# College of Science Success Seminar: COS 1100- Section .008

## Fall 2025

## Wooten Hall, 321

## Tuesdays, 3:30-4:20

## Instructor Information

Instructor: Alberto Garcia Mora

Office Location: Matthews Hall 207

Email: [Alberto.garciamora@unt.edu](mailto:Alberto.garciamora@unt.edu)

Office Hours: By appointment. Email me to make an appointment.

Communication Expectations: Messaging me through Canvas will be the preferred tool of communication. I will do my best to respond within 24 hours or the next business day. If it is urgent, email me at the email above and in the subject line write “URGENT”. In all your messages, please include your Name, ID Number, and Course. Visit the CLEAR webpage that provides [Online Communication Tips](https://clear.unt.edu/online-communication-tips) (https://clear.unt.edu/online-communication-tips) for netiquette.

## Course Description, Structure, and Objectives

Course Description

COS 1100 is a first-year seminar course designed to support and enhance success in the College of Science and UNT by teaching and practicing healthy academic habits, connecting students to campus resources, and building a support network of peers, faculty, and staff.

Course Structure

This course will be held in person once a week. The seminar will consist of both in-class and Canvas discussions and assignments.

Learning Outcomes

After successful completion of this course:

1. Students will be able to identify learning strategies that foster academic success while maintaining academic integrity.
2. Students will have developed their knowledge of their degree and career readiness.
3. Students will be able to identify and utilize campus resources and opportunities.
4. Students will develop a strong, cohesive support system within the UNT community by embracing curiosity, humility, and an assets-based approach to life-long learning.

## Required/Recommended Materials

There are no required textbooks for this class. Please bring the following materials to each class.

1. A positive mindset
2. A smart device that connects to the internet
3. A planner. We will be using these to help with our time management. Find one that works for you.
4. Writing utensils

Teaching Philosophy and Information About the Instructor

I believe all students can be successful. For my students, I aspire to provide a space that challenges and stimulates their way of thinking, where they can grow holistically: emotionally, mentally, and socially.

I come from a background in secondary education, where I taught Spanish for 5 years. I graduated from the University of Nevada, Reno with two bachelor's degrees in 2018 and graduated with my master’s from the University of Texas at Tyler in 2024. Currently, I am starting my second year in the Higher Education Ph.D. program here at UNT. Although my background is not in Science, I hope to learn from you as much as you can learn from me. If I do not have an answer right away, I will search for one. This class is to help all of us learn from one another.

UNT Policies

Academic Integrity Policy

According to UNT Policy 06.003, Student Academic Integrity, academic dishonesty occurs when students engage in behaviors including, but not limited to, cheating, fabrication, facilitating academic dishonesty, forgery, plagiarism, and sabotage. Academic Integrity is outlined in the UNT Policy on Student Standards for Academic Integrity. Academic dishonesty includes cheating, plagiarism, forgery, fabrication, facilitating academic dishonesty, and sabotage. Any suspected cases of Academic Dishonesty will be addressed according to university policies and procedures. Penalties can range from a verbal or written warning to receiving an “F” grade in the course. More severe sanctions may be applied in cases of major violations. The relevant policy and procedures are available at: https://vpaa.unt.edu/ss/integrity.

Regarding the Use of Artificial Intelligence

Building on UNT’s academic integrity policy, an originality score of more than 15% based on Turnitin (excluding references) will necessitate a rewrite and may prompt a one-on-one meeting with the instructor to understand the underlying reason for the score.

Additionally, to ensure all students have an equal opportunity to succeed and to preserve the integrity of the course, students are not permitted to submit text that is generated by artificial intelligence (AI) systems such as ChatGPT, Bing Chat, Claude, Google Bard, or any other automated assistance for any classwork or assessments. This includes using AI to generate answers to assignments, exams, or projects, or using AI to complete any other course-related tasks. Using AI in this way undermines your ability to develop critical thinking, writing, or research skills that are essential for this course and your academic success. Students may use AI as part of their research and preparation for assignments, or as a text editor, but text that is submitted must be written by the student. For example, students may use AI to generate ideas, questions, or summaries that they then revise, expand, or cite properly. Students should also be aware of the potential benefits and limitations of using AI as a tool for learning and research. AI systems can provide helpful information or suggestions, but they are not always reliable or accurate. Students should critically evaluate the sources, methods, and outputs of AI systems. Violations of this policy will be treated as academic misconduct. If you have any questions about this policy or if you are unsure whether a particular use of AI is acceptable, please do not hesitate to ask for clarification.

Plagiarism

In this policy, “Plagiarism” refers to the use of another’s ideas or words without proper attribution in any academic work, regardless of intent, including but not limited to:

1. The knowing or negligent use of paraphrased or quoted material from published or unpublished works of others without full acknowledgment or citation, or

2. The knowing or negligent use of materials prepared by another person or an agency engaged in selling term papers or academic materials.

ADA Policy

The University of North Texas makes reasonable accommodations for students with disabilities. To request accommodations, you must first register with the Office of Disability Access (ODA) by completing an application for services and providing documentation to verify your eligibility each semester. Once your eligibility is confirmed, you may request your letter of accommodation. ODA will then email your faculty a letter of reasonable accommodation, initiating a private discussion about your specific needs in the course.

You can request accommodations at any time, but it’s important to provide ODA notice to your faculty as early as possible in the semester to avoid delays in implementation. Keep in mind that you must obtain a new letter of accommodation for each semester and meet with each faculty member before accommodations can be implemented in each class. You are strongly encouraged to meet with faculty regarding your accommodations during office hours or by appointment. Faculty have the authority to ask you to discuss your letter during their designated office hours to protect your privacy. For more information and to access resources that can support your needs, refer to the [Office of Disability Access](https://studentaffairs.unt.edu/office-disability-access) website (<https://studentaffairs.unt.edu/office-disability-access>).

Emergency Notification & Procedures

UNT uses a system called Eagle Alert to quickly notify students with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). In the event of a university closure, please refer to Canvas for contingency plans for covering course materials.

Acceptable Student Behavior

Student behavior that interferes with an instructor’s ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The University's expectations for student conduct apply to all instructional forums, including University and electronic classrooms, labs, discussion groups, field trips, etc. Visit UNT’s [Code of Student Conduct](https://deanofstudents.unt.edu/conduct) (https://deanofstudents.unt.edu/conduct) to learn more.

Access to Information - Eagle Connect

Students’ access point for business and academic services at UNT is located at: [my.unt.edu](https://my.unt.edu/). All official communication from the University will be delivered to a student’s Eagle Connect account. For more information, please visit the website that explains Eagle Connect and how to forward e-mail [Eagle Connect](https://it.unt.edu/eagleconnect) (https://it.unt.edu/eagleconnect).

Student Evaluation Administration Dates

Student feedback is an essential part of participation in this course. The student evaluation of instruction is a requirement for all organized classes at UNT. The survey will be made available during weeks 13, 14, and 15 of the long semesters to provide students with an opportunity to evaluate how this course is taught. Students will receive an email from "UNT SPOT Course Evaluations via IASystem Notification" (no-reply@iasystem.org) with the survey link. Students should look for the email in their UNT email inbox. Simply click on the link and complete the survey. Once students complete the survey, they will receive a confirmation email that the survey has been submitted. For additional information, please visit the [SPOT website](http://spot.unt.edu/) (http://spot.unt.edu/) or email spot@unt.edu.

Academic Support & Student Services

*Mental Health*

UNT provides mental health resources to students to help ensure there are numerous outlets to turn to that wholeheartedly care for and are there for students in need, regardless of the nature of an issue or its severity. Listed below are several resources on campus that can support your academic success and mental well-being:

* [Student Health and Wellness Center](https://studentaffairs.unt.edu/student-health-and-wellness-center) (https://studentaffairs.unt.edu/student-health-and-wellness-center)
* [Counseling and Testing Services](https://studentaffairs.unt.edu/counseling-and-testing-services) (https://studentaffairs.unt.edu/counseling-and-testing-services)
* [UNT Care Team](https://studentaffairs.unt.edu/care) (https://studentaffairs.unt.edu/care)
* [UNT Psychiatric Services](https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry) (https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry)
* [Individual Counseling](https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling) (https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling)

## Course Policies

Grading Policy

All grades are final. Grades will not be rounded up (a 599.5 is an F, an 899.99 is a B). The grading structure for the course uses the point system and will be as follows:

A= 900-1000 points

B= 800–899 points

C= 700-799 points

D= 600-699 points

F= 599 points or below

Assignment and Late Work Policy

All assignments (except in-class assignments) are due via Canvas by 11:59 PM on the due date. Canvas assignments must be typed unless otherwise directed. Late assignments will not be accepted. However, I understand that life happens, and I will work with you on an individual basis to determine further action. If you know ahead of time you will not be able to meet the deadline, let me know as soon as possible so we can work something out. *\*Assignments are subject to change; check Canvas for the most up-to-date deadlines.*

Attendance Policy

Attendance will be taken in every class. If you will not be able to attend class, please notify me as soon as you know. Communication is key! You have two absences you can use at any time with no excuse required. Every absence after that will drop your grade by 5%. For example, if you have a 92% your grade will drop to an 87%.

Observation of Religious Days

University policy encourages its faculty to make a reasonable effort to allow students to observe their religious holidays without academic penalty. If you are unable to meet a deadline due to participation in religious observances, please inform the instructor as soon as possible.

Class Participation

Class participation is required. This class is built on discussion, interaction, and engagement. This also means we will respect everyone's values and opinions in class, even if they differ from your own. You will get whatever you put into the class.

Instructor Responsibilities and Feedback

1. I am determined to help you grow and learn; provide clear instructions for projects and assessments, answer questions about assignments, identify additional resources as necessary, and provide grading rubrics, review, and, in some cases, update or change course content to ensure you can succeed in this and every class you enroll in.
2. I understand the various challenges many college students face, which is why I believe in effective and open communication; please don’t hesitate to reach out if you are in need.

Syllabus Change Policy

This syllabus is subject to change at the instructor’s discretion.

| ***Week*** | ***Topic*** | ***Assignment*** | ***Points Possible*** |
| --- | --- | --- | --- |
| *1)*  *08/19* | *Introductions, Goal Setting, & Syllabus* | *Goal Setting Prompt (In class)*  *Syllabus Quiz (Canvas)* | *50 points*  *50 points* |
| *2)*  *08/26* | *Campus Resources* | *Goose Chase (In class)* | *50 points* |
| *3)*  *09/02* | *Learning Style, Study Skills, Faculty and Professional Interactions* | *Letter to my future self (Canvas)* | *50 points* |
| *4)*  *09/09* | *Time Management & Student Involvement* | *Discussion Board #1 (Canvas)* | *50 points* |
| *5)*  *09/16* | *Advising Workshop* |  |  |
| *6)*  *09/23* | *Advising* | *Discussion Board #2 (Canvas)* | *50 points* |
| *7)*  *09/30* | *Title IX & Equal Opportunity/ Guest Speaker* |  |  |
| *8)*  *10/7* | *Stress Management*  *Mental Health* | *Discussion Board #3 (Canvas)* | *50 points* |
| *9)*  *10/14* | *Professional Speaking & Public Speaking* |  |  |
| *10)*  *10/21* | *Presentations* | *Presentations (Group A) (In class)* | *200 points* |
| *11)*  *10/28* | *Presentations* | *Presentations (Group B) (In class)*  *2 events upload (Canvas)* | *50 each/ 100 points* |
| *12)*  *11/4* | *Career Center/ Parallel Plan* | *Parallel Plan (In class)* | *50 points* |
| *13)*  *11/ 11* | *Resume and Cover Letter/*  *Guest Speaker/* | *Resume (Cnavas)*  *Cover Letter (Canvas)* | *50 Points*  *50 points* |
| *14)*  *11/18* | *Career Fair* | *Career Fair Reflection (Canvas)* | *50 points* |
| *15)*  *11/25* | *Thanksgiving Break* |  |  |
| *16)*  *12/2* | *Final Class: The Rest of Forever* | *Journal’s Entries (In class)*  *Class Participation Points (In class)* | *50 points*  *100 points* |

Assignments

Discussion Board (3x50= 150 points)

You will be required to complete three discussion board assignments during the semester. Each post will require you to respond to a prompt using a minimum of 300 words. You will also be required to respond to at least two classmates in a meaningful and productive way. Points will be awarded based on meeting word count, responding to every part of the prompt, and responding meaningfully to your classmates. Initial posts must be posted by Friday at 11:59 pm of the week assigned, and two responses must be completed by Monday at 11:59 pm.

Presentation (200 points)

You will be required to give a 5-7 minute presentation during the semester. You will work in a group of three (or two, depending on the number of students in class). The structure of the presentation, topic, and how partners will be assigned will be decided later in the semester.

2 Events Upload (2x50= 100 points)

Being a college student is more than just attending and participating in class; it means being active and involved throughout the university. You will be required to participate in two different events during the semester. One event is a social event. This can be done by attending anything fun, such as a football game, club meeting, extracurricular events, etc. The second type of event required will be an academic event. This can be done by going to office hours, the writing lab, or tutoring. Anything that helps evolve your academics.

If you have any questions on whether or not the “event” you want to attend fulfills the requirement, let me know, and we can discuss. You will need to provide proof of your attendance and write a brief reflection. Reflection should be around 250 words and can include what you learned, your takeaway, why you attended, if you enjoyed the event, if you would do it again, anything to show some reflection.

Journal Entries (50 points)

Throughout the semester, you will be given journal prompts to respond to in class. These prompts will be answered in the folders given to you. I will read them throughout the semester, but the final grade will be given at the end of the semester. The journal entries are to be answered truthfully and freely. I do not expect perfect academic writing, but I will not accept “text” type or informal writing.

Class Participation (100 points)

You will be required to be an active student in class. This is done by making sure you are in class during class time and actively participating. The time we meet should not be the time you are on your phone, computers, or doing other things that take you away from being present in class.

Resume and Cover Letter(50x2= 100 points)

To prepare to attend the career fair, you will be required to upload a current cover letter and resume.