

MAPS
UNIV 1002.001
Mondays, 4:05 p.m. – 5:00 p.m.
CAS 257
Spring 2023

Instructor: Sidney Wilson, M.Litt. (she/her/hers)
Office: LIB 425
Phone: 903.565.5528
Email: sidneywilson@uttyler.edu
(The best way to contact me is by email.)

Office Hours: Friday 2 p.m. – 3 p.m. and by appointment (recommended).

Course Overview: Mentoring and Advising Patriots to Success (MAPS) is a required zero credit-hour course for first-time freshmen on probation in their second semester at UT Tyler. It is designed to provide individualized attention for students needing assistance and fosters the academic skills necessary to succeed at UT Tyler. The course covers the growth mindset, cognitive science principles, stress and time management, financial matters, and more.

Student Learning Outcomes

The student will:

1) Explain cognitive science principles for learning.
2) Implement effective research-based strategies for learning throughout the semester.
3) Explain the principles of stress and growth mindset for success.
4) Implement growth mindset and stress reduction strategies throughout the semester.

Required Textbooks and Readings: *No required textbooks.*

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:

Implementation and Reflection: 60%

Calendar Work: 20%

Attendance: 20%

Grading Scale:

Credit (CR): 80%

No Credit (NC): 79% or below

Graded Course Requirements Information:

Implementation and Reflection: At nearly every session, you will write a paragraph on how you implemented the information learned. These are short writing tasks that will take 10 minutes or less.

Calendar Work: Throughout the semester, you will bring in your syllabi and enter information in a calendar that will be provided for you. This will be on paper but you can also access a Word document online. You will be asked to document how you plan for success this semester and write about how you will make sure to use this time.

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 20% of your grade through your weekly attendance.

Late Work and Make-Up Exams:

Late work will be accepted one week after the deadline. If there are extenuating circumstances, you can visit with the instructor about these. Assignments after the deadline will be acknowledged but will not count toward your grade.

There are no exams in this course; therefore, there are no opportunities for make-up exams.

Attendance Policy

You must attend the full class in order to receive credit for the session.

Calendar of Topics, Readings, and Due Dates

Please note that the slides from the lesson, along with additional resources and information, will be posted in Canvas immediately following the section's meeting.

Week #	Date	Class Topic	Homework
1	1/9/23	MAPS & Changing Your Academic Standing	Bring all your syllabi to class next week
2	1/16/23	Learning Takes Time – and	Assessment reflection from

		So Does Life (<i>Online – MLK Day</i>)	last semester
3	1/23/23	I Belong at UT Tyler – Even When Things are Stressful	Growth Mindset and Stress strategies implementation
4	1/30/23	Cognitive Science Principles for Learning	Limiting Distractions
5	2/6/23	Self-Talk Matters and More Cognitive Science Principles for Learning	Implementing Cognitive Science strategies & Bring your Semester Calendar for next week
6	2/13/23	Stop and Readjust	Begin working on the Preferred Academic Behaviors List
7	2/20/23	I'm Tired – Taking Care of Me	Implementing self-care strategies and Preferred Academic Behaviors List
8	2/27/23	Reading and Taking Notes over Large Amounts of Complex Materials	Implementation of reading and note-taking strategies. Bring the Semester Calendar for week 10.
9	3/6/23	Shifts – They Happen To Everyone	Make suggestions/determine in class and be ready to write about your results
	3/13-18/23	Spring Break	Implementation of reading and note-taking strategies. Bring the Semester Calendar for week 10.
10	3/20/23	Faculty Office Hours, Library, the Writing Center, and UpSwing: Resources for your Undergraduate Career	
11	3/27/23	Money Matters: Scholarships & Financial Aid	
12	4/3/23	Academics are a Part of the Plan: Career Success	Work with your College Career Coach and Bring Semester Calendar for next week Registration for Fall 2023 begins
13	4/10/23	Finishing Strong	Implement calendar tasks
14	4/17/23	Wrapping Up the Semester	Feedback Sheet
15	4/24-27/23	Final Exams – no MAPS seminar	