

HNRS 1000: Honors First-Year Experience

Fall 2025 ● August 18-December 12, 2025 ● 1-credit course

Class Meetings

Section 004

Wednesday, 11:00 am-11:50 am

Sage Hall Room 355

Instructor

Michael Forst (he/him)

Office: Sage 320

Phone: 940-369-8077

Email: Michael.forst@unt.edu

Office Hours: Wednesdays 9:30 am – 10:30 am

Additional meetings available by appointment: [Book time with Forst, Michael](#)

Communication Expectations & Office Hours

We will rely primarily on Canvas messaging and announcements for out-of-class communication. Be sure to check Canvas regularly to ensure you receive all course-related information. Before messaging the instructors with course questions, please check the course materials (the syllabus and Canvas). I will reply to messages within 48 hours of receipt during the week; please do not expect responses over the weekend. I hope the class becomes a source of community for all of you. Please seek help from your classmates if you need it, and offer help to your classmates if you can.

I will hold office hours weekly for your benefit at the time and location listed above. If these times are not convenient for you, please use my Bookings link to select a better time.

Course Description

HNRS 1000 is a one-credit-hour course for entering Honors College students. The course serves as a gateway—both professional and personal, academic and extracurricular—to the opportunities that await members of the UNT Honors College community. The course is designed to promote greater self-awareness and to help students understand themselves as scholars, individuals, and global citizens. Students will investigate their college experiences holistically. Reflective exercises and discussions encourage students to explore their academic strengths and to chart a path in the Honors College that is informed by their personal values and goals.

Course Objectives

Students who complete the course will be able to:

1. Articulate academic identity, cultivate passion, and establish goals within an Honors College framework.
2. Demonstrate familiarity with resources and strategies to support academic, professional, and personal development.
3. Integrate Honors College academic and extracurricular opportunities into their undergraduate experience.
4. Engage in practices that cultivate care, belonging, and wellness as an active member of the Honors College community.

Materials

You do not need to purchase any materials for this course.

Grading, Requirements, and Expectations

Assignments & Grading

Students may earn a total of 300 points in the course. Individual assignments range in value from 5-50 points. Assignment descriptions are posted in Canvas.

Final grades will be assigned on the following basis:

A	270-300 points
B	240-269 points
C	210-239 points
D	180-209 points
F	<180 points

Late Assignments

Assignments are due by the times listed in the syllabus; assignments are typically due at 11:59 p.m. the evening before class, unless specified otherwise. Assignments turned in late but within 48 hours of the initial deadline will be penalized 10% of their value. Assignments turned in between 48 and 96 hours late will be penalized 20% of their value. Assignments will not be accepted more than 96 hours after the original due dates, unless at the instructor's discretion.

Turnaround Time

I aim to return graded work to you within one week of its due date. When this is not possible, I will send an announcement to the class.

Grade Disputes

You are required to wait 24 hours after receiving a grade before contacting me to dispute a grade. In that time, I expect you to review the assignment details and reflect on the quality of your work. If upon reflection, you believe the assigned grade does not reflect the quality of your work, email us to set up a meeting. We will not discuss grades over email. You should come to our scheduled meeting with specific examples that demonstrate why, in your opinion, you should have received a higher grade than the one assigned. If you miss a scheduled grade dispute meeting, you forfeit your right to a grade reconsideration. If you do not contact me to schedule a meeting within 7 days of receiving your grade, you also forfeit your claim to reconsideration of your grade.

Extra Credit

Extra credit (5 points) will be awarded to each member of the class *if* 80% of the section completes the SPOT Evaluation for the class by the time the evaluation closes. Extra credit will also be awarded for an Honors Plan of Study (10 points). See Canvas for more details.

Formatting

When applicable, each written/essay assignment requires consistent formatting:

- Name/Date/Class at top of page
- 12- or 11-point font
- Standard font, as approved by MLA or APA
- Proper spelling/grammar

Rules of Engagement

Rules of engagement refer to the way students are expected to interact with each other and with their instructors. Here are some general guidelines:

- While the freedom to express yourself is a fundamental human right, any communication that utilizes cruel and derogatory language on the basis 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 will not be tolerated.

- Treat your instructor and classmates with respect in any communication online or face-to-face, even when their opinion differs from your own.
- Ask for and use the correct name and pronouns for your instructor and classmates.
- Speak from personal experiences. Use “I” statements to share thoughts and feelings. Try not to speak on behalf of groups or other individuals’ experiences.
- Use your critical thinking skills to challenge other people’s ideas, instead of attacking individuals.
- Avoid using all caps while communicating digitally. This may be interpreted as “YELLING!”
- Be cautious when using humor or sarcasm in emails or discussion posts, as tone can be difficult to interpret.
- Avoid using “text-talk.”
- Proofread and fact-check your sources.
- Keep in mind that online posts can be permanent, so think first before you type.

Relevant UNT Policies

Course Evaluation: Student Perceptions of Teaching Effectiveness

Student Perceptions of Teaching (SPOT) is the student evaluation system for UNT and allows students the ability to confidentially provide constructive feedback to their instructor and department to improve the quality of student experiences in the course.

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 classroom, labs, discussion groups, field trips, etc. Visit UNT’s [Code of Student Conduct](#) to learn more.

Academic Integrity Expectations 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.

ADA Policy

UNT makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide a student with an accommodation letter to be delivered to faculty to begin a private discussion regarding one’s specific course needs. Students may request accommodations at any time; however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. For additional information see the [ODA website](#).

Attendance

This class is centered around in-class activities and discussions; attendance and active participation are expected. Semester attendance is worth 70 points collectively, with each of the 14 classes attended being worth five points.

Students are expected to attend class meetings regularly and to abide by the attendance policy established for the course. It is important that you communicate with the professor and the instructional team prior to being absent, so you, the professor, and the instructional team can discuss and mitigate the impact of the absence on your attainment of

course learning goals. Please inform the professor and instructional team if you are unable to attend class meetings because you are ill, in mindfulness of the health and safety of everyone in our community.

Course Schedule

Week 1: Course Overview and Introduction (Aug. 18-22)

Week 2: Setting Your Foundation (Aug. 25-29)

- Before class, watch/listen to the assigned selection and prepare for discussion
- Introduction to the Who Are You? assignment

Week 3: Sharing Your Foundation (Sep. 1-5)

- Who Are You? Presentation (20 points)
- ☐ Who Are You? Creative Artifact/Project (25 points)

Week 4: The Happiness Lab (Sep. 8-12)

- ☐ Who Are You? Reflection (15 points)
- Before class, listen to "[Top 5: Finding Joy in Any Job](#);" The Happiness Lab podcast

Week 5: Academic Planning, with Honors Advising (Sep. 15-19)

- Honors Academics Presentation

Week 6: Group Advising, with Honors Advising (Sep. 22-26)

- ☐ Academic planning quiz (10 points)

Week 7: Finding Your Place (Sep. 29- Oct. 3)

- Before class, read "Main Spotlight - The Importance of Place" (available on Canvas)

Week 8: Me & UNT, *Outside of the Classroom activity* (Oct. 6- Oct. 10)

- ☐ Connect with your Peer Instructor assignment (15 points)
- No class meeting – outside of class activity

Week 9: Thoughtful Inquiry Project (TIP) Intro (Oct. 13- Oct. 17)

- ☐ Me & UNT assignment and discussion board post (30 points)
- Introduction to Thoughtful Inquiry Project (TIP) assignment

Week 10: Utilizing the Library, with the Honors College Librarian (Oct. 20-24)

- ☐ Upload TIP topic submission (10 points)
- Meet in Willis Library for class

Week 11: Large Group Seminars, *Outside of the Classroom Activity*, (Oct. 27-31)

Week 12: Opposite Wheel (Nov. 3-7)

- Interdisciplinary Thinking – a TIP assignment; in class activity (10 points)

Week 13: TIP Presentations (Nov. 10-14)

- In-class presentations on the Thoughtful Inquiry Project (25 points)
- ❑ Upload TIP proposal (50 points) - **Due day of first TIP Presentations in class**

Week 14: TIP Presentations (Nov. 17-21)

- Part two of presentations for Thoughtful Inquiry Project

Week 15: Fall Break – *No Class* (Nov. 24-28)

Week 16: Wrap-Up and Debrief (Dec. 1-5)

- Final reflection in-class discussion (20 points)

Week 17: Finals Week – *No Class* (Dec. 8-12)

Assignment <i>*further instructions on Canvas*</i>	Points	Due Date
Attendance	70	
Who Are You? Creative Artifact/Project	25	Wed. 9/3 10:59 am
Who Are You? Presentation	20	Wed. 9/3 11:00 am in class
Who Are You? Reflection Paper	15	Wed. 9/10 10:59 am
Academic Planning Quiz	10	Wed. 9/24 10:59 am
Connect with your Peer Instructor	15	Wed. 10/8 11:00 am
Me & UNT Discussion Post	30	Wed. 10/15 10:59 am
TIP Topic Submission	10	Wed. 10/22 10:59 am
Interdisciplinary Thinking In-Class Activity	10	Thurs. 11/5 11:00 am in class
TIP Proposal Paper	50	Thurs. 11/13 10:59 am
In-Class TIP Presentations	25	Thurs. 11/13 in class Or Thurs. 11/20 in class
Final Reflection – In-Class Discussion	20	Thurs. 12/4 11:00 am in class
Honors Plan of Study Extra Credit Opportunity	10	Fri. 12/5 11:59 pm
SPOT Evaluation Extra Credit Opportunity	5	SPOT Evaluation Closing Date
TOTAL:	315/300	