UNIV 2510 SHORT COURSES
Fall 2023

Course Info
Each UNIV 2510 class is one credit hour and is offered as an online course over four weeks.

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

November 13 - December 8

PYRAMID OF SUCCESS (72252): CHRISTY BEEM
This course is designed to help students learn the foundations of success in college and careers, like personal responsibility, growth mindset, and preparation. Students will also learn procedural elements to improve their study habits and skills, better prepare for tests, and improve confidence and focus. Students will also learn and prepare for the capstone of college success, including studying for finals, preparing for future semesters, and the importance of experiential learning to improve their resumes.
This course will utilize lecture videos, case studies, self-reflection, and other independent work.

HABITS: HOW THEY WORK AND HOW TO STRENGTHEN THEM (72253): 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 studies, self-reflection, and other independent work.

Updated 9/11/2023