

CEPG 1000.001: Thriving in the College of Education and Psychology  
Fall 2024  
Classroom: BEP 218  
Time 2:30-3:20 Wednesdays

**Instructors:** Dr. Pradeep Dass, Dr. Sarah Sass, and Dr. Staci Zolkoski

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**Preferred Method of Communication:** email

**Office Hours:** Dr. Dass– by appointment, please reach out! Dr. Sass: Mondays, 10-10:45a & 1:45-3:15p, Wednesdays, 12-12:45p, and by appointment Dr. Zolkoski: Mondays 10:00-12:30p.m., Tuesdays 8:30-10:30, and by appointment

### **Course Description**

Thriving in College prepares students with majors in the College of Education and Psychology to acquire the knowledge, skills, and dispositions needed to excel in their university courses and extracurricular experiences. Specifically, students learn research-based brain strategies for effective and efficient storage and retrieval, methods for dealing with stress, and techniques to develop a growth mindset. Students also learn about academic, advising, career, student engagement, and counseling supports available to them. Finally, students meet and interact with other new students within the college/school and administration, faculty, and staff.

**Course Learning Objectives:** The student will:

- Learn and apply skills useful for success in college (e.g., study skills, stress management skills, engaging with academic and social supports)
- Get to know college and university resources
- Get to know and interact with peers

**Course Requirements:**

- Attend class sessions (students must attend 90% of the seminar sessions)
- Participate in each session
- Meet with your professors
- Participate in end-of-semester celebration

Meet your Professors: During the semester please meet with at least one of the three instructors. Please reach out to one of us to schedule the meeting. These informal meetings are simply a chance for us to get to know each other a bit.

**Grading Scale:**

- To earn credit (CR) in the seminar, students must meet the course requirements listed above.
- Student who do not meet the course requirements will earn a grade of no credit (NC).

**Required Textbooks, Materials, and Supplies:**

There are no required textbooks, materials, or supplies in this class.

## **Tentative Class Schedule:**

### **8/28 Week 1 – Welcome to the College of Education and Psychology!**

Introductions; Differences between high school and college; Reviewing a syllabus; What are office hours; Using a calendar write down course times, assignment due dates, reading schedules); Opportunities for majors in the college Wrap-up and assignment for next week

### **9/4 Week 2: Team Building—Making Connections/Friends in the College**

**Note:** *Census Day is September 9 – all students must attend a F2F class or submit work in an online class before September 9 or be listed as non-attending on the roster. The non-attending designation might impact financial aid / scholarship*

**Activities:** identify a student group you can join – some of the group of 7 want to attend together

### **9/11 Week 3: Meet the College Leaders Ready to Support You**

The three of us, Assistant chairs, SGA reps

### **9/18 Week 4: Meet the College Leaders Ready to Support You**

Cindy, Lauren, Ramona with study abroad, Samy with student groups

### **9/25 Week 5: Growth Mindset and Dealing with Stress; What do I do when I don't get the grade I want; Thriving in College, Mental Health and Wellness**

### **10/2 Week 6: Research-Based Study Strategies & Library resources [held in library] UT Tyler resources (e.g., SAR, Academic Resources Available in CEP, UT Tyler Academic Resources, Study Buddies)**

### **10/9 Week 7: Getting Ready for the Spring Term – Advising**

### **10/16 Week 8: No class- Please attend MHM conference**

### **10/23 Week 9: No class – please attend the Career Success Conference tomorrow on 10/24!**

### **10/30 Week 10: Financial Aid and Scholarships; Career Coaching**

**Note: November 4 is the last day to withdraw from 15 week course. Registration for SP25 begins on November 6 for FTIC students.**

### **11/6 Week 11: Class celebration**

**Weeks 12-15 – no class, but please reach out if you need anything! We will all be available during class time these weeks.**