

**COWL 10: Becoming a Successful Student**  
University of California Santa Cruz  
Professor: Abigail Walsh, M.A., M.Ed.  
Email: [abwalsh@ucsc.edu](mailto:abwalsh@ucsc.edu)  
Summer Session 1: June 20<sup>th</sup> – July 22<sup>nd</sup>  
Monday/Wednesday 6:00-7:30 pm Hum & Soc Sci Rm 350  
Office Hours: By Appointment

### **Course Overview**

This course provides an introduction to research and practices surrounding being a successful student. This course provides an interactive approach to effective studying, note-taking, critical thinking, taking exams, stress management, time management, communication skills, and the use of campus resources.

I ask you to be aware of the pace and expectations of a summer course. If you feel the need to withdraw from the course please do so as soon as possible. If you do feel the need to withdraw please consider the withdrawal and refund schedule, which can be found on the UCSC website. If you are concerned at all about your position or future in the class, see me after class, or schedule office hours.

### **Required Texts**

Dembo, M. H., & Seli, H. (2012). *Motivation and learning strategies for college success: A focus on self-regulated learning*. New York: Routledge.  
Newport, C. (2005). *How to win at college: Simple rules for success from start students*. New York: Broadway Books.

Reading is **very important** for this course. You are required to do the reading before the class period when the material will be discussed.

### **Classroom Environment**

This classroom should be a comfortable, non-distracting, respectful learning environment for all students to explore the subject at hand. In order to help create that, I ask that you arrive on time and remain in the class for the entire class.

Cell phones are disruptive and should not be used in class.

### **Academic Integrity**

All work submitted in this class must be your own. Plagiarism and other forms of academic dishonesty will result in the consequences specified in the UCSC Student Handbook, available online.

[https://www.ue.ucsc.edu/academic\\_misconduct](https://www.ue.ucsc.edu/academic_misconduct)

I would hope that in addition to the academic consequences, you would avoid academic dishonesty in recognition of it being a form of stealing; taking things that belong to others (even nameless others like Wikipedia and other web sites) and passing them off as one's own, which is unethical.

Students found in violation of this policy will fail the course.

## Grading

Grades will be determined by two paper grades each worth 25%, and classwork and participation worth 50% of the final grade.

Paper 1	25%
Paper 2	25%
Homework and Classwork	50%
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Total	100%

## Attendance

Students are expected to be present and on time to every class. Due to the amount of course work and material involved in this course, missing class and making up work will be difficult. Attendance will be taken daily. Attendance will not be part of student's official grades. However, it will be difficult to get full credit on classwork and participation if students are absent. Attendance will be used in determining borderline grades.

## Reaction Papers

Students will write three reaction papers throughout the summer session. Students can **drop the lowest grade** they receive on a paper. Due to the short time frame, and the ability to drop a paper grade, **no late papers** will be accepted.

Reaction papers must be 2-3 pages in length, double spaced, size 12 font, Times New Roman.

Students will choose **one-two** chapters from the Newport text to reflect on. Students will **summarize** the concept and **apply** the concept to their own lives. The summary should be no more than one paragraph and the application should be a combination of reflection on past behaviors/patterns, and future plans.

Papers are due at the beginning of class on the dates assigned.

## Homework and Classwork

Students are expected to come to each class having read the chapters assigned. Students must bring notes to class with them along with assigned workshop activities from the textbook. Students will be regularly working with classmates on group activities and discussions.

## Schedule: Topics & Readings

*This schedule is subject to change.*

June 20 <sup>th</sup>	Introduction, Syllabus Chapter 1: Academic Self-Regulation Imposter Syndrome Article
June 22 <sup>nd</sup>	Chapter 2: Understanding Motivation Chapter 4: Goal Setting Newport Chapters 1, 3, 12, 4
June 27 <sup>th</sup>	Chapter 3: Understanding Learning and Memory Newport Chapters 34, 35, 38, 39
	<b>Paper 1 Due</b>
June 29 <sup>th</sup>	Chapter 5: Self-Regulation of Emotions Chapter 7: Self-Regulation of the Physical and Social Environment Newport Chapters 30, 8, 57, 42 Stress Management
July 4 <sup>th</sup>	Holiday – No class
July 6 <sup>th</sup>	Chapter 6: Time Management Newport Chapters, 4, 23, 62, 49 Stress Management
July 11 <sup>th</sup>	Chapter 8: Learning from Textbooks Newport Chapters 55, 56, 46, 26
	<b>Paper 2 Due</b>
July 13 <sup>th</sup>	Chapter 9: Learning from Lectures Newport Chapters 31, 32, 7, 25
July 18 <sup>th</sup>	Chapter 10: Preparing for Exams Newport Chapters 26, 22, 69, 72
July 20 <sup>th</sup>	Chapter 11: Taking Exams Newport Chapters 43, 50, 63, 74
	<b>Paper 3 Due</b>