College of Science Success Seminar: COS 1100 – Section .001

Instructor Contact Information

Name: Tanya Sanchez, M.S.
Pronouns: she/her/hers
Office Location: Life Sciences Complex B111
Office Hours: Book an appointment at https://tinyurl.com/tsanchez-officehrs
Communication Expectations: Canvas email will be the preferred tool of communication for personal concerns or questions. Emails will be responded to within 48 hours. Always include your name, student ID number, and your section of COS 1100 in all email correspondences. Visit the CLEAR webpage that provides Online Communication Tips (https://clear.unt.edu/online-communication-tips) for netiquette.

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 degree knowledge 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.

Course Technology & Skills

Minimum Technology Requirements

- Computer
- Microsoft Office Suite (free for UNT students)
- Adobe Acrobat
- Canvas Technical Requirements (https://clear.unt.edu/supported-technologies/canvas/requirements)

Computer Skills & Digital Literacy

- Using Canvas
- Using email with attachments
- Downloading and uploading documents
- Using presentation and graphics programs

Technical Assistance

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 Canvas or other technical issues.

UNT IT Help Desk
Email: helpdesk@unt.edu
Live Chat: https://it.unt.edu/helpdesk/chatsupport
Phone: 940-565-2324
In Person: Sage Hall, Room 330
Hours and Availability: Visit https://it.unt.edu/helpdesk for up-to-date hours and availability

For additional support, visit Canvas Technical Help (https://community.canvaslms.com/docs/DOC-10554-4212710328)

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 based on 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 digitally.
- Avoid using "text-talk" unless explicitly permitted by your instructor.
- Proofread and fact-check your sources.
- Keep in mind that online posts can be permanent, so think first before you type.

Course 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	C = 700 – 799 points	F = 599 points or below
B = 800 – 899 points	D = 600 – 699 points	

Assignments

All assignments (except in-class assignments) are due via Canvas by 11:59 PM on the due date. Late assignments will not be accepted. Canvas assignments must be typed unless otherwise directed.
Assignments are subject to change, check Canvas for most up to date deadlines

WEEK	TOPIC	ASSIGNMENT	POINTS
1 (1/14)	Introductions & Expectations	**Tell Me Your Why** Due: Wed. Jan. 21 by 11:59 PM on Canvas	100
2 (1/21)	Time Management	**Last Minute Changes** Due: Sun. Feb. 1 by 11:59 PM on Canvas	50
3 (1/28)	Motivation & Resilience *(Choose Campus Resource for Me &UNT Project during class)*	**What Motivates Us** Due: Wed. Feb. 4 by 11:59 PM on Canvas	25
4 (2/4)	Faculty & Staff Interactions	**Email Etiquette Quiz** Due: Wed. Feb. 11 by 11:59 PM on Canvas	25
5 (2/11)	Getting Involved	**Get Connected!** Due: Wed. Feb. 18 by 11:59 PM on Canvas	100
6 (2/18)	Academic Advising Workshop ***Bring your laptop/tablet to class***	**Academic Advising Quiz** Due: Wed. Feb. 25 by 11:59 PM on Canvas	50
7 (2/25)	Get Advised in Class and Your Hold Removed for Spring 2026 ***Bring your laptop/tablet to class***	**Plan Your Next Semester** Due: in class on Wed. Feb 25	25
8 (3/4)	Me & UNT Project	**Me & UNT Project** Upload to Canvas by 11:59 PM Tues. Mar. 3 **(Presentations will take place in person during class, but you must upload your PowerPoint to Canvas to be graded.)**	100
9 (3/11)	**SPRING BREAK**	**NO CLASSES FOR ALL STUDENTS**	
10 (3/18)	Major & Career Exploration part 1 ***Bring your laptops to class***	**Personality Assessment** Due: Wed. Mar. 25 by 11:59 PM on Canvas	50
11 (3/25)	Major & Career Exploration part 2 ***Bring your laptops to class***	**Holland Code Career Assessment** Due: Tues. Mar. 31 by 11:59 PM on Canvas	50
12 (4/1)	Parallel Planning ***Bring your laptops to class***	**Parallel Planning** Due: in class on Wed. Apr. 1	25
13 (4/8)	Life Skills 101	**Game of Life** Due: in class on Wed. Apr. 8	25
14 (4/15)	Social Identities, Who Am I?	**Multicultural Circles of Myself** Due: in class on Wed. Apr. 15	25
15 (4/22)	Cajita Project	**Cajita Project** Due: in class on Wed. Apr. 22 (Bring your cajita to class for in-person presentations during class)	100
16 (4/29)	Final Class – Semester Reflections	**Final Reflection Paper** Due: Wed. May 6 by 11:59 PM on Canvas	100
	Attendance & Participation	**Show up and speak up** 15 points available every week	150

Attendance/Participation (150 points)

You are expected to attend every class session on time and participate in every class discussion and assignment (10 points each week). Each week, we will have a discussion and/or lecture to which students must make a meaningful contribution through attendance and robust discussion. Regular attendance and active participation in class are required to make this course a successful and meaningful experience.

Tardiness in excess of 10 minutes will count as an absence. It is the student's responsibility to communicate with the professor **before** being absent, so you and the professor can discuss and mitigate the impact of the absence on your attainment of course learning goals. Please inform the professor if you are unable to attend class meetings because you are ill, in mindfulness of the health and safety of everyone in our community.

Tell Me Your Why and Final Reflection Paper (100 points each)

Students will write a self-reflection paper in response to prompts given by the instructor.

Get Connected! Attend On-Campus Event (100 points)

Campus and community involvement are crucial to retention and overall success. You are expected to attend at least one on-campus activity/event/program before the due date of the assignment. Students will submit a 300-word reflection paper detailing a brief description of the event they attended, what occurred during the event, and what was learned and/or gained from the event.

Me & UNT Project (100)

Students will visit and research a campus resource and present the following information to class: description of campus resource, services provided by campus resource, significance of campus resource, and contact information and photos of campus resource.

Secondly, students will identify something interesting or unique about UNT's campus that they value (study space, interesting building, service that you find useful/important, on-campus job, etc.) and will visit that space, taking photos to document your experience. Your presentation will include photos of your favorite UNT space with a paragraph explaining why that space was chosen (why do you like the space, have you visited it before, why is it significant).

Cajita Project (100 points)

Our personal histories shape the way we see and interact with the world. These histories are formed through various interactions during our lifetime with our families, schools, and communities. Students will create a cajita, a sacred box, as a visual representation of 1) who you are, 2) who or what is important to you, and 3) who or what keeps you motivated to keep going every day.

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. 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

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 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) to learn more.

Access to Information - Eagle Connect

Students' access point for business and academic services at UNT is located at: 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).

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/) or email spot@unt.edu.

Academic Support & Student Services

Student Support 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)

Chosen Names

A chosen name is a name that a person goes by that may or may not match their legal name. If you have a chosen name that is different from your legal name and would like that to be used in class, please let the instructor know. Below is a list of resources for updating your chosen name at UNT.

- [UNT Records](#)
- [UNT ID Card](#)
- [UNT Email Address](#)
- [Legal Name](#)

*UNT EUIDs cannot be changed at this time. The collaborating offices are working on a process to make this option accessible to UNT community members.

Pronouns

Pronouns (she/her, they/them, he/him, etc.) are a public way for people to address you, much like your name, and can be shared with a name when making an introduction, both virtually and in person. Just as we ask and don't assume someone's name, we should also ask and not assume someone's pronouns.

You can [add your pronouns to your Canvas account](#) so that they follow your name when posting to discussion boards, submitting assignments, etc.

Below is a list of additional resources regarding pronouns and their usage:

- [What are pronouns and why are they important?](#)
- [How do I use pronouns?](#)
- [How do I share my pronouns?](#)
- [How do I ask for another person's pronouns?](#)
- [How do I correct myself or others when the wrong pronoun is used?](#)