UNIV 2510 Weekend Classes – Spring 2018

April 6-7

Improving Time Management - Chris Campbell (CRN 29117)
This class will examine the downfalls of poor time management and examine how students can develop the needed skills to control their lives. We will explore different techniques for creating an individualized time management plan. This course will utilize lecture, videos, group discussion and hands on training to help students become the masters of their own destiny.

Leadership Inside & Outside the Classroom - Kelly Kavalier (CRN 29118)
Do you know what skills you use on a daily basis that show what kind of leader you are? This class will discuss how to identify, improve and expand upon your leadership skills. We will also discuss ways to practice good leadership in your daily life as a student and member of the OSU community.

April 13-14

Roadmap to Personal Success - Charles (Chico) Harring (CRN 29120)
Our journey to personal success can be both gratifying and challenging. This course will help you realize challenges you may encounter, currently dealing with or have overcome by taking a reflective look at your personal life’s journey to your future goals. Through videos, group work and in-class discussions, students will develop an appreciation/awareness of their personal strength and determination when it comes to their personal success.

Strengthening Your Study Skills - Nick Holmes (CRN 29121)
Ever thought about how your strengths can be utilized to enhance your study habits? Need to brush up on your study skills? This class focuses on recognizing your strengths and improving your study skills utilizing those strengths.

Practical Learning Theory - Jim Hull (CRN 29122)
What are your thoughts on thinking? This course introduces you to Metacognition as a way of thinking about how you think. We also will consider ways of developing techniques and methods to monitor, regulate, and enhance the process of thinking and applying them to your learning and study skills. If you are looking to increase your passion for learning or need to ignite that passion, this weekend class is for you!

April 20-21

Developing Self Awareness - Jeronda Robinson (CRN 29123)
This course will take a deep look into the person we are today and becoming the best version of ourselves now and in the future. Through many activities, reflections and in depth analysis by the end of this course you will be happy with the person you are today and be excited about the change that is yet to come!

Exploring Current Topics - Mark Nelson (CRN 29124)
This course will focus on how your values and needs influence your thoughts about headlines, events and current issues. Students will be asked to engage in group discussion and be introduced to development theory.

Asking How & Why - Britney Mann (CRN 29119)
This interactive course will take students through basic principles of Critical Thinking and allow them to explore impactful leadership.
April 27-28

Life Management - Mark Nelson (CRN 29125)
Focus on helping students make decisions by evaluating how we make decisions (morality, ethics, good vs. right, etc.). Students will also explore the consequences of their choices and practice case scenarios.

Budgeting: Seconds and Cents – Michael Rieger (CRN 29126)
Students will learn the basic principles of budgeting and learn how to apply them to managing both finances and time. Course content will address budgeting basics for students and young professionals following graduation.

Each UNIV 2510 class is 1 credit hour and meets on Friday from 3:30 – 10 p.m. and Saturday from 9 a.m. – 6 p.m.

Students can enroll via Self Service on myOKSTATE or with an Add/Drop card in the Office of the Registrar.

Need to enroll in more than one section? Visit uca.okstate.edu – click on “Weekend Courses” and fill out the Duplicate Course Override Request form at the bottom of the page.