



FALL 2021 UNIV 2510 SHORT COURSES

COURSE INFO

Each UNIV 2510 class is 1 credit hour and is online Monday through Sunday of the corresponding week.

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. ***PLEASE TAKE ONLY ONE COURSE PER WEEK**

November 1 - 7

NAVIGATING COLLEGE & CAREER SUCCESS (72616): DAN LINK

What skills do you have that will help you in your navigation through college and your professional career? Through this course students will identify skills they have and skills they need to improve on to be successful in life, college, and career. Throughout this class there will be group discussion, videos, and guest speakers.

STRENGTHENING YOUR STUDY SKILLS (72620): NICK HOLMES

Ever thought about how your strengths can be utilized to enhance your study habits? Need to brush up on your study skills? This class focuses on recognizing your strengths and improving your study skills utilizing those strengths.

KNOWING YOUR LIMITS (72621): TONY TUCK

Students drop classes for a variety of reasons, but most often it's related to them not knowing their personal limits. In this class we will cover topics like practicing self-awareness, choosing majors & classes, having better time management, and taking advantage of resources on campus. This class is designed so you will find yourself in the situation of needing to drop a class less often in the future.

November 8 - 14

CHOOSING A COLLEGE MAJOR (72615): KATHRYN WILLHOITE

This course is designed to assist students in navigating the process of choosing a major by identifying values and interests to help them make an informed decision regarding majors offered at OSU. We will also focus on careers students can pursue after graduation. Course content includes personality and career assessments, myths about majors, steps in choosing a major, individual interests and values, and career paths and opportunities beyond OSU.

LEARNING TO LEAD (72617): 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

(72618): MELISSA COOPER

Habits make up most of our behavior. Unfortunately, most people do not understand how habits work and how habits can work for them. In this course, we will learn about the parts of the habit loop, explore the role environment plays in our habits, and learn practical ways to build powerful small habits to lead to long-term results.

November 15 - 21

LIFE MANAGEMENT (72623): MARK NELSON

Focus on helping students make decisions by evaluating how we make decisions (morality, ethics, good vs. right, etc.). Students will also explore the consequences of their choices and practice case scenarios.

IMPROVING TIME MANAGEMENT (72625): WILLIAM TUNNINGLEY

Time is a limited and valuable resource, and unlike money, which can be saved for a rainy day, time is continually getting spent, whether we want it to or not. This course will utilize video mini-lectures, video responses that will function as class discussion, and hands on work to help students develop skills and strategies to ensure that they are spending their time in a way that helps them meet their personal and professional goals.