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UNCO 1301.07W

Creating Dreams: Coping Skills

COURSE SYLLABUS: Spring 2022

This is a Tentative Syllabus and will be Revised after 1st Week of Class

INSTRUCTOR INFORMATION

Instructor: Benjamin May, LCSW, Ph.D.

Office Location: Henderson Rm 323A

Office Hours: Monday: Commerce 10 – 2 pm - Please call for appt.

Office Phone: 903-886-5512

Office Fax: 903-468-3227

University Email Address: Benjamin.may@tamuc.edu

Preferred Form of Communication: **email, telephone, and zoom**

Communication Response Time: 24 hrs. unless on weekends

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

No Textbook Required: Handout May & Quinn (2019)

Software Required: Microsoft Word and D2L online platform

Optional Texts and/or Materials: May be added as course progresses

Course Description

A Signature Course at Texas A&M University- Commerce offers first-year students the opportunity to explore unique topics in engaging learning environments. This course is designed to teach students to develop the use of positive coping skills to allow the student to best adapt to stress and stress related environments. These skills are supported by research to improve behavior during and after stress related events. Students develop college-level skills in communication, critical thinking, and social responsibility through a rigorous intellectual experience.

The syllabus/schedule are subject to change.

Student Learning Outcomes (Should be measurable; observable; use action verbs)

1. Students will be able to analyze, evaluate, or solve problems when given a set of circumstances, data, texts, or art [Critical Thinking]
2. Students will communicate in a manner appropriate to audience and occasion in either written, oral and/or visual format with an evident message and organizational structure [Oral/Written Communication]
3. Students will demonstrate an understanding of societal and/or civic issues [Social Responsibility]

COURSE REQUIREMENTS

Minimal Technical Skills Needed - you will need to use Word to create the Assignments as well as develop an understanding of the online D2L platform.

Instructional Methods

This is an online course and you will need to review online D2L – Syllabus contains (with a calendar in back) Weeks 1 through 15 that include: 1) Outline, 2) Power Points of the Handout covered as per the Calendar (syllabus), 3) Video Lectures, 4) Read the assigned Text Chapters (syllabus), and 5) Conclusion. In addition, you will need to complete the assigned exercises and turn in online on the Monday due dates for review.

Student Responsibilities or Tips for Success in the Course

Please keep up with the course and keep me informed of your progress or problems – I need to know if something happens in your life when it happens NOT THE LAST WEEK OF CLASS. I am a fair instructor and please treat both of us (you and me with respect). You have direct access to Student

GRADING

Final grades in this course will be based on the following scale:

- A = 90%-100%
- B = 80%-89%
- C = 70%-79%
- D = 60%-69%
- F = 59% or Below

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SPECIFIC LEARNING EXPERIENCES

1. ASSIGNMENT Paper – What You Learned From the Course - (100 points)

write a 4 to 5 page paper on what you learned from the course. The paper should have an Introduction Section; Body of the paper includes relative facts with examples; and a Conclusion Section. (Example – Would include behavior changes you can describe and how you see the 5 Major Coping Skills working in the rest of your life). Paper will be due April 18, 2022.

2. Weekly Online DISCUSSIONS – (140 points - 10 points per week) Students will be expected to read assigned chapter, pages, complete weekly work, and go to Weekly Discussion section to comment on assigned topics. Students should be prepared to discuss the content and share their knowledge, opinions, etc.

3. 10 Exercises that cover subject presented for the week – (100 points – 10 points assigned per Exercise). You will be assigned to 1 of 2 groups and your Student Instructor will be your contact and will grade these Exercises.

4. Online Course Exam – (100 points) You will be given Final Exam over the Five Major Coping Skills and how you have implemented them into your life now and in the future.

GRADING

Grading Scale GRADING:

Assignment #1: What You Learned	100 points
Exercises (10) Weekly 10 points apiece	100 points
Weekly Online Discussions (10 points a week)	150 points
Class participation with Student Instructors	50 points
Course Exam	<u>100 points</u>
TOTAL	500 points

Total points corresponding to the final letter grades

A = 412- 500 Points

B = 351- 411 Points

C = 271- 350 Points

D = 200- 270 Points

F = 200 & > Points

The Lionizing: a culminating event required of all sections of UNCO 1301. . An announcement will be updated after the semester starts on whether this even will be held online. At this public event, 2 students from each Group will present their work on a Power Point to the entire University Community. The Student instructor will determine

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the format of these presentations. Suggestions include a Power Point used as poster presentations, short talks, installations, oral presentations and/or proposals, et cetera. Students will be present at the Lionizing to take questions about their work. A team of assessors will evaluate artifacts produced in the class using a rubric that will evaluate how well your project:

- Demonstrates critical thinking
- Demonstrates your understanding of your social responsibility
- Demonstrates your excellent written and oral communication skills

This assessment will not influence your grade; instead, it helps the First-Year TRAC initiative assess how well our Signature Courses are helping students meet important outcomes.

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

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COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace (D2L), please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

Interaction with Instructor Statement

The instructor's communication response time and feedback on assessments are stated clearly.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Attendance/Lateness, Late Work, Missed Exams and Quizzes and Extra Credit

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:

<https://www.britannica.com/topic/netiquette>

TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

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<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)
[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or

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veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

A&M-Commerce Supports Students' Mental Health

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

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COURSE OUTLINE / CALENDAR

Week of -- Date	Assignments /Reading	Group Discussion/Exercises Due
Week 1 – 1/18	Introduction to Student Instructors Review & Download syllabus	Discussion 1 Introduce your-self to peers Week 1: Exercise 1 DUE NEXT MON
Week 2 – 1/24	Introduction of course - what is success/happiness? Read Pgs 2-3 (May& Quinn)	Discussion 2: Expectations of course
Week 3 – 1/31	What is success and how do I accomplish it? Read Pg 3-12 (May& Quinn)	Discussion 3: Define success Week 3: Exer. 2 DUE NEXT MON
Week 4 – 2/07	Why do I act the way I do? Culture and you! Read Pg 12-16 (May& Quinn)	Discussion 4: What is your culture? Week 4: Exer. 3 DUE NEXT MON
Week 5 – 2/14	Behavior Modification why/where	Discussion 5: Assess your behavior Week 5: Exer. 4 DUE NEXT MON
Week 6 – 2/21	Motivation to make change career Read Pg 17-21 (May& Quinn)	Discussion 6:Creating Career You Love Week 6: Exer. 5 DUE NEXT MON
Week 7 – 2/28	Building a positive support system Read Pg 21-26 (May& Quinn)	Discussion 7: Building +support system Week 7: Exercise 6 DUE NEXT MON
Week 8 – 3/07	Active life style/ eating well Read Pg 27-29 (May& Quinn)	Discussion 8: Exercise/Health? Week 8: Exercise 7 DUE MON 3/21
Week 9 – 3/14 (Spring Break)	Addictions Read Pg 36-37 (May& Quinn)	Discussion 9: My addictions are?
Week 10 – 3/21	Spiritualism Read Pg 32-36 (May& Quinn)	Discussion 10: Spiritualism is what? Week 10: Exercise 8 DUE NEXT MON
Week11 – 3/28	Hobbies that are not addictive Read Pg 30-32 (May& Quinn)	Discussion 11: Creative Hobbies Week 11:Exercise 9 DUE NEXT MON
Week12 – 4/04	Assessment of behavior now	Discussion 12: Reassessment
Week13 – 4/11	Positive reinforcement	Discussion 13: How is change created?
Week14 – 4/18	What is health? Assignment 1: Paper due	Discussion 14: Health Week 14 Exercise 10 DUE NEXT MON
Week15 – 4/25	Review success and structure Course EXAM due	Discussion 15: Share positive change
Week 16 – 5/02	Lionizing Event	

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