

# Course Syllabus

## UDI 055: Becoming a Mindful Learner

Fall 2017: August 28 – October 20, 2017

Section 00: Mondays, Wednesdays, and Fridays; 00:00 AM – 00:00 AM; Albert Emmanuel 008

**Instructor:**

**Email:**

**Isidore:** isidore.udayton.edu

“Above everything else I've done,  
I've always said I've had more guts than I've got talent.”  
—Dolly Patron

### A little about the course...

UDI 055 is a seven-week course with one-on-one academic coaching sessions until the end of the semester. My goal is to provide you with a challenging but supportive experience in which you can become a **Mindful Learner** and develop strategies to enhance your academic success. Mindful Learners master three areas of personal responsibility: awareness, aptitude, and action.

### Student Capacities

In this course, you will develop your capacity to increase your:

- Awareness as a learner by defining success and learning from your experiences;
- Aptitude by learning strategies to become a resourceful and successful learner;
- Action through motivation and independence by creating plans for academic success.

### Things to help you succeed...

The following items are required and must be observed, in class, each day, in order to receive full participation points:

- 3-ring binder
- Personal planner
- Eager participation
- Asking questions

### Requesting an Appointment

All appointments are made within the Student Success Network (SSN):

1. Log into SSN at <https://dayton.starfishsolutions.com/starfish-ops>.
2. Click "Courses" in the left hand column.
3. Scroll until you find this course.
4. Under “Instructor,” click "Schedule Appointment."

**NOTE:** The Student Success Network will send you a Google Calendar invite to your appointment. Be sure to select "Yes" to confirm acceptance of this appointment. **Missed appointments will receive a zero (0%) in the gradebook.**

## A few course policies...

### Attendance & Participation Policy

I've never achieved anything by being absent. Success in college is largely dependent on showing up. Points will also be deducted from your Attendance grade if you are late. I know you cannot plan for events like family emergencies and illnesses. Therefore, please keep yourself in good health and provide documentation from the Health Center to excuse any absence. **Two unexcused absences will result in you failing this course.** Allowing ongoing absences would directly contradict everything this class teaches about being a Mindful Learner.

### Late Assignment Policy

I know from experience that if something doesn't get done on time, it's even less likely to be completed later. All assignments must be completed on time. **Late assignments will receive a zero (0%) in the gradebook.** Again, accepting late assignments would directly contradict everything this class teaches about being a Mindful Learner.

## How I'll determine your grade...

This course is not factored into your cumulative GPA. However, it does appear on your official transcript to determine if you passed this course. **All students must maintain a minimum of 800/1000 points to pass this course.**

Assignment	Points
22 sessions, attendance and active participation <i>20 pts each</i>	440
2 instructor meetings, attendance and active participation <i>40 pts each</i>	80
3 coaching sessions, attendance and active participation <i>30 pts each</i>	90
2 LASSI Assessments and Reflections <i>30 pts each</i>	60
13 learning journal entries <i>10 pts each</i>	130
Midterm Success Plan Review	100
Final Success Plan Review	100
<b>TOTAL POINTS</b>	<b>1000</b>

	<b>What's Due?</b>	<b>Course Topics</b>	<b>To-Do</b>
Week One 8/28 - 9/1		<ul style="list-style-type: none"> <li>• The Mindful Learner</li> <li>• Creating Learning Goals</li> </ul>	<ul style="list-style-type: none"> <li>• Schedule Meeting</li> <li>• LASSI Reflection</li> <li>• Learning Journal #1</li> </ul>
Week Two 9/6 - 9/8	<ul style="list-style-type: none"> <li>• LASSI Reflection</li> <li>• Learning Journal #1</li> <li>• Attend Meeting</li> </ul>	<ul style="list-style-type: none"> <li>• Roadblocks to Learning</li> </ul>	<ul style="list-style-type: none"> <li>• Learning Journal #2</li> </ul>
Week Three 9/11 - 9/15	<ul style="list-style-type: none"> <li>• Learning Journal #2</li> </ul>	<ul style="list-style-type: none"> <li>• Making Time for Learning</li> </ul>	<ul style="list-style-type: none"> <li>• Learning Journal #3</li> </ul>
Week Four 9/18 - 9/22	<ul style="list-style-type: none"> <li>• Learning Journal #3</li> </ul>	<ul style="list-style-type: none"> <li>• Keeping Track of Your Learning</li> </ul>	<ul style="list-style-type: none"> <li>• Learning Journal #4</li> </ul>
Week Five 9/25 - 9/29	<ul style="list-style-type: none"> <li>• Learning Journal #4</li> </ul>	<ul style="list-style-type: none"> <li>• Improving Your Learning</li> </ul>	<ul style="list-style-type: none"> <li>• Schedule Meeting</li> <li>• Goal Self-Assessment</li> <li>• Learning Journal #5</li> </ul>
Week Six 10/2 – 10/4	<ul style="list-style-type: none"> <li>• Learning Journal #5</li> <li>• Goal Self-Assessment</li> <li>• Attend Meeting</li> </ul>	<ul style="list-style-type: none"> <li>• Assessing Your Learning Goals</li> </ul>	<ul style="list-style-type: none"> <li>• Learning Journal #6</li> <li>• Final Success Plan</li> </ul>
Week Seven 10/9 - 10/13	<ul style="list-style-type: none"> <li>• Learning Journal #6</li> </ul>	<ul style="list-style-type: none"> <li>• Creating a Learning Community</li> </ul>	<ul style="list-style-type: none"> <li>• Learning Journal #7</li> <li>• Final Success Plan</li> </ul>
Week Eight 10/16 - 10/20	<ul style="list-style-type: none"> <li>• Learning Journal #7</li> <li>• Final Success Plan</li> </ul>	<ul style="list-style-type: none"> <li>• Becoming a Mindful Learner</li> </ul>	<ul style="list-style-type: none"> <li>• LASSI Reflection</li> <li>• Schedule Coaching</li> <li>• Learning Journal #8</li> </ul>
Week Nine 10/23 - 10/27	<ul style="list-style-type: none"> <li>• Learning Journal #8</li> </ul>	<ul style="list-style-type: none"> <li>• Independent Study</li> </ul>	<ul style="list-style-type: none"> <li>• Learning Journal #9</li> </ul>
Week Ten 10/30 - 11/3	<ul style="list-style-type: none"> <li>• Learning Journal #9</li> <li>• Attend Coaching</li> </ul>	<ul style="list-style-type: none"> <li>• Independent Study</li> </ul>	<ul style="list-style-type: none"> <li>• Learning Journal #10</li> </ul>
Week Eleven 11/6 - 11/10	<ul style="list-style-type: none"> <li>• Learning Journal #10</li> </ul>	<ul style="list-style-type: none"> <li>• Independent Study</li> </ul>	<ul style="list-style-type: none"> <li>• Learning Journal #11</li> </ul>
Week Twelve 11/13 - 11/17	<ul style="list-style-type: none"> <li>• Learning Journal #11</li> <li>• Attend Coaching</li> </ul>	<ul style="list-style-type: none"> <li>• Independent Study</li> </ul>	<ul style="list-style-type: none"> <li>• Learning Journal #12</li> </ul>
Week Thirteen 11/20 - 11/24	<ul style="list-style-type: none"> <li>• Learning Journal #12</li> </ul>	<ul style="list-style-type: none"> <li>• Independent Study</li> </ul>	<ul style="list-style-type: none"> <li>• Learning Journal #13</li> </ul>
Week Fourteen 11/27 - 12/1	<ul style="list-style-type: none"> <li>• Learning Journal #13</li> <li>• Attend Coaching</li> </ul>	<ul style="list-style-type: none"> <li>• Independent Study</li> </ul>	

## **Explanation of Assignments**

Most of the work in this course relates to how you apply what you are learning to your other courses this semester. I have created ongoing assignments for this course to help you expand your awareness of what actions and behaviors get you closer to your established goals.

### **LASSI Reflections**

The Learning and Study Skills Inventory (LASSI) is a self-assessment tool to see how your current behaviors compare to the average scores of thousands of responses. This tool identifies ten areas proven to foster student success. In order to measure your growth in this course, you will take a pre-test at the start of the semester and a post-test after seven (7) weeks.

Your reflections are integral to validating your results since you can prove pointed examples for areas in which you agree with the results and areas in which you disagree. The prompts and rubric for these assignments are posted on Isidore.

### **Learning Journals**

You will submit a Learning Journal for each week in the semester. These are quick snapshots of your progress and challenges. eLearning has customized a tool on our Isidore page to make these smooth and seamless.

### **Instructor Meetings**

You and I will have two (2) 1-hour meetings during the seven (7) week in-class portion of the semester. The focus for the first meeting will be to help you develop goals and create a Success Plan. In the second meeting, we will both assess your progress in fulfilling your Success Plan.

### **Academic Coaching**

Once the in-class portion ends, you and I will have three (3) 30-minute Academic Coaching sessions to help guide you toward becoming a more independent learner.

### **Goal Self-Assessment**

You will evaluate yourself, about midway through the course, to see how well you are following your Success Plan. This exercise will also help you determine if there are things that should change about your Success Plan. You and I will discuss your evaluation during our second Instructor Meeting.

### **Success Plan**

Your final Success Plan serves as a living and changing document in order for you to succeed each semester. It is encouraged that you share this with your Advisor so that they can help guide you until graduation. You and I will go through several revisions of this plan before it is due at the end of the seven (7) weeks.

## **Frequently Asked Questions**

### **Will my grade in UDI 055 affect my GPA?**

UDI 055 is graded as Pass/Not Pass and is not calculated in your GPA.

### **What grade must I earn to pass UDI 055?**

A grade of 80% (B-) or 800 points passes UDI 055. I don't round up to the next highest score.

### **What happens if I do not pass UDI 055?**

Your Advisor decides any actions taken by not passing UDI 055.

### **What is Academic Probation?**

Having a GPA of 1.69 or lower places a student of Academic Probation.

### **What if I have to pass this course to keep my scholarship or government's sponsorship?**

In that case, I suggest you make every effort to pass my course. Communicate with me often.

### **Do you offer extra credit or make-up assignments?**

No. Incentivizing make-up assignments directly contradicts everything this class teaches about being a Mindful Learner.

### **Can I still get Academic Coaching after I pass this class?**

Of course. The Office of Learning Resources offers Academic Coaching to all students.

### **What information is shared with my parents?**

In order to comply with FERPA, I cannot speak to anyone other than you and select campus employees regarding this course.

## **and finally...**

### **What is due next class?**

This syllabus is your essential guide to being successful in this course. It will answer many of your questions. Therefore, please consult this syllabus first to answer any questions you may have before emailing me.

### **Did I miss anything important?**

I work very hard to create an environment where you can explore your personal strengths and challenges. Therefore, I feel everything we do is important for your development as a student. It is my hope that you feel the same.

## A few things to help you along the way...

### Academic Coaching

I have planned a **minimum** of three (3) coaching sessions throughout the course of the semester. These sessions are designed to personalize services and resources necessary for your success.

### Office of Learning Resources

The Office of Learning Resources is your partner in learning. We offer a wide variety of services, including tutoring, writing consultations, academic coaching, disability screenings, global learning support and a website with many resources.

**Office:** Roesch Library, Ground Floor, Room 023  
**Phone:** 937-229-2066  
**Email:** [learningresources@udayton.edu](mailto:learningresources@udayton.edu)  
**Website:** [go.udayton.edu/Learning](http://go.udayton.edu/Learning)

### Students with Disabilities

I would like us to discuss ways to ensure your full participation in this course. If you feel you need an accommodation based on the impact of a disability, please contact me privately to discuss your specific needs. Formal disability-related accommodations are determined through the Office of Learning Resources (OLR). It is very important that you be registered with OLR and notify me of your eligibility for reasonable accommodations with a signed OLR Accommodation Letter. We can then plan how best to coordinate your accommodations. **Learn more at [go.udayton.edu/disability](http://go.udayton.edu/disability)**

If you have not been tested for a disability, but feel that you may exhibit signs commonly associated with a disability, please contact the Office of Learning Resources at 937-229-2066 to schedule a **free** Disability Screening.

### Global Learning Support

If you feel you would benefit from support targeted toward your native language and culture, the Office of Learning Resources offers Global Learning Support for many International students. You can meet with staff or peer academic coaches and attend seminars to develop skills for learning in a diverse community. **Learn more at [go.udayton.edu/olr/global](http://go.udayton.edu/olr/global)**

### Writing Support

The Write Place is a free service available to all UD students. The Write Place offers peer-to-peer writing support on any writing assignment and at any stage of the writing process. **Learn more at [go.udayton.edu/writeplace](http://go.udayton.edu/writeplace)**

### Wellness & Safety

You will uncover a lot about yourself in this course and it can drain a lot of your personal energy. If at any point you experience mental, emotional, physical, or spiritual fatigue, please visit one or more of the offices listed below as soon as you are able:

<b>Campus Ministry</b>	Liberty Hall 101	937-229-3339
<b>Counseling Center</b>	Gosiger Hall 1 <sup>st</sup> Floor	937-229-3141
<b>Health Center</b>	Gosiger Hall Ground Floor	937-229-3131
<b>Housing</b>	Gosiger Hall 210	937-229-3317
<b>Public Safety</b>	Fitz Hall 195	937-229-2121