UNIV 2510-30618 Habits: How They Work & Improving Them
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Course Dates & Location:
Online April 3-4, class will be asynchronous. Students may work through material at their own pace. All work due by April 8, 2020 by 11:59 pm.

Course Objectives:
To better improve your understanding of habits and why they matter
To understand the habit change cycle
To learn to assess your own habits and how habits work for and against you
To understand how habits can be improved and the most effective ways to do this

What do I need? No textbook is required. You need internet access and access to Canvas.

Do I have to watch everything? Yes, part of your grading for this course is completion of each video, including the Welcome & Introduction video. Canvas will note for the instructor if you have completed each video.

What if I have a disability? Every attempt will be made to accommodate students with disabilities. If you are a student with a documented disability, please provide your accommodations letter to me.

When are assignments due? Assignments are due on the date and at the time posted on Canvas. All work for this course is due no later than Wednesday April 8, 2020 at 11:59 pm.

Do you accept late work? You should turn in all assignments and arrive to class on time. Assignments are accepted up to 48 hours from the time & date the assignment is due for a maximum of up to half credit (50% of the assignment’s original value).

Is there extra credit? Because this is a short weekend course, there is no extra credit work.

What else should I know? All work should be your own, original work. This class follows OSU’s Academic Integrity Policy:
https://stw.sp.okstate.edu/policies/Shared%20Documents/Academic%20Integrity%20Policy.pdf

Monday April 7th is the final date to withdraw from this course and receive a final grade of “W” instead of a failing grade.