Course Info
Each UNIV 2510 class is 1 credit hour and is open 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 “Course Info” 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.

March 29 – April 4

Improving Time Management - William Tunningley (31892)
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 lecture, group 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.

Developing Self-Awareness - Shelby Matthews (31891)
In this course, students will look at different personality assessments as tools to better their understanding of their personality, how they relate to others, how others perceive them, and how choices effect their lives and the world around them. This course will consist of individual evaluation, group activities, and personal reflection.

April 5 – 11

Strengthening Your Study Skills - Nick Holmes (31885)
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.

Choosing a College Major – Kathryn Willhoite (31894)
This course is designed to assist students in navigating the process of choosing a major and identifying values and interests to help them make an informed decision regarding majors at OSU. Course content includes myths about majors, steps in choosing a major, individual interests, values, and career opportunities.

Rules of the Road: A Guide for College and Beyond- Kelly Kavalier (31895)
Have you ever wondered why everyone thinks the rules will work out in their favor, even when presented with opposing points of view? By broadening your understanding of how and why rules are developed, implemented and modified over time, you will strengthen your ability to advocate for yourself, your community and causes you care about.
April 12 - 18

Habits: How They Work & How to Strengthen Them - Melissa Cooper (31939)
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.

Collaborative Leadership - Kendra Alcala (31896)
Are you a good team member? Do you find yourself having a difficult time working in groups? This course will seek to equip students with foundational skills and knowledge to be successful in a team environment and help them strengthen their own personal leadership style. Students will examine areas such as positive communication, team dynamics, goal setting and conflict management. This course will utilize lecture, videos, discussion and reflective exercises to help students understand course materials.

April 19 – 25

Communicating in a Digital Age - Rita Wahdani (31890)
This course will enhance students’ abilities to navigate various methods of communication and will provide necessary tools for communicating effectively in both personal and professional settings. We will also analyze how evolving technologies shape communication styles and how to utilize digital media to create a professional online presence.

Life Management - Mark Nelson (31893)
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.

Money 101 – Jake Walters (31897)
Money 101 will provide students a fun opportunity to learn basic financial knowledge and skills necessary to make financial decisions during college and over their lifetimes. Students will gain an awareness of their unique relationship with money. Students will also learn the technical aspects of money including paying for college, credit, savings, smart spending, investing and risk management. No prior knowledge is required and no textbook is required to be purchased (#savings)!