# COS 1100.010 Science Success Seminar (Tuesday 1:00-1:50pm)

## Instructor Information

### **Name:** Sarah Romack

### **Office Location:** Hurley 121

### **Phone Number:** (940)369-7812

### **Office Hours:** Byappointment (request via email)

### **Email:** sarah.romack@unt.edu

### **Communication Expectations:** Email is the most efficient way to get in touch with me and it will be how I reach out to you outside of class. If you have trouble accessing your UNT email, contact the UNT IT Helpdesk: <https://it.unt.edu/helpdesk>

## 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 take place each week in LANG 202.

**Course Objectives**

By the end of this course, students will be able to:

* Implement techniques to enhance preparation for exams and assignments.
* Interpret and evaluate career information.
* Identify resources to address common student concerns.
* Utilize faculty, staff, and peer knowledge to address academic, career and social/emotional concerns.
* Develop and enhance an understanding of cultural competency to promote a safe and inclusive campus.

## How to Succeed in this Course

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>).

## Required Materials

**Materials**

* No textbook
* Bring a writing utensil & paper to class

## Course Schedule

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| --- | --- | --- | --- | --- |
| **Week:** | **TOPIC** | **ASSIGNMENT**  **DUE** | **Date** | **Points** |
| Week One | Welcome | Playlist (in-class) | Aug 19th | 5 |
| Week Two | Time Management |  | Aug 26th |  |
| Week Three | Undergraduate Research | REU Search (in-class) | Sept 2nd | 5 |
| Week Four | Community Garden | Time Diary due | Sept 9th | 20 |
| Week Five | Professional Communication | Group Work (in-class) | Sept 16th | 5 |
| Week Six | Resumes & Cover Letters | Resume Revision (in-class) | Sept 23rd | 5 |
| Week Seven | Advising Workshop |  | Sept 30th |  |
| Week Eight | Peer Mentors | Questions (in-class) | Oct 7th | 5 |
| Week Nine | Career Fair Prep | Elevator Pitch (in-class) | Oct 14th | 5 |
| Week Ten | Career Center Presentation | Career activity (in-class) | Oct 21st | 5 |
| Week Eleven | Stress Management | Mindfulness | Oct 28th | 5 |
| Week Twelve | Me & UNT | Me & UNT Presentation | Nov 4th | 15 |
| Week Thirteen | Parallel Planning | Parallel Planning (in-class) | Nov 11th | 5 |
| Week Fourteen | 3-C Plan | 3C Plan (in-class) | Nov 18th | 5 |
| Week Fifteen | Reflection | Final Paper (written in-class) | Dec 2nd | 15 |

Students will be notified by Eagle Alert if there is a campus closing that will impact a class and describe that the calendar is subject to change.

[Campus Closures Policy](Campus%20Closures%20Policy) (<https://policy.unt.edu/policy/15-006>).

**Assignments:**

In-class Assignments (5 points each – see rubric for details)

In response to class activities, students will respond via short written assignments.

Time Diary (20 points – see rubric for details)

In this assignment, students will track how their time is spent over a one-week period.

Me & UNT (15 points – see rubric for details)

Students will identify something interesting or unique about UNT’s campus that they value (study space, interesting building, etc.) and will visit that space, taking photos to document your experience. Your presentation will include a photo of your favorite UNT space with an explanation about why that space was chosen (why do you like the space, have you visited it before, why is it significant).

Final Paper (15 points - see rubric for details)

Students will write a reflection paper summarizing their experience during the semester.

## Assessing Your Work

**Grading**

The grading scale (A-F) for this course:

A = 90-100

B = 80-89

C = 70-79

D = 60-69

F = <60

[Academic Integrity Policy (PDF)](https://policy.unt.edu/policy/06-003) (<https://policy.unt.edu/policy/06-003>).

## Attendance and Participation

**Attendance and Participation**

Attendance is required for every class meeting. In-class assignments may only be submitted on the day they are given. Because we only meet once a week, every class meeting is essential to your success. This course involves collaboration and participation is essential to learning. Our activities require you to be actively engaged in discussions and group work. I understand tardiness and absences may occur. If you are late to class, please drop me an email to let me know the circumstances. If you must miss class, please let me know prior to your absence.

**Class Participation**Students are expected to participate in classroom activities and discussions.

**Late Work**Assignments submitted late are subject to receiving a grade of 0 points. If any assignment deadlines cannot be met, communicate with the instructor ahead of time.

**Examination Policy**

COS 1100 does not have any examinations.

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| --- | --- | --- | --- | --- | --- |
| In-class Assignment | ***5*** | ***3*** | ***1*** | ***0*** | **SCORE** |
| Assignment Content | The assignment includes thoughtful, reflective, and introspective content on the prompt. | The assignment includes a general reflection of the prompt. | The assignment vaguely answers the prompt. | The assignment does not include any content on the prompt. |  |
|  |  |  |  | **Total Score out of 5** |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Time Diary | ***10*** | ***6*** | ***2*** | ***0*** | **SCORE** |
| Diary  Content | The time diary includes thoughtful, reflective, and introspective content of the time spent throughout the week | The time diary includes a general reflection of content, and how time was spent throughout the week | The time diary vaguely describes the time spent throughout the week, and does not include intentional reflection | The time diary does not include any content on how time was spent throughout the week |  |
| Examples for how time is spent currently and how it can improve (bullet points accepted) | The time diary includes at least 3 suggestions for how to improve time use. | The time diary includes at least 2 examples of suggestions for improvement | The time diary includes vague suggestions for improving time | The time diary does not include examples on how time management can be improved |  |
|  |  |  |  | **Total Score out of 20** |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Me & UNT** | 15 | 10 | 5 | **0** | SCORE |
| **Content of Presentation & Presentation skills** | Student provides clear explanation about why location was chosen with eye contact and clear enunciation (with accommodations considered). | Student provides vague explanation. Presentation skills need improvement in enunciation or eye contact/posture. | Student provides surface level explanation about location with poor presentation skills. | Student does not provide any picture or explanation. |  |
|  |  |  |  | **Total Score out of 15** |  |

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| --- | --- | --- | --- | --- | --- |
| **Final Paper** | 10 | 6 | 2 | **0** | SCORE |
| **Content of Paper** | Student provides deep reflection on first semester and self while connecting reflection to future goals. | Student provides reflection first semester and addresses future goals. | Student provides surface level reflection of first semester and mentions future goals. | Student does not provide any reflection or mention of future goals. |  |
|  | 5 | 3 | 1 | **0** |  |
| **Written Communication Skills** | Student demonstrates excellent written communication skills with a well-organized paper free of grammatical, spelling, and punctuation errors. | Student demonstrates good written communication skills with a well-organized paper that includes few (<3) grammatical, spelling, and punctuation errors. | Student demonstrates fair written communication skills with a paper that needs organizational improvement and includes a number (4-6) of grammatical, spelling, and punctuation errors. | Student does not write anything or writes a paper that is poorly organized and includes a significant number (7+) of grammatical, spelling, and punctuation errors. |  |
|  |  |  |  | **Total Score out of 15** |  |

Important Dates & Events

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Event** | **Location** | **Time** |
| 08/18/25 | Fall Classes Begin | UNT | All day |
| 08/22/25 | Last Day to Add or Swap a Class | MyUNT | All day (online) |
| 08/29/25 | Last Day to Drop a Class without a grade of W | MyUNT | All day (online) |
| 08/27/25 | COS Open House | Hickory Hall 283 | 1 PM to 3 PM |
| 09/01/25 | Labor Day – No Class | UNT | All day |
| 09/03/25 | JCPenney Suit-up Event | Golden Triangle Mall | 4 PM to 7 PM |
| 09/24/25 | STEM Career Fair | Discovery Park | 11 AM to 3 PM |
| 09/26/25 | Last Day to Change Elective to Pass/No Pass | Student’s Advising Office | 8 AM to 5 PM |
| 09/30/25 | Graduate & Professional School Fair | Union 314 | 2 PM to 5 PM |
| 10/02/25 | University Research Day | Union 314 | 9 AM to 5 PM |
| 10/02/25 | Study Abroad Fair | Library Mall | 11 AM to 2 PM |
| 10/06/25 | Honors College Registers for Spring 2026 | MyUNT | 7 AM |
| 10/08/25 | Broaden Your Scope | Union 382 | 4 PM to 6:30 PM |
| 10/20/25 | Juniors Register for Spring 2026 | MyUNT | 7 AM |
| 10/27/25 | Sophomores Register for Spring 2026 | MyUNT | 7 AM |
| 11/03/25 | Freshmen Register for Spring 2026 | MyUNT | 7 AM |
| 11/04/25 | DSA Etiquette Dinner | Union 34 | 5 PM to 8 PM |
| 11/07/25 | Last Day to Drop a Class with a Grade of W | MyUNT | All day (online) |
| 11/07/25 | Last Day to Withdraw from all Classes | Dean of Student’s Office Union 409 | 8 AM to 5 PM |
| 11/11/25 | TWU & UNT Education Career Fair | TWU Campus | 11 AM to 2 PM |
| 11/18/25 | All Major Career Fair | Union 314 & 333 | 1 PM to 4 PM |
| 11/24/25 – 11/30/25 | Thanksgiving Break – No Class | UNT | All day |
| 12/05/25 | Reading Day – No Class | UNT | All day |
| 12/06/25 – 12/12/25 | Finals Week | UNT | All day |

**Upcoming Fall Semester Student Research Workshops**

https://research.unt.edu/resources/student-research/student-research-events.html

**Student Research: How To Get Involved**  
In this workshop, we will explore available opportunities for students to pursue research experiences during their UNT undergraduate career. This workshop is presented to you in collaboration with the Undergraduate Engagement and Research department in the UNT Library.

**Date:** Thursday, September 4, 2025 **Time:** 12:00 pm – 1:00 pm  
**Location:** Willis Library, Room 250H

**Student Research Workshop: Finding Funding Opportunities**  
Everyone wants to get paid. Learn about different paying research positions and funding opportunities provided by the university and outside sources. This workshop is presented to you in collaboration with the Undergraduate Engagement and Research department in the UNT Library.

**Date:** Tuesday, September 16, 2025 **Time:**  12:00 pm – 1:00 pm  
**Location:** Willis Library, Room 250H

**Presentation Skills for Student Researchers**  
Learn how to make your poster and oral research presentations sharp and professional! During this workshop, we will explore tips, tools, and techniques for designing high impact posters and how to craft compelling oral presentations. This workshop is presented to you in collaboration with the Center for Belonging and Engagement in the Division of Student Affairs.

**Date:** Tuesday, October 7, 2025 **Time:** 4:00 pm – 5:00 pm  
**Location:**Center for Belonging and Engagement, Union Room 335

**Writing Proposals and Abstracts**  
Does the thought of writing a proposal and abstract make you a bit nervous? In this workshop, we will explore techniques and tips for writing high impact proposals and abstracts. This workshop is presented to you in collaboration with the Undergraduate Engagement and Research department in the UNT Library.

**Date:** Thursday, October 16, 2025 **Time:**  12:00 pm – 1:00 pm  
**Location:**  Willis Library, Room 250H

**Working in Collaborative Teams**  
This workshop is designed to equip participants with the tools, techniques, and mindset needed to work effectively in collaborative teams. Through engaging activities and guided discussions, participants will explore the foundations of successful teamwork and learn how to navigate common challenges. This workshop is presented to you in collaboration with the Center for Belonging and Engagement in the Division of Student Affairs.

**Date:** Tuesday, October 28, 2025 **Time:**  4:00 pm – 5:00 pm  
**Location:** Center for Belonging and Engagement, Union Room 335

**Ethics and Compliance: Conducting Responsible** **Research**  
In this workshop, we will explore general guidelines and governing regulations about conducting research responsibly. This workshop is presented to you in collaboration with the Research Integrity and Compliance department in the UNT Division of Research and Innovation.

**Date:**Thursday, November 6, 2025