



UNIVERSITY  
COLLEGE ADVISING

214 Student Union | [uca.okstate.edu](http://uca.okstate.edu) | 405-744-5333

## UNIV 2510 SHORT COURSES

### Spring 2024

#### Course Info

Each UNIV 2510 class is one credit hour and is offered as an online course over three weeks. Both courses require specific weekly due dates—they are not work-at-your-own-pace courses.

#### 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](http://uca.okstate.edu) - click on “Courses Info” under “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 15 - May 3

#### **PYRAMID OF SUCCESS (29739):** 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 (29740):** 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.*