

Mentor: Dr. Jennifer Anderson, EdD, RRT, RRT-NPS

Peer Educator: Quintan Ringwald

Class Time: 11:00 am – 11:50 am

Location: CE 103 A

Office: CE 420E

Contact Information: Jennifer.anderson@msutexas.edu

Office hours:

M, W 1:00 to 3:00 PM, W 10:00 am to 11:00 PM

MWSU 1230.123: First-year Mustangs Adventure

Required Materials:

- MSU 2023-24 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:

- Goal-setting Assignment
 - Students will set 2 SMART goals and upload a photo of page 19 to the D2L Dropbox for evaluation. Students may revise and resubmit.
- Wellness Inventory
 - Students will complete a wellness survey linked in D2L.
- Study Guide Assignment
 - Students will create a study guide for one of their classes and upload a photo of the guide to the D2L Dropbox for evaluation.
- 4 Short Adventure Reflections (no more than 2 paragraphs each)
 - Students will reflect on the 8 campus adventures they attended and upload their responses to the D2L Dropbox for evaluation.
- Final Survey
 - Students will complete a survey 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 attend class and complete the required assignments.

Attendance Policy: MWSU 1230 meets for 12 weeks. To receive credit, students must attend at least 75% of the class sessions. That means that students may miss no more than 3 class meetings.

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.

Week 1	Welcome to Camp: Introduction
Week 2	Choose Your Hike: Setting Goals
Week 3	Dress for the Weather: Preparing for Class
Week 4	Fill Your Pack: Prioritizing Your Wellness
Week 5	Pace Yourself: Managing Your Time
Week 6	Follow the Signs: Reading and Studying
Week 7	Tackle the Terrain: Preparing for Tests
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	Ration Your Supplies: Applying for Financial Aid
Week 12	Check Your Map: Reflecting on Your Progress