Westminster 101 is a one-credit course that serves to assist students in making a successful transition to Westminster College. Students will learn to improve and refine academic skills, develop stress management strategies, navigate college financing, and further investigate campus policies that lead to a healthy and vibrant campus community. Students will develop ways to maximize their college experience through self-exploration, interaction with campus resources, and engagement with co-curricular and extra-curricular offerings.

**Course Outcomes** -- By the end of this course, students should be able to

- Describe and implement a variety of academic success skills
- Describe and implement strategies for personal resilience
- Develop strategies for ensuring personal financial competence

**Expectations** -- Students are expected to

- Complete and turn in every assignment
- Read assigned texts prior to coming to class
- Be fully present and ready to participate during class time
- Silence your cell phones, remove ear buds or ear phones, and refrain from other distractions during class time
- Attend each class
- Excused absences are allowed for course related field trips, illness that requires confinement to bed or a hospital, death of a close family member, appearance in court, or College-sponsored co-curricular or extra-curricular event.
- Consult with the professor to make arrangements to make up any missed work
Evaluation

Journals  20%  Major Map  10%
MyPlan reflection  10%  Time Exercise  10%
Budgeting Exercise  10%  Participation  20%
Final Presentation  20%

Journals  Every student will write at least 3 journal entries per week. Note what you did with your day and how that made you feel. In each entry, note at least one positive thing that happened since your last entry. Bring your journals to class on Tuesdays. I will read them and comment, then you will come retrieve it from me on Wednesday.

Class Topics

August 28  Course Introduction
  *Austin “What Nobody is Going to Tell you about Freshman Year”
  https://www.theodysseyonline.com/what-nobody-is-going-to-tell-you-about-freshman-year

Sept. 4  Growth Mindset
  “The Power of Yet”  https://www.youtube.com/watch?v=hiiEeMN7vbQ
  *McGuire “Why Your Mindset about Intelligence Matters” from Teach Yourself How to Learn

Sept. 11  Reading Effectively
  Gilroy “Interrogating Texts”  Inquiry Reader pp. 11-3
  Wolf, “Skim Reading is the New Normal” The Guardian August 25, 2018

Sept. 18  Good in-class practices
  *Wade “Professors’ Pet Peeves”
  https://thesocietypages.org/socimages/2014/08/25/professors-pet-peeves/
http://www.westminster.edu/admissions/westminsterbound/ “Tips for a Successful First Year”

Sept. 25     Good out-of-class practices—Time Management & Test Prep

**Turn in Time Exercise**

Oct. 2      Positive Mindsets

“Getting Stuck in the Negative”  [https://www.youtube.com/watch?v=7XFLTDQ4JMk](https://www.youtube.com/watch?v=7XFLTDQ4JMk)

“Rethinking Anxiety: Learning to Face Fear” [https://www.youtube.com/watch?v=jryCoo0BrRk](https://www.youtube.com/watch?v=jryCoo0BrRk)

Oct. 9      Personal Values & Goal Setting

[https://my.westminster.edu/ics/Campus_Life/Campus_Groups/Professional_Development_Center/MyPlan.jnz](https://my.westminster.edu/ics/Campus_Life/Campus_Groups/Professional_Development_Center/MyPlan.jnz)

**Complete Personality test and Interest inventory prior to coming to class**

Oct. 16     **Turn in MyPlan reflection to D2L, class meets on Thursday**

Oct. 18     (Thursday)  Professional Development Center session  11 a.m.

Oct. 23     Advising 101, Advising and Scheduling

Oct. 30     Fall Break, no class

**Nov. 6**  **Turn in Major Map, class discussion**

Nov. 13     Financial Literacy       Financial Aid and Satisfactory Progress

Nov. 20     Financial Literacy       Budgeting and Debt Management

**Turn in Budget Exercise**

Nov. 27     Personal Responsibility

Dec. 4     Personal Responsibility
Dec. 10 (Monday) 3-5 pm Presentations

Participation

Education is not something that is done to you. It is something you do for yourself, with the help of a lot of other people. In that spirit, participation is required in this class. You need to be an active contributor. You also need to be a supportive listener. Be sure that you are taking the time to make thoughtful comments and to be a thoughtful listener to your classmates. You are all in this together.

Class participation points will be awarded based on the following sliding scale:

- Participated in each class, as called upon or in a voluntary fashion.
- Participated in most classes, as called upon or in a voluntary fashion.
- Participated some of the time, zoned out occasionally.
- Participated a few times, zoned out frequently
- Never participated but came to class regularly
- Never participated and/or missed a lot of class

Visiting the professor outside of office hours counts as a form of class participation

More active group participation improves your participation score.
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<thead>
<tr>
<th>Attitude Description</th>
<th>Fixed Mindset</th>
<th>Growth Mindset</th>
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<tr>
<td>Describe</td>
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<td>Attitude toward criticism</td>
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Saundra Yancy McGuire  
*Teach Yourself How to Learn*  (2018)

Strategies for success:

Believe you can be successful

Determine what is expected

Use effective learning strategies

Brain plasticity