**COURSE INFO**
Each UNIV 2510 class is 1 credit hour and class time is held over one weekend with additional work due within one week or is a 4-week online course as noted.

**ENROLLMENT INFO**
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?**
Visit uca.okstate.edu – click on “UCA Courses” and fill out the Duplicate Course Override Request form at the bottom of the page. Each request allows a student to enroll in multiple UNIV 2510 courses. The student will receive a confirmation email when the override has been granted.

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**IN-PERSON**

**November 4-5**

**KNOWING YOUR LIMITS (72538): TONY TUCK**
Through this course, you will become aware of your personal/situational limits and address the most common issues that contribute to limits being reached (time management, major, class, schedule, etc.). You will learn about available resources and when to seek help with those individual needs. *This course will utilize lecture, media, group discussions, written reflections, walking tours, and games.*

**November 11 & 13**

**NAVIGATING TEST PREPARATION (72539) CHRISTY BEEM**
This course is designed to help students learn to better prepare for tests, improve their confidence and focus, and begin to shift their mindset related toward test-taking. Learn strategies for test preparation, practice mindfulness techniques, and understand the link between mindset and test performance. *This course will utilize lecture, group discussions and activities, written reflections, and independent work.*

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**ONLINE**

**November 14-December 9**

**LEARNING TO LEAD (72541): KENDRA ALCALA**
What role do you play on a team? Do you find yourself having a difficult time working in groups? This course will seek to equip students with foundational skills and knowledge to improve their relationships within team environments and help them strengthen their own personal leadership style. Students will examine areas such as positive communication, team dynamics, personal leadership styles and conflict management. *This course will utilize lecture, videos, discussion, and reflective exercises to help students understand course materials.*

**HABITS: HOW THEY WORK AND HOW TO STRENGTHEN THEM (72540): MELISSA COOPER**
Learn why habits matter through an improved understanding of habits and learning the habit change cycle. Then assess personal habits and how they can work for or against you. *This course will utilize lecture, group discussions, and independent work.*