

**Mentor: Dr. Kelly Medellin**

**Peer Educator: Mackenzie Brown**

**Class Time:** Fridays 12:00 p/m. – 12:50 p.m.

**Location:** Birdwell Hall 204

**Office:** Birdwell Hall 216

**Contact Information:** [kelly.medellin@msutexas.edu](mailto:kelly.medellin@msutexas.edu)

940-397-6265

940-867-2594

**Office hours:** Tuesdays and Thursdays 9:00 a.m. – 11:00 a.m.;

Wednesdays 10:00 a.m.-11-00 a.m.

# MWSU 1230.106: First-year Mustangs Adventure

## Required Materials:

- MSU 2024-25 Guidebook
- Access to D2L Course

## Course Goals:

- Students will set SMART goals.
- Students will create strategies to achieve and reevaluate their goals.
- Students will use strategies and resources to support their academic success.
- Students will develop self-awareness of their own wellness needs.
- Students will feel connected to the MSU community.

## Required Assignments:

- Attendance (25 points)
  - Students will earn 2 points for every class meeting they attend.
- Adventures (20 points)
  - Students will attend or participate in 5 Adventures and upload a photo of their Adventure Log for evaluation.
- Goal-setting Assignment (10 points)
  - Students will set 2 SMART goals and upload a photo to the D2L Dropbox for evaluation. Students may revise and resubmit.
- Study Guide Assignment (10 points)
  - Students will create a study guide for one of their classes and upload a photo of the guide to the D2L Dropbox for evaluation.
- Wellness Inventory (10 points)

- Students will complete a wellness survey linked in D2L.
- Self-assessment (25 points)
  - Students will complete a self-assessment linked in D2L.

**Grades:** Students will not receive a grade for MWSU 1230. Instead, the course will appear on transcript with a CR for credit or an NC for no credit. To earn credit, students must earn at least 80 out of the possible 100 points.

**Attendance Policy:** MWSU 1230 meets for 13 weeks. Students earn 2 points for each class meeting they attend.

**Students with Disabilities:** 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 believe you have a disability requiring an accommodation, please contact the Disability Support Services in Room 168 of the Clark Student Center, 940-397-4140.

**Tutoring:** Tutoring and Academic Support Programs (TASP) provides free drop-in tutoring for MSU students. Located on the first floor of Moffett Library, TASP's Learning Center provides tutoring support in a number of core courses and subject areas. Writing tutors are available. Remember that students don't need an appointment to utilize these services.

Weekly Schedule	Course Content
Week 1	Welcome to Camp: Introduction
Week 2	Choose Your Hike: Setting Goals
Week 3	Dress for the Weather: Preparing for Class
Week 4	Tackle the Terrain: Preparing for Tests
Week 5	Fill Your Pack: Prioritizing Wellness
Week 6	Pace Yourself: Managing Your Time
Week 7	Follow the Path: Reading and Studying
Week 8	Visit the Ranger Station: Seeking Advice & Support
Week 9	Take a Breather: Homecoming Week
Week 10	Share the Trail: Managing Emotions & Relationships
Week 11	Lead the Way: Getting Involved on Campus
Week 12	Ration Your Supplies: Managing Finances
Week 13	Check Your Map: Reflecting on Your Progress