UNIV 2510-30680: Developing Self Awareness
Spring 2020

Instructor: Shelby Matthews
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Phone: 405-744-5333
Office Location: 214 Student Union
Office Hours: By appointment using STAR systems or by email
Times and Dates: 4/24/2020 @ 3:30 - 10pm and 4/25/2020 @ 9:00 am - 6:00 pm
Location: 330 Human Sciences

Course Description: In this course, students will look at different personality assessments as tools to better their understanding of their personality, how they relate to others, how others perceive them, and how choices effect the world around them. This course will consist of individual evaluation, group activities, and personal reflection.

Course Learning Objectives
• To gain a deeper understanding of the individual
• To gain a deeper understanding of others
• To build personal reflection skills
• To strengthen students’ resourcefulness

Changes to Syllabus
Any portion of the syllabus or following schedule is subject to change. In the event of any modifications, students will be notified in class, via email, or through Canvas.

Student Accommodations
If any student has a documented disability and needs special accommodations, I will work with the student and the Office of Disability Services, 315 Student Union (405-744-7116), to ensure a fair and equitable opportunity to perform in this class. Please notify the Office of Student Disability Services and myself of your disability at the beginning of the class and the necessary accommodations will be provided as soon as possible. Accommodations will not be given retroactively. Coordinate with the Office of Student Disability Services as soon as you can each semester.

Retention Policy
Students with 1-30 semester hours attempted must have a 1.70 cumulative graduation/retention GPA, or the student will be placed on academic notice. Students with more than 30 hours attempted must have a 2.00 cumulative graduation/retention GPA, or the student will be placed on academic probation. Students on academic notice or probation must make a minimum of a 2.0 semester GPA, or raise their cumulative graduation/retention GPA to the above-mentioned level (1.7 or 2.0) or better to be taken off notice/probation.

Academic Integrity
Cheating, Plagiarizing, and/or any other unethical behavior will not be tolerated in this class. Violations may subject you to disciplinary action, including the following: receiving a failing grade on the assignment or the course, receiving a notation of a violation of academic integrity on your transcript (F!), or being suspended from the University. You have the right to appeal the
Attendance and Participation
Attendance and participation are required. A large portion of this class is discussion driven. Therefore, if a student chooses not to participate in the class discussions, a grade reduction will be awarded.

<table>
<thead>
<tr>
<th>Assignments</th>
<th>Total possible points</th>
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<tbody>
<tr>
<td>All About Me</td>
<td>25 pts</td>
</tr>
<tr>
<td>Personal Portfolio</td>
<td>50 pts</td>
</tr>
<tr>
<td>“It’s A Wonderful Life” Character Assessment</td>
<td>25 pts</td>
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<tr>
<td></td>
<td><strong>Total 100 pts</strong></td>
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**All About Me:** Students will use magazines provided by the instructor to select 6 images that represent the student, their interests, and their personality. Students will cut out these images, paste them to a piece of construction paper, and then tell the class why they chose those images.

**Personal Portfolio:** Over the duration of the course, we will cover six self-assessments including the Myers-Briggs, “Who’s in the Zoo?” True Colors, the Enneagram, “Wired that Way”, and the Five Love Languages. Students will take each of these self-assessments in class to determine which categories they fall into and record their results in their Personal Portfolio. Students will be asked to evaluate the self-assessment to determine if they feel the results they were given were an accurate reflection of themselves and list two positive and two negative elements of their results. We will discuss as a class the pros and cons of each assessment.

**“It’s A Wonderful Life” Character Assessment:** As a class, we will view the film “It’s A Wonderful Life.” Students will be given a list of the main characters and asked to assess the characters’ personality types using any combination of the assessments discussed in class. As a class, we will discuss why students selected particular personality types for each character.