

Patriot Principles for Academic Excellence
UNIV 1002.060

Day/Time/Location: Online
Fall 2025

Instructor: Sidney Wilson, M.Litt. (she/her/hers) Office: LIB 426 | Phone: 903.565.5528
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Office Hours: Friday 2 p.m. – 5 p.m. and by appointment (recommended).

Catalog Description: This course provides undergraduate students with best practices in cognitive learning theory, critical thinking, growth mindset, stress and time management. Students are also connected with resources to enable them to thrive at UT Tyler.

Course Overview: The Patriot Principles for Academic Excellence seminar is a credit/no credit course for any undergraduate students who wishes to implement research-based best practices and success strategies for academic excellence. The seminar comprises crucial lectures and activities covering cognitive learning theory, critical thinking, growth mindset, stress and time management, and more. Students are also connected with UT Tyler resources. Academic programs may require students to take this course if they are experiencing challenges.

Student Learning Outcomes

The student will be able to:

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| 1) Understand and implement cognitive science principles for learning. |
| 2) Utilize effective research-based strategies for learning and studying throughout the semester. |
| 3) Understand, dismantle, and rework bad academic behaviors, habits, and barriers |
| 4) Implement growth mindset and stress reduction strategies throughout the semester. |

Required Textbooks and Readings: *No required textbooks.*

Any readings and videos will be distributed in class.

Special Course Notes:

This zero-credit course is graded based on earning credit (CR) or no credit (NC). This will not influence your cumulative GPA at UT Tyler. However, the knowledge you gain and implement can be transformational for your success at UT Tyler.

Assignments and Weights:

Participation: 30%

Attendance: 70%

Grading Scale:

Credit (CR): 70%

No Credit (NC): 69% or below

Graded Course Requirements Information:

Participation: Conversation, discussion, and participation in class activities is crucial to your academic success as a whole.

Attendance: Showing up for class matters and is a huge part of learning how to be a successful student. Therefore, you will have the opportunity to earn 70% of your grade through your weekly attendance.

- Late/Make-Up Work: Students who miss class but want to make up the absence and weekly exercise are given the opportunity to do so in a scheduled appointment with the instructor, Sidney Wilson. This must be done within one week of the missed class to earn full credit for the makeup attendance.

Artificial Intelligence (A.I.) Use, UT Tyler, and This Course

UT Tyler is committed to exploring and using artificial intelligence (AI) tools as appropriate for the discipline and task undertaken. We encourage discussing AI tools' ethical, societal, philosophical, and disciplinary implications. All uses of AI should be acknowledged as this aligns with our commitment to honor and integrity, as noted in UT Tyler's Honor Code. Faculty and students must not use protected information, data, or copyrighted materials when using any AI tool. Additionally, users should be aware that AI tools rely on predictive models to generate content that may appear correct but is sometimes shown to be incomplete, inaccurate, taken without attribution from other sources, and/or biased.

Consequently, an AI tool should not be considered a substitute for traditional approaches to research. You are ultimately responsible for the quality and content of the information you submit. Misusing AI tools that violate the guidelines specified for this course (see below) is considered a breach of academic integrity. The student will be subject to disciplinary actions as outlined in UT Tyler's Academic Integrity Policy.

For this course, AI is permitted only for specific assignments or situations, and appropriate acknowledgment is required. You will be notified in the instructions for each situation.

Calendar of Weekly Instruction Topics

Week 1: 8/25-29/25: Starting Patriot Strong – Routines, Timing, and Stress

Week 2: 9/1-5/25: Growth Mindset, Barriers, Habits, and Behaviors

Week 3: 9/8-12/25: Pushing Past Procrastination & AI in Higher Ed

Week 4: 9/15-19/25: Fighting Burnout & Boredom in the Classroom

Week 5: 9/22-26/25: I'm Tired – Sleep & Scores

Week 6: 9/29-10/3/25: Resources and Support Systems – It's All for You

Week 7: 10/6-10/25: Shifts Happen – Stop and Readjust Checking In – Midterm Madness

Week 8: 10/13-17/25: Checking In – Midterm Madness

Week 9: 10/20-24/25: Academic Self-care & Recalibration

Week 10: 10/27-31/25: Advising & Next Semester

Week 11: 11/3-7/25: Money Matters: What about External Scholarships?

Week 12: 11/10-14/25: School's Role in Career Success

Week 13: 11/17-21/25: Finishing Strong – Getting Ahead of Exam Season

Thanksgiving! No class.

Week 14: 12/1/25: Wrapping Up the Semester and Course Feedback

Week 15: 12/8-12/25: Final Exams – no class! Enjoy your winter!