Academic Success Syllabus

Liz Rainey  Spring 2016

Academic Success SPST.A230.001
0 credit hours; pass/fail
Instructor: Elizabeth Rainey, M.Ed., Director of Retention and Student Success
Contact Information: earainey@loyno.edu; 504.865.3595
Visit https://my.timedriver.com/7RGTH to schedule an appointment
Office Location: Marquette Hall, Room 320
Class meeting: Section 1 Mondays 2:30 p.m. – 3:20 p.m.

Course Overview
We will approach topics related to academic success and challenges that might impede your path to graduation. Together we will address the question of “what makes a student succeed in college?” You will learn strategies that may help improve your GPA and enrich your educational experience at Loyola. Our readings will primarily come from the fields of psychology and education. We also will draw from our Jesuit identity through reflection, respect, and appreciation.

Our course will meet once a week throughout the semester. Students also meet with Ms. Rainey one-on-one.

Course Goal
Students will think critically about academic success.

Student Learning Outcomes
Upon completion of this course, you will be able to:
- Calculate the grades needed to maintain academic good standing and financial aid eligibility.
- Recognize the connection between your academic and financial college plans.
- Explain the obstacles that prohibited a stronger GPA in the past.
- Create a plan to improve your GPA.

Topics we will address
- Self-assessment and goal setting
- Strategies for success
- Priorities and procrastination
- Memory and cognition
- Technology, media, attention, and learning
- Stress, control, and anxiety
- Growth Mindset
- Grit and perseverance
- Communication, self-advocacy, and decisions
- Personalities and preferences
- Career development

Grading and Attendance
This is a zero credit course that will be graded pass or fail and will appear on your official transcript. You will be expected to attend class and engage in discussion. There are no required assignments outside of class other than reading articles. Your grade will be based on class attendance. Please consult with Ms. Rainey in advance, when possible, about absences.
Disability Services
If you have a disability and wish to receive accommodations, please contact Disability Services at 504-865-2990. If you wish to receive test accommodations (e.g., extended test time), you will need to give the course instructor an official Accommodation Form from Disability Services. The Office of Disability Services is located in Marquette Hall, Room 112.

Emergency Planning
At times, ordinary university operations are interrupted as a result of tropical storms, hurricanes, or other emergencies that require evacuation or suspension of on-campus activities. To prepare for such emergencies, all students will do the following during the first week of classes: 1) Practice signing on for each course through Blackboard; 2) Provide regular and alternative e-mail address and phone contact information to each instructor.

In the event of an interruption to our course due to the result of an emergency requiring an evacuation or suspension of campus activities, students will: 1) Pack textbooks, assignments, syllabi and any other needed materials for each course and bring during an evacuation/suspension; 2) Keep up with course work during the evacuation/suspension as specified on course syllabi and on-line Blackboard courses; 3) Complete any reading and/or writing assignments given by professors before emergency began.

Assuming a power source is available: 1) Log on to university Web site within 48 hours of an evacuation/suspension; 2) Monitor the main university site (www.loyno.edu) for general information; 3) Log on to each course through Blackboard or e-mail within 48 hours of an evacuation/suspension to receive further information regarding contacting course instructors for assignments; 4) Complete Blackboard and/or other online assignments posted by professors (students are required to turn in assignments on time during the evacuation/suspension period and once the university campus has reopened); 5) Contact professors during an evacuation/suspension (or as soon as classes resume on campus) to explain any emergency circumstances that may have prevented them from completing expected work.

Further information about student responsibilities in emergencies is available on the Academic Affairs web site: http://academicaffairs.loyno.edu/students-emergency-responsibilities.

Course Readings and Materials
We will read about one article a week outside of class. In class, we also will read articles and watch videos. Materials will be accessible on Blackboard and are subject to change.

<table>
<thead>
<tr>
<th>Class date</th>
<th>Topics discussed in class</th>
<th>Expectation for the following class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>• Introductions</td>
<td>• Complete goals with information from LORA and the GPA calculator</td>
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<tr>
<td></td>
<td>• Expectations</td>
<td>• Enter important dates (exams, papers, events) into your calendar or planner</td>
</tr>
<tr>
<td></td>
<td>• Self-assessment</td>
<td></td>
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<td></td>
<td>• Goal setting</td>
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</tbody>
</table>
## Week 2
- Strategies for a successful semester
- Managing and organizing your time
- Priorities
- Cost of cutting class


## Week 3
- Procrastination
- Choices about time
- Retaining focus on long term goals
- Early warning

- Set one-on-one meeting with Liz in the next two weeks of school.

## Week 4
- Memory
- Attention
- Retrieval
- Cognition

- Use at least one “memory” technique this week while you study.

## Week 5
- Technology
- Media
- Neuroplasticity
- Learning

- Observe and reflect on a stressful moment you felt or noticed this week.

## Week 6
- Stress
- Control
- Anxiety

- Set a 1-on-1 meeting with Liz using this link: https://my.timedriver.com/7RGTH

## Week 7
- Expectations
- Labels
- Performance


## Week 8
- Growth Mindset
- Praise
- Intelligence
- Effort


## Week 9
- Grit
- Success
- Failure
- Perseverance

## Week 10
- Knowing and owning yourself
- Career development
- Elevator pitch
<table>
<thead>
<tr>
<th>Week</th>
<th>Topics</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>Communication, Decisions, Self-advocacy</td>
<td></td>
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<tr>
<td>12</td>
<td>Personality, Learning styles, Preferences</td>
<td>Consider how your preferences can help interactions with others and your course selections for next semester.</td>
</tr>
<tr>
<td>13</td>
<td>Mindfulness techniques, Awareness of the present</td>
<td>Set a 1-on-1 meeting with Liz using this link: <a href="https://my.timedriver.com/7RGTH">https://my.timedriver.com/7RGTH</a></td>
</tr>
<tr>
<td>14</td>
<td>Wrap-up, Reflection, Evaluation and feedback</td>
<td>Best of luck on exams!</td>
</tr>
</tbody>
</table>

Most readings and class materials are chosen from the following sources:


