD) in MBSC 111 or (402) 554-2872, TTY (402) 554-3799.

Format & Attendance Policy:

A seminar course is different than the typical lecture format of most introductory courses. You are expected to read, experience, question, and reflect on all online and in-class activities. While there will be times when I give a lecture or invite guest speakers, most often, we will participate in activities and discussion that assist you in creating a strong foundation to your college education. Participation is a substantial part of your total grade.

Attendance:

- Attendance once a week is critical for the cohesion of this course. Because of that, for each absence beyond one your grade will be greatly affected. You are responsible for obtaining any information given in class and for completing any assignment given if a class is missed.
- Perfect Attendance will earn 10 extra credit points.
- Three Tardies = one absence. Being late disrupts class. Please be on time.
- Sleeping in class = one absence. If you are sleeping, you are not participating and you are not "in class."

Assignments:

- Due dates for assignments are on the syllabus. Plan ahead!
- All assignments must be submitted on or before the due date and time.
- **Late work will NOT be accepted.**
- Online learning and career assessments must be completed on time. Failure to be present for the interpretation of these assessments will result in significant point loss.

Class Participation:

- Coming to class is important. Students are expected to participate in class activities, reflections and discussions to earn full participation points each day.

Discussion Board:

To earn the full 10 points, your weekly discussion posts and replies must include:

- Thoughtful responses that relate to the question.
- Posts that have less than two grammar, spelling and punctuation errors.
- 2-3 responses to your classmate's discussion posts.
- See page 7 of the syllabus for more details.

A supportive classroom environment (both in-person and online) is vital to successful learning. As a part of this class, you and other students will be sharing your opinions on various matters. It is okay to respectfully disagree with each other's ideas, but it must be done in an educational and supportive manner. Thus, rude or disrespectful behavior (in-person and online) will not be tolerated. Students who treat others disrespectfully or

aggressively will be asked to stop. If they do not, the student may be asked to leave and, if warranted, the Office of Student Conduct and Community Standards may be notified. Violation of this policy is also grounds for not receiving credit on the related assignment. Severe offenses may lead to contacting the Office of Student Conduct and Community Standards prior to a warning.

Academic Integrity:

All students at UNO are expected to conduct their academic affairs in an honest, forthright & responsible manner. To falsify the results on one's research, to steal the words or ideas of another, or to cheat on an examination corrupts the essential process by which knowledge is advanced. Acts of academic dishonesty include but are not limited to: plagiarism, cheating, assisting others in the act of cheating, false use or receipt of academic research materials, submitting the work of another as one's own, and altering academic records.

Academic dishonesty can result in failure of assignments and/or the course.

Classroom Expectations:
















































- Cell phones, Laptops, Tablets, and Other Electronic Devices: Please show respect to this class and your fellow students by turning off or silencing electronics during class time. If you are using a cell phone or other device during class, you will be asked to put it away. If you are using it a second time, you will be given a warning. A third time will result in you being marked absent from the class (attendance policy applies).
- In class behavior: Unless otherwise noted by your instructor, the following behaviors are not permitted in class: eating, drinking, sleeping, talking to others, arriving late or leaving early.
- Respecting others: This class encourages classroom discussion. Therefore, multiple views may be expressed. Show respect to your fellow classmates by not interrupting, actively listening and not raising your voice.




Campus Events:

Students are required to attend two campus events throughout the semester and write a summary and reflection.

- One event must be from the list provided below. The 2nd event may also be from this list, or another of your choosing.
- Other events may be promoted by your instructor and you will be notified if it would qualify as an addition to this list.
- Students must attend two different types of events.

If you anticipate this requirement may be an issue for you, please notify your instructor during the first two weeks of classes. Please plan ahead:
















Event Name	Location	Time & Date	Wellness Indicator(s):
Mavwich Monday and Flipbooks	Pep Bowl	Monday, August 24 11:00 am – 1:00 pm	 
Housing Block Party	Maverick Village Clubhouse	Monday, August 24 5:00 pm – 8:00 pm	  
Walking Tacos and Yard Games	Pep Bowl	Tuesday, August 25 11:00 am – 1:00 pm	 
Aksarben Pizza Buffet <i>*1st 500 students get in free! After: \$5</i>	Godfather's in (Aksarben Village)	Tuesday, August 25 5:00 pm-7:00 pm	
Aksarben Cinema Free Movie Night <i>*1st 500 students get in free! After: \$5</i>	Aksarben Cinema	Tuesday, August 25 6:00 pm - 8:00 pm	  
Corndogs and First National Student Involvement Fair	Pep Bowl	Wednesday, August 26 11:00 am – 1:00 pm	     
60 Minutes of Service	Community Engagement Center (CEC) 130	Wednesday, August 26 11:30 am – 12:30 pm	     
Found Footage Festival	Scott Conference Center	Wednesday, August 26 7:00 pm – 8:00 pm	  
Get to Know the O! Job and Community Expo	Health, Physical Education, & Recreation (HPER) Gym	Thursday, August 27 11:00 am – 2:00 pm	     
End of Summer Concert Series	Midtown Crossing	TBA	  
Rave Dance Party	Scott Café	Thursday, August 27 9 pm – Midnight	  
Soccer Pre-Game Festival	Pep Bowl	Friday, August 28 4:30 pm – 7:30 pm	   
Women's Soccer vs. Northern Iowa	Caniglia Field	Friday, August 28 5:00 pm	   
Men's Soccer vs. UMKC	Caniglia Field	Friday, August 28 7:30 pm	   
HPER After Dark	HPER Building	Friday, August 28 9:00 pm - Midnight	   
Academic Toolbox Workshop	College of Public Affairs and Community Service (CPACS) 132D	Wednesday, September 9 2:00 pm – 3:00 pm	 
Degree Discovery Day	CEC	Wednesday, September 16 11:00 am – 1:00 pm	  
How to Get a Job	CPACS 132D	Tuesday, September 22 1:00 pm – 2:00 pm	  
Career and Internship Fair	CEC	Thursday, October 8 11:00 am – 3:00 pm	    
Beyond the Bachelor's	CPACS 132D	Tuesday, October 13 1:00 pm – 2:00 pm	  
Plan not Cram Workshop	CPACS 132D	Wednesday, October 28 2:00 pm – 3:00 pm	 

How to get into Nonprofit Careers	CPACS 132D	Tuesday, November 10 1:00 pm – 2:00 pm	
Housing Block Party	Maverick Village Clubhouse	Monday, August 24 5:00 pm – 8:00 pm	
Walking Tacos and Yard Games	Pep Bowl	Tuesday, August 25 11:00 am – 1:00 pm	

Class Schedule:

The schedule below lists the topic, reading assignment, and items due for each class session. NOTE: It may be necessary to make slight changes in the schedule during the semester. Any changes will be announced in class or on Blackboard.

Date:	Topic:	Wellness Indicator(s):	Reading	Online Assignments, Readings and Discussions Due	DUE DATE
WEEK 1					
Mon., Aug. 24- Sun., Aug. 30	Introduction and Success		Success Article	1. Syllabus Quiz 2. SuccessNavigator Assessment 3. Discussion-Introduction	Monday, August 31st by 1:00 PM
<i>August 30 – last day to drop with 100% refund in mavlink.</i>					
WEEK 2					
Mon., Aug. 31- Sun. Sept. 6	Technology and Financial Literacy		Technology PowerPoint	1. Discussion-Financial Literacy video 2. Email Assignment ***Sign-up for Ind. Instructor Meeting	Monday, September 7th by 1:00 PM
WEEK 3					
Mon Sept. 7	NO FACE-TO-FACE CLASS – LABOR DAY				
Mon. Sept. 7- Sun. Sept. 13	Time and Life Management		Time Management Article	1. Proof of Organizational Tool 2. Discussion- 32 day challenge 3. Time management reflection paper	Monday, September 14th by 1:00 PM
WEEK 4					
Mon Sept 14- Sun. Sept. 20	Reading Strategies		Three reading examples	1. Discussion-reading level observations 2. Degree Discovery Day Preparation Assignment	Monday, September 21st by 1:00 PM
WEEK 5					
Mon Sept. 21- Sun. Sept. 27	Note-Taking		Note-taking PowerPoint and “How to Improve Your Note-taking” article	1. Discussion- Personal note-taking style 2. Campus Event Report #1	Monday, September 28th by 1:00 PM
WEEK 6					
Mon Sept 29- Sun. Oct. 4	Test-Taking		Test-taking or Study Habits Article	1. Discussion-Test-taking comfort level for the semester 2. Personal Study Conditions Inventory	Monday, October 5th by 1:00 PM
WEEK 7					
Mon Oct 5- Sun. Oct. 11	Taking Exams & Tests		Lonely Louie Case Study	1. Discussion- Campus Resource Report 2. Campus Resource Report	Monday, October 12th by 1:00 PM
WEEK 8					

Mon Oct 12- Sun. Oct. 18	Staying Healthy	    	Dimensions of Wellness Website	<ol style="list-style-type: none"> 1. Discussion- Life Balance wheel 2. CAP assessment (Please note: Complete by Oct. 12 class) 	Monday, October 19th by 1:00 PM
WEEK 9					
Mon Oct 19	NO FACE-TO-FACE CLASS – FALL BREAK				
Mon. Oct. 19- Sun. Oct. 25	Identity Awareness	  	Identity article	<ol style="list-style-type: none"> 1. My Identity Story 2. Strong Interest Inventory 	Monday, October 26th by 1:00 PM
WEEK 10					
Mon. Oct. 26- Sun. Nov. 1	Own Your Major	 	Case Study “Academic Trouble- Now What do I do?”	<ol style="list-style-type: none"> 1. Discussion-What would you do? 2. Campus Event Report #2 	Monday, November 2nd by 1:00 PM
WEEK 11					
Mon. Nov. 2- Sun. Nov. 9	Strong Interest Inventory Presentation and Activity	 	“Stop Asking Me My Major” Article	<ol style="list-style-type: none"> 1. Start Career Reflection Assignment (Due 11/16/15) 2. Course Evaluation 	Monday, November 9^h by 1:00 PM
<i>November 6 – last day by 11:59 p.m. to drop with a “W” in mavlink.</i>					
WEEK 12					
Mon. Nov. 9- Sun. Nov. 15	Career Development	  	“Ending at the Start” Article	<ol style="list-style-type: none"> 1. Discussion-What steps are you taking next? 2. Career Reflection Assignment 	Monday, November 16th by 1:00 PM

Assignment Point Totals:

Please keep track of grades here (and on Blackboard) as you receive them back from the instructor.

<u>Assignment:</u>	<u>Assignment Breakdown:</u>	<u>Total Week Points:</u>
Week 1: Introduction and Success (Due: 1:00 PM 8/31/15)	<ol style="list-style-type: none"> 1. Syllabus Quiz (10 pts) 2. Discussion (10 pts) 3. SuccessNavigator (25 pts) 	45
Week 2: Technology and Financial Literacy (Due: 1:00 PM 9/7/15)	<ol style="list-style-type: none"> 1. Email Assignment (10 pts) 2. Discussion (10 pts) 3. Sign-up for Instructor Meeting 	20
Individual Instructor Meeting	Student must have done by 10/30/15	50
Week 3: Time and Life Management (Due: 1:00 PM 9/14/15)	<ol style="list-style-type: none"> 1. Time Management Reflection (10 pts) 2. Discussion (10 pts) 	20
Week 4: Reading Strategies (Due: 1:00 PM 9/21/15)	<ol style="list-style-type: none"> 1. Degree Discovery Day Prep (10 pts) 2. Discussion (10 pts) 	20
Week 5: Note-Taking (Due: 1:00 PM 9/28/15)	<ol style="list-style-type: none"> 1. Campus Event Report #1 (25 pts) 2. Discussion (10 pts) 	35
Week 6: Test-Taking (Due: 1:00 PM 10/5/15)	<ol style="list-style-type: none"> 1. Personal Study Conditions Inventory (10 pts) 2. Discussion (10 pts) 	20
Week 7: Campus Connections (Due: 1:00 PM 10/12/15)	<ol style="list-style-type: none"> 1. Campus Resource Report (10 pts) 2. Discussion (10 pts) 	20
Week 8: Staying Healthy (Due: 1:00 PM 10/19/15)	<ol style="list-style-type: none"> 1. CAP Assessment- done by Oct. 12 class (10 pts) 2. Discussion (10 pts) 	20
Week 9: Identity Awareness (Due: 1:00 PM 10/26/15)	<ol style="list-style-type: none"> 1. My Identity Story (20 pts) 2. Strong Interest Inventory (25 pts) 	45
Week 10: Own Your Major (Due: 1:00 PM 11/2/15)	<ol style="list-style-type: none"> 1. Campus Event Report #2 (25 pts) 2. Discussion (10 pts) 	35
Week 11: Strong Interest Inventory (Due: 1:00 PM 11/9/15)	<ol style="list-style-type: none"> 1. Course Evaluation (10 pts) 2. Discussion (10 pts) 	20
Week 12: Career Development (Due: 1:00 PM 11/16/15)	<ol style="list-style-type: none"> 1. Career Reflection Paper (40 pts) 2. Discussion (10 pts) 	50

Attendance & Participation	All semester (8 pts. Per class. 12 pts for week 11)	100
Extra Credit – Perfect Attendance	10 points	
TOTAL:		500

Grading:

Grading is on a point system for this class. The following grading scale will be used:

A+	484-500	B+	434-449	C+	384-399	D+	334-349	F	Below 300
A	467-483	B	417-433	C	367-383	D	317-333		
A-	450-466	B-	400-416	C-	350-366	D-	300-316		

Discussion Posts Breakdown

	<u>Needs Improvement</u>	<u>Acceptable</u>	<u>Full Credit</u>
Content	Posts and replies are superficial and lack any degree of analysis or critique. May be completely off-topic and contribute no original ideas.	Posts and replies are generally accurate but may lack specific, supporting details. Posts contain strong ideas but lack real-life applications.	Posts and replies are thoughtful and relate to the question. Connections are made in the posts to other content or real-life situations. Full ideas are presented in complete sentences
Number of Replies	Student did not reply to any discussion threads.	Student replied to only one discussion.	Student replied 2-3 times to discussion threads.
Grammar, Spelling, and Punctuation	Posts and replies are not written correctly in terms of grammar, spelling, punctuation, and complete sentences.	Posts and replies contain 2-4 grammar, spelling, and punctuation errors.	Posts and replies have less than 2 grammar, spelling, and punctuation errors.

*** You can earn up to 10 points a week on discussion posts.