UGS 1050: Major Exploration (1 Credit Hour)
Course Syllabus: Spring 2020

This is a first session, 7-week course, held from January 7 to February 25
Last day to drop: Friday, January 10 Last day to withdraw: Friday, January 31

Meeting time: TH 10:45am – 11:35am
Meeting location: ST 215

Instructor: Lisa Hutton, M.Ed.
Office: Academic Advising Center, Marriot Library Location, 2nd Floor, SW Corner
Office Hours: By Appointment, (801) 581-8146, appointments.utah.edu
Email: lhutton@advising.utah.edu

Prerequisites: none

Course Description:
This course is designed for students who have not yet committed to a major, and are motivated to explore themselves and their academic options at the University of Utah. Students will learn about the major/career decision making process, including self-assessment, evaluation of majors and careers, and implementing an action plan.

Course Objectives:

1) Students demonstrate an understanding of planful decision making and ways to apply this process to life choices.
2) Students engage in a process of self-discovery by clarifying their interests, values, and skills.
3) Students develop information literacy as they investigate academic and career options.
4) Students integrate knowledge of self as they evaluate majors, careers and opportunities at the University of Utah.

Topics

The Major/Career Decision Making Process
Assessing Your Interests and Preferences
Clarifying Values and Skills
The Major – Career Connection
Academic Options at the University of Utah
Involvement Opportunities
Researching Majors and Careers
Developing and Implementing an Action Plan
Teaching and Learning Methods:

Lectures, class discussion and participation, Myers-Briggs Type Indicator, Strong Interest Inventory, reflective writing, reading and individual exercises, assignments and resources posted on Canvas (online course component).

Expectations:

• Attend all class sessions and be on time
• Come to class prepared; make sure you have completed assessments, reading, exercises, and all assignments on time
• Bring a folder with all class materials to each class session
• Participate in class activities and discussions
• Be open to learning about yourself and your options
• Be respectful of others ideas and opinions
• Turn off cell phones, laptops, tablets and other electronic devices—students who text/or use internet in class will have their participation grades negatively affected
• Comply with the Student Code: http://www.admin.utah.edu/ppmanual/8/8-10.html

Course Requirements and Evaluation: This course is graded CR/NC (Credit/No Credit). Students receiving CR will receive 1 credit hour. Students receiving NC will not receive credit for the course. CR/NC grades will not be calculated into your University of Utah GPA. To receive CR for the course, students must satisfactorily complete these components:

• **Point Accumulation:** Students must complete a minimum of 80% of the points available in the course to receive credit for the course. Point values for assignments are listed on the Course Calendar section of the syllabus. There are 200 total points possible so you must complete 160 points in the class in order to receive credit.

• **Required Assignments:** Some assignments are deemed essential to the class. These assignments do not have an assigned point value. They are simply required to receive credit for the course. These assignments include:
  
  • Completion of the Myers Briggs Type Indicator (MBTI) and the interpretation of the inventory
  • Completion of the Strong Interest Inventory and the interpretation of the inventory
  • One on one advising meeting with the instructor
  • Class attendance (see Attendance/Participation section of syllabus)
  • Final Poster Presentation Assignment

• **Attendance/Participation:** Students are expected to attend and participate in all class sessions. If students have more than 2 unexcused absences they will not receive credit for the course. Excessive text messaging or internet use in class will result in an unexcused absence. In cases of emergency when you are not able to attend, please contact the instructor.
• **Assignments:** All assignments must be completed on time; in cases of emergency, contact the instructor. Point values are listed on the Course Calendar section of the syllabus.

  **Reflective Writing:** There will be 3 reflections (300-500 words each) on what you are learning about yourself and your options.

  **Final Poster Presentation:** The purpose of the Poster Presentation is to help you integrate what you have learned in this course about yourself and your options. Expanded description of project can be found on Canvas.

  **Guidelines for Poster:** Posters are frequently used at professional and academic conferences in all disciplines as a way to share information about an individual’s research. Your poster will be displayed at the end of the course. You will have an opportunity to talk with your peers about the major you selected to research and how it relates to what you know about yourself. Please follow these guidelines as you create your poster:
  - Minimum size: 22”x28”; you can make it larger or use a trifold if desired
  - Clear and legible
    - Size: large enough to easily be read
    - Use bullets, charts, pictures and/or graphs
    - Use color for eye appeal

  **Major Exploration Portfolio:** Students are encouraged to create a major exploration portfolio. The portfolio is a collection of the work you do during the course that can be used as a reference after the class is over. It may contain the following, but can include additional information as well. Put this together in a way that will be helpful to you as you continue the exploration of your academic and career options.

  ✓ Reflective Writing Assignments
  ✓ MBTI Report Form
  ✓ My Degree Dashboard
  ✓ Strong Interest Inventory
  ✓ Canvas assignments and in-class handouts
  ✓ Final Poster

  **Supplemental Resources:**
  Various materials on Canvas (online course component)
  Myers-Briggs Type Indicator
  Strong Interest Inventory
  My Degree Dashboard
  University of Utah Web Site
The Americans with Disabilities Act. The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities. If you will need accommodations in this class, reasonable prior notice needs to be given to the Center for Disability Services, 162 Olpin Union Building, (801) 581-5020. CDS will work with you and the instructor to make arrangements for accommodations. All written information in this course can be made available in an alternative format with prior notification to the Center for Disability Services.

University Safety Statement. The University of Utah values the safety of all campus community members. To report suspicious activity or to request a courtesy escort, call campus police at 801-585-COPS (801-585-2677). You will receive important emergency alerts and safety messages regarding campus safety via text message. For more information regarding safety and to view available training resources, including helpful videos, visit safeu.utah.edu.

Addressing Sexual Misconduct. Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a civil rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran’s status or genetic information. If you or someone you know has been harassed or assaulted, you are encouraged to report it to the Title IX Coordinator in the Office of Equal Opportunity and Affirmative Action, 135 Park Building, 801-581-8365, or the Office of the Dean of Students, 270 Union Building, 801-581-7066. For support and confidential consultation, contact the Center for Student Wellness, 426 SSB, 801-581-7776. To report to the police, contact the Department of Public Safety, 801-585-2677(COPS).

Undocumented Student Support Statement. Immigration is a complex phenomenon with broad impact—those who are directly affected by it, as well as those who are indirectly affected by their relationships with family members, friends, and loved ones. If your immigration status presents obstacles to engaging in specific activities or fulfilling specific course criteria, confidential arrangements may be requested from the Dream Center. Arrangements with the Dream Center will not jeopardize your student status, your financial aid, or any other part of your residence. The Dream Center offers a wide range of resources to support undocumented students (with and without DACA) as well as students from mixed-status families. To learn more, please contact the Dream Center at 801.213.3697 or visit dream.utah.edu.