

Patriot Principles for Academic Excellence

UNIV 1002.001

Day/Time: Monday, 4:05pm – 5pm

Location: RBN 02011

Spring 2024

Instructor: Sidney Wilson, M.Litt. (she/her/hers)

Office: LIB 425

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(The best way to contact me is by email.)

Office Hours: Friday 2 p.m. – 3 p.m. and by appointment (recommended).

Catalog Description: This course provides undergraduate students with best practices in cognitive learning theory, critical thinking, growth mindset, stress and time management. Students are also connected with resources to enable them to thrive at UT Tyler.

Course Overview: The Patriot Principles for Academic Excellence seminar is a credit/no credit course for any undergraduate students who wishes to implement research-based best practices and success strategies for academic excellence. The seminar comprises crucial lectures and activities covering cognitive learning theory, critical thinking, growth mindset, stress and time management, and more. Students are also connected with UT Tyler resources. Academic programs may require students to take this course if they are experiencing challenges.

Student Learning Outcomes

The student will be able to:

1) Understand and implement cognitive science principles for learning.
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2) Utilize effective research-based strategies for learning and studying throughout the semester.

3) Understand, dismantle, and rework bad academic behaviors, habits, and barriers

4) Implement growth mindset and stress reduction strategies throughout the semester.
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Required Textbooks and Readings: *No required textbooks.*

Readings and videos will be distributed in class.

Special Course Notes:

This zero-credit course is graded based on earning credit (CR) or no credit (NC). This will not influence your cumulative GPA at UT Tyler. However, the knowledge you gain and implement can be transformational for your success at UT Tyler.

Assignments and Weights:

Reflection and exercises: 10%

Participation: 20%

Attendance: 70%

Grading Scale:

Credit (CR): 70%

No Credit (NC): 69% or below

Graded Course Requirements Information:

Reflection and exercises: At nearly every session, you will write a paragraph on how you implemented the information learned. These are short writing tasks that will take 10 minutes or less. Part of your attendance is turning this reflection in.

Participation: Conversation, discussion, and participation in class activities is crucial to your academic success as a whole.

Attendance: Showing up for class matters and is a huge part of learning how to be a successful student. Therefore, you will have the opportunity to earn 70% of your grade through your weekly attendance.

- Late/Make-Up Work: Students who miss class but want to make up the absence and weekly exercise are given the opportunity to do so in a scheduled appointment with the instructor, Sidney Wilson. This must be done within one week of the missed class to earn full credit for the makeup attendance.

Calendar of Topics, Readings, and Due Dates

Please note that the slides from the lesson, along with additional resources and information, will be posted in Canvas immediately following the section’s meeting.

Week #	Date	Class Topic	Bring to Class:
1	1/15/24	Starting Patriot Strong – Routines, Timing, and Stress	NO CLASS FOR MLK DAY – please watch video and follow instructions in video to earn participation.
2	1/22/24	Growth Mindset, Barriers, Habits, and Behaviors	

3	1/29/24	How to Pay Attention in a Boring Class and Thinking Critically	Paper and a writing utensil
4	2/5/24	Cognitive Learning Theory and Research-Based Study Strategies	
5	2/12/24	Pushing Past Procrastination	Class schedule – paper or screenshot
6	2/19/24	I'm Tired – Taking Care of Me	Calendar from Week 5
7	2/26/24	Shifts Happen – Stop and Readjust	Device to access MyUTTyler on
8	3/4/24	Resources and Support Systems at UT Tyler	
9	3/11/24	So You Didn't Get the Grade You Want – What Now?	Your academic barriers inventory from Week 2
	3/18/24	Spring Break	
10	3/25/24	Advising and Preparing for Next Semester	
11	4/1/24	Money Matters: Scholarships & Financial Aid	
12	4/8/24	Academics and Career Success – School vs. Jobs	List of jobs you are interested in pursuing
13	4/15/24	Finishing Strong – Getting Ahead of Exam Season	
14	4/22/24	Wrapping Up the Semester and Course Feedback	Any ideas you might have for future students in this seminar, honest feedback on what you learned that did and didn't work for you
15	4/29/24	Final Exams – no class! Enjoy your summer!	