

HECC 1000.060: Thriving in the Health Professions

Course Title: Thriving in the Health Professions – First Year Experience Seminar

Course Number and Section: HECC 1000.060

Scheduled Class Days and Times: Online, Virtual Instruction

Instructor Name: Andrew Barnson, MA , MBA

Office Location: STE 230

Phone Number: 903.566.7180

Email: **abarnson@uttyler.edu**

Best way to contact: Email or In Person

Office Hours: M-F 8 AM TO 5 PM

Course Information

Course Overview

The First Year Experience seminar, HECC 1000: Thriving in the Health Professions, provides incoming Health Profession majors with the opportunity to expand knowledge, skills, and strategies for being a successful college student – in both their major classes and others.

Student Learning Outcomes:

After successfully completing this course, the incoming student will:

- Understand the value of what a university teaches you outside the classroom – mental health, networking, habit-building, and critical thinking.
- Identify individuals in colleges and across UT Tyler who can assist them.
- Learn the best practices that help balance all areas of life when school and adulthood mix.
- Foster behaviors and routines to optimize your academic input and output – working smart *and* hard without burning out.
- Articulate the importance of every investment in your education – not just financial!

Required Textbooks and Readings

Free Text Provided: <https://shac.unm.edu/documents/positive-psych-workbook.pdf> - [Links to an external site.](#)

"Move From Surviving to Thriving: The Positive Psychology Workbook," developed by Dr. Bruce W. Smith at the University of New Mexico

Graded Assignment Requirements Information

To earn credit in this First Year Experience Course, you must complete the first five standard modules and ten of the choose-your-own modules (for a total of fifteen modules). The choose-your-own modules unlock once you have completed the first five; you may choose to complete them weekly or on your preferred schedule. All 15 modules, 5 standard and 10 chosen), must be completed by Friday, December 11, at 11:59 PM.

Grade Categories and Weights

In this course, you'll engage in the different types of learning experiences.

- Assignments
- Discussion Boards

As you must complete all components of each module, all categories are weighted equally.

Grading Scale

Assigned Grade	Criterion
CR - credit	Completed 15 modules
NC – no credit	Did not complete 15 modules

Late Work and Make-Up Exams

You have the entire week of class to complete the components in modules 1-5, and then you have the remainder of the semester to complete your chosen 10. Therefore, there is no late work. There are no exams in this course; therefore, there is no need for a make-up exam.

Calendar of Topics, Readings, and Due Dates

Module Dates		Class Topic	Due Date
1	8/24-8/28	What to Expect & How Things Work	
2	8/31-9/4	Who's Who	
3	9/7-9/11	Help & Why You Need It	
4	9/14-9/18	Advising	
5	9/21-9/25	Student Engagement	
6	9/28-10/2	Choose-Your-Own	
7	10/5-10/9	Choose-Your-Own	
8	10/12-10/16	Choose-Your-Own	
9	10/19-10/23	Choose-Your-Own	
10	10/26-10/30	Choose-Your-Own	
11	11/2-11/6	Choose-Your-Own	
12	11/9-11/13	Choose-Your-Own	
13	11/16-11/20	Choose-Your-Own	
14	11/23-11/27	Choose-Your-Own	
15	11/30-12/4	Choose-Your-Own	

Note: This tentative schedule is subject to change as necessary. However, I pledge to stay to this schedule as much as possible. In the unlikely event of a prolonged university closing or an extended absence from the University, adjustments to the course schedule, deadlines, and/or assignments will be made based on the duration of the closing and the specific dates missed.

Choose-Your-Own Bank

- Brick Walls & Burnout
- Touch Grass: Unrot Your Brain
- I. & Classwork
- Career Success
- Emotional Intelligence
- Friendship Hard Mode: How to Make Friends as an Adult
- Study Skills that Really Work
- Finding a Mentor & Making the Ask
- Communication on Campus
- When the Grade Ain't It
- Service & Volunteering
- Scheduling: Making a Plan & Sticking to It
- College Student Finances
- How to Find External Scholarships
- Sleep And...Mental Health, Grades, Success, & More
- Networking Now
- Free-Sources
- Growth Mindset
- Imposter Syndrome
- Finding a Hobby (Seriously)

Artificial Intelligence (AI) Use in 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 not permitted. All of your responses must be written by you, as each assignment and forum is a reflection of your thoughts and opinions.