

**Patriot Principles for Academic Excellence**

**UNIV 1002.060**

Day/Time: ONLINE

Fall 2024

**Instructor: Sidney Wilson, M.Litt.** (she/her/hers) Office: LIB 426 | Phone:903.565.5528  
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**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:**

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| 1) Understand and implement cognitive science principles for learning.                            |
| 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.              |

**Required Textbooks and Readings:** *No required textbooks.*

Any 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:**

Participation: 30% (interaction and communication with instructor and other students)

Attendance: 70% (completion of assignments)

### **Grading Scale:**

Credit (CR): 70%

No Credit (NC): 69% or below

### **Graded Course Requirements Information:**

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

**Attendance:** Since this class is online, your attendance is one and the same with your completion of a given assignment in a module. To be counted “present” that week, you must complete the assignment by Friday at 5 p.m. of that week (when the assignment closes).

### **Artificial Intelligence (A.I.) Use, UT Tyler, and This Course**

UT Tyler is committed to exploring and using artificial intelligence (AI) tools as appropriate for the discipline and task undertaken. We encourage discussing AI tools’ ethical, societal, philosophical, and disciplinary implications. All uses of AI should be acknowledged as this aligns with our commitment to honor and integrity, as noted in UT Tyler’s Honor Code. Faculty and students must not use protected information, data, or copyrighted materials when using any AI tool. Additionally, users should be aware that AI tools rely on predictive models to generate content that may appear correct but is sometimes shown to be incomplete, inaccurate, taken without attribution from other sources, and/or biased. Consequently, an AI tool should not be considered a substitute for traditional approaches to research. You are ultimately responsible for the quality and content of the information you submit. Misusing AI tools that violate the guidelines specified for this course (see below) is considered a breach of academic

integrity. The student will be subject to disciplinary actions as outlined in UT Tyler's Academic Integrity Policy.

**For this course, AI is permitted only for specific assignments or situations, and appropriate acknowledgment is required. You will be notified in the instructions for each situation.**

### **Calendar of Weekly Instruction Topics**

<b>Week #</b>	<b>Date</b>	<b>Class Topic</b>
1	8/29/2024	Starting Patriot Strong – Routines, Timing, and Stress
2	9/5/2024	Growth Mindset, Barriers, Habits, and Behaviors
3	9/12/2024	Pushing Past Procrastination & AI in Higher Ed
4	9/19/2024	Fighting Burnout & Boredom in the Classroom
5	9/26/2024	I'm Tired – Sleep & Scores
6	10/3/2024	Resources and Support Systems – It's All for You
7	10/10/2024	Shifts Happen – Stop and Readjust
8	10/17/2024	Checking In – Midterm Madness
9	10/24/2024	Academic Self-care & Recalibration
	10/31/2024	Advising & Next Semester
10	11/7/2024	Money Matters: What about External Scholarships?
11	11/14/2024	School's Role in Career Success
12	11/21/2024	Finishing Strong – Getting Ahead of Exam Season
13		THANKSGIVING BREAK
14	12/5/2024	Wrapping Up the Semester and Course Feedback
15	12/9-13/24	Final Exams – no class! Enjoy your winter!