



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

COS 1100-006 Science Success Seminar-Fall 2026

Class Instructor: Detra Craig, M.Ed.

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

Contact Information: Detra.Craig@unt.edu | Phone: 940-565-4733

Class Schedule & Location: Wednesday, 10:10 AM – 11:00 AM | LANG 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 course will be held in person once a week. The seminar course will consist of both in-class and Canvas discussions and assignments.

Learning Objectives:

- Implement techniques to enhance preparation for academic and coursework
- Interpret and evaluate personal and career goals
- Utilize faculty/staff and campus resources to address personal, academic, and professional challenges
- Learn and discover new skills as a student, and future skills as a graduate
- Develop a better sense of self-efficacy, and determination of life goals

Resources & Materials:

- Required textbooks – None
- In-class materials – Writing utensils, notebook paper, personal computer/laptops
- Online Canvas course module

Attendance Policy:

Tardiness in excess of 15 minutes will count as an absence. 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 the syllabus. 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.

Grading:

Course grading scale is based on a total of 500 points, final letter grades correspond with the cumulative points earned by the end of the semester:

A = 400-500

B = 300-399

C = 200-299

D = 100-199

F = 99 and below

Course assignments are weighed by the following points scale and distribution to determine final letter grades:

	<u>Date</u>	<u>Topic</u>	<u>Assignment</u>	<u>Points Scale</u>
1	Weekly	N/A	Course Attendance	40
2	Weekly	N/A	Course Participation	40
3	8/26	College Readiness	Daily Planner	40
4	9/2	Time Management	Eisenhower Matrix	40
5	9/9	Study Skills	SWOT Analysis	40
6	9/16	Learning Styles	VARK Assessment	40
7	10/14	Midsemester Reflection	Personality Inventory	40
8	10/21	Professional Communication	Marketing Yourself	40
9	10/28	Life Skills	GRIT Gauge	40
10	11/18	Personal Development	StrengthsQuest	40
11	12/2	Semester Reflection	Final Reflection Paper	80
12	12/2	N/A	SPOT Evaluation	20
				500 Total Points

Attendance (40 points)

Please refer to attendance policy.

Participation (40 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.

Personality Inventory (40 points)

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

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

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 (80 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 will be encouraged to complete SPOT evaluation for the course and instructor.

Course Outline & Assignments:

(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. 19</u>	<u>Class Introduction/Syllabus Review</u>	No Assignment!
<u>2</u>	<u>Aug. 26</u>	<u>College Readiness</u>	Daily Planner
<u>3</u>	<u>Sept. 2</u>	<u>Time Management</u>	Eisenhower Matrix
<u>4</u>	<u>Sept. 9</u>	<u>Study Skills</u>	SWOT Analysis
<u>5</u>	<u>Sept. 16</u>	<u>Learning Styles</u>	VARK Assessment
<u>6</u>	<u>Sept. 23</u>	<u>Campus Engagement/Resources</u>	Guest Speaker/Presentation

<u>7</u>	<u>Sept. 30</u>	<u>Academic Advising/Registration</u>	COS Advising/Presentation
<u>8</u>	<u>Oct. 7</u>	<u>Stress Management/Wellbeing</u>	Guest Speaker/Presentation
<u>9</u>	<u>Oct. 14</u>	<u>Midsemester Reflection</u>	Personality Inventory
<u>10</u>	<u>Oct. 21</u>	<u>Professional Communication</u>	Marketing Yourself
<u>11</u>	<u>Oct. 28</u>	<u>Life Skills</u>	GRIT Gauge
<u>12</u>	<u>Nov. 4</u>	<u>Graduate School Exploration</u>	Guest Speaker/Presentation
<u>13</u>	<u>Nov. 11</u>	<u>Career Preparation</u>	Guest Speaker/Presentation
<u>14</u>	<u>Nov. 18</u>	<u>Personal Development</u>	StrengthsQuest
<u>15</u>	<u>Nov. 25</u>	<u>Thanksgiving Break-No Class</u>	
<u>16</u>	<u>Dec. 2</u>	<u>Semester Reflection</u>	Final Reflection Paper
<u>17</u>	<u>Dec. 9</u>	<u>Finals Week/Study Hall</u>	No Assignment!

Important Fall 2024 Semester Dates:

Classes Begin: August 17

Labor Day: September 7 (no classes, university closed)

Census Date: August 29

First Day to drop a course with the grade of W: August 29

Last Day to drop a course or all courses (with grade of W): November 6

First Day to request an Incomplete: November 9

Thanksgiving Break: November 23-November 29 (no classes, university closed)

Last Regular Class Meeting: December 3

Reading Day: December 4 (no classes)

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>

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, inclusive 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

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 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>) or email spot@unt.edu