UNIV 2510 SHORT COURSES
Spring 2023

COURSE INFO
Each UNIV 2510 class is 1 credit hour and offered as an online course over a three week period.

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.

April 17 - May 5

LEARNING TO LEAD (32465): 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 on the formation of teams, different roles team members may fill, and understanding managers vs. leaders. The goal is to help students strengthen their own personal leadership style within a team environment. This course will utilize lecture, videos, discussion, quizzes, and reflective exercises to help students understand course materials.

NAVIGATING TEST PREPARATION (32463): 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. Students will learn strategies for studying and test preparation, practice mindfulness techniques, and understand the link between mindset and test performance. This course will utilize videos, group discussions and activities, written reflections, independent work, and quizzes.

HABITS: HOW THEY WORK AND HOW TO STRENGTHEN THEM (32464): 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 videos, case study, self-reflections, and other independent work.

Updated 2/24/2023