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


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
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.

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<td>Paper 2</td>
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<td>Homework and Classwork</td>
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**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 20th  Introduction, Syllabus  
Chapter 1: Academic Self-Regulation  
Imposter Syndrome Article

June 22nd  Chapter 2: Understanding Motivation  
Chapter 4: Goal Setting  
Newport Chapters 1, 3, 12, 4

June 27th  Chapter 3: Understanding Learning and Memory  
Newport Chapters 34, 35, 38, 39

**Paper 1 Due**

June 29th  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 4th  Holiday – No class

July 6th  Chapter 6: Time Management  
Newport Chapters, 4, 23, 62, 49  
Stress Management

July 11th  Chapter 8: Learning from Textbooks  
Newport Chapters 55, 56, 46, 26

**Paper 2 Due**

July 13th  Chapter 9: Learning from Lectures  
Newport Chapters 31, 32, 7, 25

July 18th  Chapter 10: Preparing for Exams  
Newport Chapters 26, 22, 69, 72

July 20th  Chapter 11: Taking Exams  
Newport Chapters 43, 50, 63, 74

**Paper 3 Due**