



University of North Texas | College of Science | Office of Academic Advising

COS 1100-005 Science Success Seminar-Fall 2026

Class Instructor: Anthony Vazquez, M.Ed.

Office Hours: Sage Hall 240, Monday-Friday 8:00AM – 5:00PM by appointment

Contact Information: Anthony.Vazquez@unt.edu | Phone: 940-565-4735

Class Schedule & Location: Tuesday 4:40PM - 5:30PM | Language Building 202

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

Learning Objectives:

- Develop skills to improve preparation for academic success
- Create and strengthen personal, academic, and career goals
- Navigate campus resources and connect with faculty and staff, to build a network of mentorship and support
- Discover new interests to engage in opportunities for growth
- Enhance self-efficacy to learn how to overcome challenges as a student

Resources & Materials:

- No required textbooks

Attendance Policy:

It is the student's responsibility to communicate with the instructor prior to being absent if possible, so discussion regarding course assignment completion and learning goals can occur. Please inform the instructor if you are unable to attend class meetings due to extenuating circumstances such as illness, family emergency, or university excused absences such as active military service, religious observances, etc.

Assignments:

All assignments are due on/by the indicated date on Canvas. In-class assignments/activities are due by the end of the class period, and all written assignments or discussion posts are **due no later than 11:59pm of the due date. *Late assignments will not be accepted without prior communication with the instructor.*** If you have an extenuating circumstance or emergency, please notify the instructor as soon as possible.

Course Grading Scale & Assignments:

<u>Date</u>	<u>Topic</u>	<u>Assignment</u>	<u>Points Scale</u>
Weekly	N/A	Course Attendance	80
8/25	College Readiness	Daily Planner	40
9/1	Time Management	Eisenhower Matrix	40
9/8	Study Skills	SWOT Analysis	40
9/15	Learning Styles	VARK Assessment	40
10/13	Midsemester Reflection	Personality Inventory	40
10/20	Professional Communication	Marketing Yourself	40
10/27	Life Skills	GRIT Gauge	40
11/17	Personal Development	StrengthsQuest	40
12/1	Semester Reflection	Final Reflection Paper	100
N/A	N/A	SPOT Evaluation	20
			520 Total Points

Student Course Evaluation & SPOT (Student Perceptions of Teaching):

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 to provide students with an opportunity to evaluate how this course is taught. For additional information, please visit the SPOT website (<http://spot.unt.edu>) or email spot@unt.edu

Grading:

Course grading scale is based on a total of **520 points**. Final letter grades correspond with the cumulative points earned by the end of the semester:

A = 400-500 points and above

B = 300-399 points

C = 200-299 points

D = 100-199 points

F = 99 points and below

Course Attendance (80 points)

This class is designed to include active class discussion and participation. Students are expected to contribute to class discussion with relevant, on-topic contributions and to arrive to class with any required materials.

Daily Planner (40 points)

In this assignment, students will learn to develop strategies best suited for them to help manage their time and responsibilities.

Eisenhower Matrix (40 points)

This assignment will help students identify and develop priorities for tackling different tasks or responsibilities, and enhancing their skills for time management.

SWOT Analysis (40 points)

Students will complete a SWOT Analysis to determine what factors contribute to helpful or unbeneficial strategies for studying and completing course work.

VARK Assessment (40 points)

This class assignment is a 16-question multiple-choice questionnaire that will provide insight into a student's learning style.

Personality Inventory (40 points)

Students will complete the 16Personalities inventory, which is based off of the Myers-Briggs MBTI. Results will be shared and discussed with an activity.

Marketing Yourself (40 points)

Students will complete an activity to help prepare them for professional communication, social media usage, and networking.

GRIT Gauge (40 points)

The GRIT Gauge is a tool to assess Growth, Resilience, Instinct, and Tenacity. It is available through Canvas and students will receive full credit for completion.

StrengthsQuest (40 points)

Students will complete the Clifton Strengths/StrengthsQuest inventory, which will build upon their experiences, values, and skills to help illustrate their personal strengths.

Final Reflection Paper (100 points)

Students will write a two-page reflection paper summarizing their experience during the semester, this is a cumulative assignment designed to help students reflect and prepare for the next semester.

SPOT Evaluation (20 points)

Students are encouraged to complete SPOT evaluation for the course and instructor.

Course Calendar & Outline:

(Course schedule and curriculum are subject to change at the instructor's discretion)

<u>WEEK</u>	<u>DATE</u>	<u>TOPIC</u>	<u>ASSIGNMENTS</u>
<u>1</u>	<u>Aug. 18</u>	<u>Class Introduction/Syllabus Review</u>	<u>No Assignment</u>
<u>2</u>	<u>Aug. 25</u>	<u>College Readiness</u>	Daily Planner
<u>3</u>	<u>Sept. 1</u>	<u>Time Management</u>	Eisenhower Matrix
<u>4</u>	<u>Sept. 8</u>	<u>Study Skills</u>	SWOT Analysis
<u>5</u>	<u>Sept. 15</u>	<u>Learning Styles</u>	VARK Assessment
<u>6</u>	<u>Sept. 22</u>	<u>Academic Advising/Presentation</u>	COS Advising/Presentation

<u>7</u>	<u>Sept. 29</u>	<u>Academic Advising/Registration</u>	COS Advising/Registration
<u>8</u>	<u>Oct. 6</u>	<u>Campus Engagement/Resources</u>	Guest Speaker/Presentation
<u>9</u>	<u>Oct. 13</u>	<u>Midsemester Reflection</u>	Personality Inventory
<u>10</u>	<u>Oct. 20</u>	<u>Professional Communication</u>	Marketing Yourself
<u>11</u>	<u>Oct. 27</u>	<u>Life Skills</u>	GRIT Gauge
<u>12</u>	<u>Nov. 3</u>	<u>Stress Management/Wellbeing</u>	Guest Speaker/Presentation
<u>13</u>	<u>Nov. 10</u>	<u>Career Preparation</u>	Guest Speaker/Presentation
<u>14</u>	<u>Nov. 17</u>	<u>Personal Development</u>	StrengthsQuest
<u>15</u>	<u>Nov. 24</u>	<u>Fall Break-No Class</u>	<u>No Assignment</u>
<u>16</u>	<u>Dec. 1</u>	<u>Semester Reflection</u>	Final Reflection Paper
<u>17</u>	<u>Dec. 8</u>	<u>Finals Week-No Class</u>	<u>No Assignment</u>

Important Fall 2026 Semester Dates:

Classes Begin: August 17

Last day to drop a class without a grade of W (Census Date): August 28

Drop with a grade of W Begins: August 29

Labor Day-No Classes-University Closed: September 7

Last day to drop a course or all courses with grade of W: November 6

First day to request a grade of Incomplete: November 7
Thanksgiving Break-No Classes: November 23-November 29
Last Regular Class Meeting: December 3
Reading Day-No Classes: December 4
Final Exams: December 7-December 11
End of Term: December 11
Grades/Academic Standing posted on Official Transcript: December 16

UNT Policies & Resources:

Student Code of Conduct:

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 Center for Student Rights and Responsibilities 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 classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at <https://studentaffairs.unt.edu/dean-of-students/conduct/index.html>

Academic Integrity Policy:

Academic Integrity Standards and Consequences. 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. A finding of academic dishonesty may result in a range of academic penalties or sanctions ranging from admonition to expulsion from the University. Violations will be reported to the Office of Academic Integrity: <https://vpaa.unt.edu/ss/integrity>

Unauthorized Aids During Examinations and Assessments:

Students may use only those materials and resources that are expressly authorized by the instructor for a particular examination or assessment. Touching, holding, or accessing any unauthorized aid during the examination period constitutes a violation of the Student Code of Conduct, regardless of whether the aid is used.

Any item that may be considered an unauthorized aid must be kept out of view and in a closed container (e.g. zipped backpack, buttoned purse, etc.) during the entirety of the examination or assessment.

Unless specifically authorized in writing by the instructor, prohibited aids include, but are not limited to:

- Mobile phones and smartphones
- Smartwatches and fitness trackers with communication, recording, or internet capabilities
- Tablets, laptops, and other computing devices
- Earbuds, headphones, and other audio devices
- Smart glasses, cameras, recording devices, and wearable technology
- Artificial intelligence (AI) tools, chatbots, and other generative AI technologies
- Notes, textbooks, study guides, formula sheets, or reference materials
- Any other device, material, or resource not expressly permitted by the instructor

Students are responsible for clarifying any questions about permitted materials before the examination begins.

Dean of Students Office:

The Dean of Students Office serves as a pivotal hub within the university community, offering support and guidance to students navigating the complexities of academic and personal life. A resource for students facing various challenges, ranging from academic struggles to personal crises, we're dedicated to fostering a caring environment conducive to student success. Our hope is to empower students to overcome obstacles and thrive both inside and outside the classroom: <https://studentaffairs.unt.edu/dean-of-students/programs-and-services/index.html>

ADA Policy:

In cooperation with the Office of Disability Accommodation, COS 1100 courses comply with the Americans with Disabilities Act in making reasonable accommodations for qualified students with disabilities. If you have an established disability, as defined in the ADA, and would like to request accommodation, UNT requires that you present your UNT documents from the Office of Disability Accommodation before the 12th class day in order to receive accommodations. Otherwise, accommodations desired may not be available due to insufficient notice. Please notify instructor of any needed accommodations: <https://studentaffairs.unt.edu/office-disability-access/students/register-for-services.html>

Prohibition of Discrimination, Harassment, & Retaliation Policy:

The University of North Texas (UNT) prohibits discrimination and harassment because of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law in its application and admission processes; educational programs and activities; employment policies, procedures, and processes; and university facilities. The University takes active measures to prevent such conduct and investigates and takes remedial action when appropriate: <https://titleixeo.unt.edu/index.html>

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:

<https://www.unt.edu/eaglealert.html>

EagleConnect Student Email:

All official communication from the university will be sent to your official UNT account, EagleConnect. For more information on EagleConnect, please visit here:

<https://it.unt.edu/eagleconnect>

Technical Support & UNT IT Help Desk/Canvas:

Part of working in the online environment involves dealing with the inconveniences and frustration that can arise when technology breaks down or does not perform as expected. Here at UNT, we have a Student Help Desk that you can contact for help with student email, myUNT, Canvas, or other technical issues: <https://aits.unt.edu/support/index.html> & helpdesk@unt.edu

Canvas: <https://unt.instructure.com/login/ldap> And for additional support: <https://online.unt.edu/canvas-basics-unt-students>

Academic Advising & Keys to Succeed at UNT:

Academic Advising is the place to go to make connections between your personal goals and your educational career. Academic advising is a collaborative process in which you are an active participant; you and your advisor are partners in pursuing your academic success. To find your academic advisor, contact your department: <https://vpaa.unt.edu/advising>

The College of Science (COS) is committed to providing a supportive and collaborative learning environment to all of our students. We understand the transition to a four-year institution can be challenging and we are here to assist you through every step of your academic journey: <https://cos.unt.edu/advising>

UNT Advising Guidebook: <https://vpaa.unt.edu/advising/guidebook>

UNT is committed to supporting your success. I want to ensure that I am providing you with the support needed to succeed. To learn more about keys to success, visit here: <https://success.unt.edu/>

Show up | Find Support | Get Advised | Be Prepared | Get Involved | Stay Focused | Get Hired