

UNIV 2984: Unleashing your Hokie Potential

2:30-3:45pm, Robeson, RM 112



Spring 2019	Instructors	Peer Mentor	Peer Mentor
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Office hours: By appointment Mon-Fri. Please email me to schedule a time to meet.

Course Website: canvas.vt.edu (Log in and click the tab for this course.)

Course Eligibility: This course is available to first and second semester VT Transfer Students. **All registered students must be available to participate in an overnight retreat September 13th-14th 2019.**

Prerequisites: None.

Course Credit: The 1 credit hour associated with this course is elective and count for purposes of full-time student status and financial aid. Course grades count toward semester and cumulative GPAs.

Course Description: This course is designed to help you prepare a meaningful and flexible life plan, which starts with having a meaningful and flexible college plan. You will explore and discover who you are, where you want to go in life, and how to maximize your time at Virginia Tech to help you get there. You will have the opportunity to discover your strengths and values, identify potential careers, and establish academic, personal, and career goals, and how to integrate these aspects with those of your peers.

Virginia Tech's motto is *Ut Prosim* which is Latin for "That I May serve." One of the goals for Virginia Tech is that all Hokies embrace this motto as a way of life. This course will introduce you to different ways to serve your community and how to integrate service in a meaningful way into your life plan.

This course is also designed to establish fundamental knowledge and skills that facilitate success not only during college, but also for the rest of your life. Examples include: thinking strategically, academic/success skills, self and career exploration, development of personal life plans, group work, and familiarization with VT campus resources available to students.

Throughout this semester, you can expect to participate in a variety of activities that connect academic, life and career resources. Essentially, this course is designed to help you get the most out of your time as a Hokie. The overall goal of the course is for you to gain the ability, experience, and commitment necessary to move forward on the path of a life entrepreneur.

"Young adults who are the authors of their own lives have the capacity to make decisions based on internally defined values and goals (Baxter Magolda, 2001).

Learning Outcomes: The function of this course is to help students:

1. Discover and connect with the Virginia Tech community.
2. Complete and reflect upon the results of self and career assessments.
3. Develop and refine academic and life skills with emphasis on:
 - a. Decision making by collecting relevant information and based on that information, making choices about careers and creating life plans.

- b. Problem solving through setting and achieving goals and utilize resources.
 - c. Critical thinking by discerning what information is necessary to answer questions and resolve conflict.
 - d. Inquiry which provides a systematic process of asking questions and seeking out information.
 - e. Integrating academic and co-curricular learning experiences by pulling information together from multiple sources to inform decisions.
4. Construct personal, academic, and career goals (short-term and long-term).
 5. Establish networks of academic and social peer support by developing “meaningful” interaction with faculty and other students.
 6. Demonstrate effective use of student technology (e.g., Canvas, HokieSPA, and Pathways Planner).

Required textbook:

Required book which can be purchased at the Virginia Tech Bookstore “**Life Entrepreneurs: Ordinary People Creating Extraordinary Lives**” by Christopher Gergen and Gregg Vanourek. ISBN-13: 978-0787988623

Please visit www.lifeentrepreneurs.com for more information on this book.

Retreat: The retreat follows the structure of the book and is September 13th-14th, 2019. Transportation will be provided as will meals and lodging.

Goals of the retreat include:

- Strengthened sense of community among participants
- Time to discover your core identity: “Who am I?”

Evaluation: Your performance in this course will be based on the following graded items. Many of the assignments will have multiple parts which may be graded separately. The overall grade of the assignment is reflected below.

Assignment	Points
Chapter 1: Patterns of Living Matrix Self-Assessment	5
StrenghtsQuest	5
Retreat Reflection Paper	10
Library Career Research	10
Academic and co-curricular plans	10
Personal Vision	10
Resume	10
Personal Goals Rough Draft	5
Personal Goals Final Draft	10
Elevator Pitch	10
Personal Growth Reflection	15
Total	100

Grading: The course is graded using the following scale. Just like grade point averages, course grades are not rounded up.

Grade	Point Range	Grade	Point Range	Grade	Point Range
A	93-100	B-	80-82	D+	67-69

A-	90-92		C+	77-79		D	63-66
B+	87-89		C	73-76		D-	60-62
B	83-86		C-	70-72		F	0-59

Policies and Rules

Missed Class: If you miss class for any reason, I encourage you to contact a fellow student for notes and assignment information. If you are absent, you cannot participate and therefore, cannot earn credit for participation unless your absence can be verified by Schiffert Health Center (540-231-6444) or the Dean of Students Office (540-231-3284). If you encounter a personal emergency or need to leave campus for a family emergency, contact the Dean of Students Office or Schiffert Health Center. They will contact me, and I will make any necessary accommodations. For absences verified by Schiffert or the Dean of Students Office, feel free to contact me to discuss the possibility of make-up work.

Changes to the Syllabus: The schedule provided represents the original design of the class and is subject to change. Any changes to this syllabus will be made by email and if possible, with at least 24 hour notice.

Late Assignments: Submitting any of the assignments late will result in a reduced grade, 10% per day late, unless permission has been sought and granted by the professor before the assignment's due date. The assignments for this course are assigned and due at specific times for specific reasons. If you fail to participate or complete assigned work, then you are missing the point of the assignment itself. The deadlines for the assignments in this course are very clear. Make a note of them now to avoid forgetting about them later.

Student Conduct & The Virginia Tech *Principles of Community*

Virginia Tech is a public land-grant university, committed to teaching and learning, research, and outreach to the Commonwealth of Virginia, the nation, and the world community. We adopt and practice the *Principles of Community* as fundamental to our on-going efforts to increase access and inclusion and to create a community that nurtures learning and growth for all of its members. You can find the principles at <http://inclusive.vt.edu/vtpoc0.html>.

Virginia Tech Undergraduate Honor Code

The Undergraduate Honor Code pledge that each member of the university community agrees to abide by states:

“As a Hokie, I will conduct myself with honor and integrity at all times. I will not lie, cheat, or steal, nor will I accept the actions of those who do.”

Students enrolled in this course are responsible for abiding by the Honor Code. A student who has doubts about how the Honor Code applies to any assignment is responsible for obtaining specific guidance from the course instructor before submitting the assignment for evaluation. Ignorance of the rules does not exclude any member of the University community from the requirements and expectations of the Honor Code. For additional information about the Honor Code, please visit:

<http://honorsystem.vt.edu/>.

All assignments submitted shall be considered "graded work" and all aspects of your coursework are covered by the Honor Code. All projects and homework assignments are to be completed individually unless otherwise specified.

Commission of any of the following acts shall constitute academic misconduct. This listing is not, however, exclusive of other acts that may reasonably be said to constitute academic misconduct.

Clarification is provided for each definition with some examples of prohibited behaviors in the Undergraduate Honor Code Manual located at <http://honorsystem.vt.edu/>.

1. **Cheating** includes the intentional use of unauthorized materials, information, notes, study aids or other devices or materials in any academic exercise, or attempts thereof.
2. **Plagiarism** includes the copying of the language, structure, ideas and/or thoughts of another and passing off same as one's own, original work, or attempts thereof.
3. **Falsification** includes the statement of any untruth, either verbally or in writing, with respect to any element of one's academic work, or attempts thereof.
4. **Fabrication** includes making up data and results, and recording or reporting them, or submitting fabricated documents, or attempts thereof.
5. **Multiple Submissions** involves the submission for credit—without authorization of the instructor receiving the work—of substantial portions of any work (including oral reports) previously submitted for credit at any academic institution, or attempts thereof.
6. **Complicity** includes intentionally helping another to engage in an act of academic misconduct, or attempts thereof.
7. **The violation of any University, College, Departmental, Program, Course, or Faculty Rules** relating to academic matters that may lead to an unfair academic advantage by the student violating the rule(s).

Personal Conduct: You are expected to conduct yourself in line with the Virginia Tech Principles of Community (<http://inclusive.vt.edu/vtpoc0.html>) and abide by the Code of Student Conduct (<http://hokiehandbook.vt.edu/policies/code-of-conduct.html>).

Special Needs or Circumstances: If you need adaptations or accommodations because of a disability (learning disability, psychological, physical, etc.), please see Services for Students with Disabilities (www.ssd.vt.edu, Lavery Hall, 540-231-3788) to get your accommodation letter. If you have emergency medical information to share with me, or if you need special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible. My office location and hours are at the top of this syllabus.

Mobile Technology: Cell phones, laptop computers and tablets may be used in class for class-related purposes such as taking notes or using the course website in Canvas ONLY. It is understood that there may be occasions of extreme importance (e.g., hospital related) when you need to monitor your phone. In such extreme cases, set it to vibrate and sit near the door so you can exit the room before answering the call.

Communicating with the Instructor: You are welcome to communicate with me on any issue you may be having whether it relates to the course or not. When emailing me from an account other than your VT account, please include your full name in email.

Religious Holidays: If you need to request an excused absence to observe a religious holiday, please e-mail your request to me at least 2 weeks in advance. Also, refer to the Missed Class section, above.

Writing Center: All enrolled students are encouraged to work with the Writing Center (2nd floor Learning Commons in Newman Library, 540-231-5436, website: <http://www.lib.vt.edu/spaces/writing/>) on any course-related writing assignments. The Writing Center provides free tutorial and consultation assistance through tutoring hours (9-5 M-F) or by appointment. Brief grammar questions can also be sent to the online grammar hotline at gram@vt.edu.

Technical Support: If you are experiencing technical difficulty accessing materials that you need for this course or have a general technical support question, then you have three options.

- Request assistance by filling out the help form at <https://vt4help.service-now.com/sp>. When making a request, be sure to provide as much detail (name, problematic URL or feature, your operating system, description of problem) as possible to help resolve your problem more efficiently.
- Contact Virginia Tech's 4Help by phone (540-231-4357). They are available 24/7 to reset passwords, monitor system outages, and answer questions on a wide variety of computer related issues.
- Finally, you can find answers to many of your questions by reading [Virginia Tech's Knowledge Base](#).

Outline of Topics and Assignments:

Date	Topic	Assignment Due
Week 1: 8.25-8.31	Welcome Intro/purpose of the class First Week Questions and Campus Resources Retreat/healthy support systems Assign: Read Chapter 1 and take Patterns of Living Matrix	
Week 2: 9.1-9.7	Discuss Chapter 1 Patterns of Living Activity What does it mean to be a life Entrepreneur Assign StrengthsQuest self-assessment and read chapter 3 by 9.13	Chapter 1 and Patterns of Living Matrix results due in Canvas at 11:59pm Tues. 9.3.19
Week 3: 9.8-9.14	StrengthsQuest debrief guest speaker Retreat Logistics Reminder to read chapter 3 before Friday Retreat 9.13-9.14 Smith Mt. Lake	StrengthsQuest self-assessment results due in Canvas at 11:59pm Tues. 9.10.19
Week 4: 9.15-9.21	-Retreat Reflection (rose/bud/thorn exercise) -Awakening to Opportunity/preparing for Vision (Ch. 4 & 5): Activity/brainstorming around opportunities and small group discussions Assign Chapter 5 and provided guided vision prompts/development	Retreat Reflection paper due in Canvas at 11:59pm Fri. 9.20.19
Week 5: 9.22-9.28	Service Learning with VT Engage Reminder to read chapter 5 and bring completed guided vision prompts/development	
Week 6: 9.29-10.5	Personal Visions	Completed vision prompts/development due in Canvas at 11:59pm Tues. 10.1.19
Week 7: 10.6-10.12	Pathways Planner with Advising Ambassadors	
Week 8: 10.13-10.19	Advising 101 & Course Request Assign Academic Plans	
Week 9: 10.20-10.26	Library Exercise: Career/Entrep. Research. Assign Ch. 6 and Goal Setting Template for next class Course request opens 10.22.19	completed Academic Plan through Spring 2021 due in Canvas at 11:59pm Tues. 10.22.19
Week 10: 10.27-11.2	Undergraduate Research guest speaker Goal Setting (Ch. 6) Discuss and peer feedback	bring goal setting to class

	Assign Personal Growth Reflection Assignment due in class on 11.20 and 11.21 Course request closes 10.29.19	
Week 11: 11.3-11.9	Goal Setting Template due to instructors in Canvas Career Services Resume/elevator pitches guest speaker Assign resumes and elevator pitches	
Week 12: 11.10- 11.16	Peer Resume Reviews and Elevator Pitches Assign final resume and elevator pitch due week 13	resumes and elevator pitches due in class
Week 13: 11.17- 11.23	Semester Life Maps Presentations	Final Resumes and elevator pitches due in Canvas at 11:59pm on Tues 11.19.19
Week 14: 11.24- 11.30	Thanksgiving Break	
Week 15: 12.1-12.7	Building a Healthy Support System and Cycle of Renewal (touch on diversity) Ch. 7-9 and Global Education Presentations (5 mins. each)	
Week 16: 12.8-12.14	No class Wednesday 12.11 last day of classes	