

Success in College and After College: How to Get and Stay on Course

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Description: Students, no matter what their background, all seek a major that has personal meaning and that nurtures and sustains a creative spirit. In this interactive course, students will identify their unique talents, gifts, and abilities, which lay the foundation for studying what they love, and later, for doing what they love for a living.

Students will read at home and discuss in class one chapter per week from the textbook titled *On Course: Strategies for Creating Success in College and in Life* by Skip Downing. The course will focus on learning how to look within for the keys to success. This knowledge will increase success in their personal life, their college life, and later on, in their professional life. In addition, some time will be spent on learning important study skills such as reading, note taking, studying, memorizing, test taking, writing, and researching.

Seminar Goals: Students will learn how to recognize their own thoughts, feelings, and goals, and those of others, in order to be motivated and manage their emotions and relationships with others.

Format: The first class is a get-to-know-you session and also covers the first chapter of the book. In each weekly session, the Focus Questions of the corresponding chapter are answered and discussed. Students are organized into teams of 3-4 students for group discussion first, followed by whole class discussion. Students should be fully prepared for discussion by reading the assigned material, and they will be expected to share their thoughts on the material, generating a fruitful discussion.

Each chapter of the book recommends several journal topics for writing. Weekly journal writing is required (one journal topic only, one page minimum, single spaced). Sometimes a group problem solving activity is presented in which everyone must participate in some way to create a solution. On the last day of class, each student is required to give a 4-minute oral presentation of a topic of his/her choice. A one-on-one consultation with each student once during the quarter is a requirement of the seminar.

Grading:

- Weekly journal writing assignments (50%)
- Individual oral presentation in class by each student (30%)
- Participation in discussions (20%)