

**Fall 2024 INTR 101-07 or 101-09: Focus on Success**

Mondays and Wednesdays 10:30-11:20am

Mondays and Wednesdays 2:30-3:20pm

J Albertson Building, Room #202

**INSTRUCTOR INFO:**

**Leslie Gwartney, MS**, Raven Scholars Program Associate Director, and

**JoyAnn Riley, BS Ed.**, Raven Scholars Program Support Specialist

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**Phone:** (208) 885-9107

**Office & Hours:** Student Health Center, #121 or #120, by appointment.

**What is the purpose of this course?**

This two-credit course will help you develop organization and time management skills and introduce you to a variety of social and soft skills. Mondays will be committed to a short presentation related time management, organization, and other academic skills, in addition to your in-person, weekly dedicated planning time. You are expected to bring something to work on if you finish your planning early. Wednesdays we will have topics to educate you on social and soft skills related to social expectations that are essential for young adults to understand.

**Learning Outcomes:** A student should...

- develop organization and time management skills that work for them.
- learn study and academic skills that will help them be successful in college.
- learn independent living and self-advocacy skills.
- learn soft skills and how to navigate social situations for adult living.
- become aware of campus resources to aid college success.

**GRADING**

SYLLABUS ACTIVITY & FINALS ASSIGNMENT	25 pts x 2	50 points possible (5.4 % of grade)
DEDICATED PLANNING FORMS (DPF) WEEKLY	25 pts. x 15	375 points possible (40.5 % of grade)
REFLECTIONS OR JOURNAL/PROMPTS (RJP)	25 pts. x 4	100 points possible (10.8% of grade)
DISCUSSION ACTIVITIES- ATTENDANCE REQUIRED	25 pts x 10	250 points possible (27.1 % of grade)
CAMPUS TOURS- ATTENDANCE REQUIRED	25 pts x 2	100 points possible (10.8% of grade)
FINAL REFLECTION	50pts. x 1	50 points possible (5.4% of grade)
<b>TOTAL</b>	<b>925</b>	<b>points possible</b>

## Fall 2024 INTR 101-07 or 101-09 Course Schedule

AUG 19 <sup>th</sup>	01. Intro & Syllabi: <b>Syllabi Assignment &amp; DPF1, Due 9:59pm Tonight</b>
AUG 21 <sup>st</sup>	02. Professional Email 03. <b>Extra Credit 1 Due 9:59pm Sunday August 25<sup>th</sup></b>
AUG 26 <sup>th</sup>	04. Time Management Tools. <b>DPF 2 Due 9:59pm Tonight</b>
AUG 28 <sup>th</sup>	05. Unwritten Rules. <b>RJP 1 Due Sunday, Sept 1<sup>st</sup> 9:59pm</b>
SEPT 2 <sup>nd</sup>	LABOR DAY, NO CLASS
SEPT 4 <sup>th</sup>	06. Non-Verbal Communication. <b>DPF 3 Due 9:59pm Tonight</b>
SEPT 9 <sup>th</sup>	07. Self-Advocacy. <b>DPF 4 Due 9:59pm Tonight</b>
SEPT 11 <sup>th</sup>	08. Study Skills. 09. <b>Extra Credit 2 Purple Ella Video Due 9:59pm, Sunday Sept 15<sup>th</sup></b>
SEPT 16 <sup>th</sup>	10. Utilizing Campus Resources. <b>DPF 5 Due 9:59pm Tonight</b>
SEPT 18 <sup>th</sup>	11. Campus Tour 1 <b>RJP 2 Due 9:59pm, Sunday Sept. 22<sup>nd</sup></b>
SEPT 23 <sup>rd</sup>	12. Overcoming Analysis Paralysis. <b>DPF 6 Due 9:59pm Tonight</b>
SEPT 25 <sup>th</sup>	13. Campus Tour 2
SEPT 30 <sup>th</sup>	14. Organization, Study time, and Chunking. <b>DPF 7 Due 9:59pm Tonight</b>
OCT 2 <sup>nd</sup>	15. Group work. <b>RJP 3 Due 9:59pm, Sunday October 6<sup>th</sup></b>
OCT 7 <sup>th</sup>	16. Managing Emotions. <b>DPF 8 Due 9:59pm Tonight</b>
OCT 9 <sup>th</sup>	17. Metacognition and Errors in Thinking 18. <b>Extra Credit 3 Due 9:59pm, Sunday October 13<sup>th</sup></b>
OCT 14 <sup>th</sup>	19. Locus of Control. <b>DPF 9 Due 9:59pm Tonight</b>
OCT 16 <sup>th</sup>	20. Perfectionism. <b>RJP 3 Due 9:59pm, Sunday, October 20<sup>th</sup></b>
OCT 21 <sup>st</sup>	21. Class Topic 1 & Discussion Activity. <b>DPF 10 Due 9:59pm Tonight</b>
OCT 23 <sup>rd</sup>	22. Class Topic 2 Discussion Activity 23. <b>Extra Credit 4 Due 9:59pm, Sunday, October 27<sup>th</sup></b>
OCT 28 <sup>th</sup>	24. Class Topic 3 Discussion Activity <b>DPF 11 Due 9:59pm Tonight</b>
OCT 30 <sup>th</sup>	25. Class Topic 4 Discussion Activity. <b>RJP 4 Due 9:59pm, Sunday, November 4<sup>th</sup></b>
NOV 4 <sup>th</sup>	26. Class Topic 5 Discussion Activity <b>DPF 12 Due 9:59pm Tonight</b>
NOV 6 <sup>th</sup>	27. Class Topic 6 Discussion Activity
NOV 11 <sup>th</sup>	28. Class Topic 7 Discussion Activity <b>DPF 13 Due 9:59pm Tonight</b>
NOV 13 <sup>th</sup>	29. Class Topic 8 Discussion Activity 30. <b>Extra Credit 5 Due 9:59pm, Sunday, November 17<sup>th</sup></b>
NOV 18 <sup>th</sup>	31. Class Topic 9 Discussion Activity <b>DPF 14 Due 9:59pm Tonight</b>
NOV 20 <sup>th</sup>	32. Studying for Finals & Discussion Activity
NOV 25 <sup>th</sup> -29 <sup>th</sup>	FALL RECESS, NO CLASS
DEC 2 <sup>nd</sup>	33. <b>Final Assignment and DPF 15 Due 9:59pm Tonight</b>
DEC 4 <sup>th</sup>	34. NO CLASS <b>Final Reflection Due 9:59pm, Sunday, December 8<sup>th</sup></b>
DEC 9 <sup>th</sup> -13 <sup>th</sup>	35. FINALS WEEK