

Instructor

Dr. Jackson Bunch

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Office: Social Sciences 331

Office Hours: Tuesday, 3:30–4:30 & Wednesday, 2:00–3:00 (and by appointment)

Course Description

The College of Humanities and Sciences (H&S) freshman seminar is designed to provide first year students with the tools that they need not only to succeed, but also to make the most out of their education and time at the University of Montana. While the H&S seminar differs in scope and content with other Freshman Seminars at UM, the main goal of all seminars is to provide students with fundamental academic skills and an overview of student support services.

The H&S seminar consists of three main topics: (1) learning strategies and study techniques, (2) overview of campus resources, and (3) academic and discipline-specific information. The first year is a critical time for most University students; this course is designed to help you succeed. Here is a sampling of questions we will explore:

- How can I better manage my time?
- What kind of learner am I – and how to I use this knowledge to better study?
- UM is a Liberal Arts Institution, what does that mean and why is it important?
- What can I do with my degree?
- Why is diversity important?

Learning Objectives

1. Develop written and oral communication skills.
2. Apply critical thinking and problem solving to course materials and personal decision making.
3. Expand the habits of mind for studying.
4. Examine and discuss sustainable lifestyles.
5. Understand one's rights and responsibilities as a student member of the community at UM
6. Develop a clearer understanding of, and commitment to, personal values.
7. Value and acquire sensitivities to different cultures and respect diversity within the global context.
8. Find and utilize university resources, services, and activities/events.
9. Instigate career exploration and survey major/minor area.

Required Textbook and Materials

All assignments are available on Moodle.

Attendance and Participation

Students are expected to attend every class. The majority of the grade of the seminar is determined by in-class discussions and assignments; thus attendance and participation are critical and essential aspects of this course. Excused absences will be determined the discretion of the instructor.

UM Connect/Student Email

All University of Montana students are provided with an official university email account, referred to as UM Connect. This is the University's primary method of communication with students, thus, it will be extremely important to check this account frequently.

Assignments

Assignments will be turned in at the start of class, completed during class or submitted electronically via Moodle. All assignments are due by the start of class each week. Late assignments will be determined at the discretion of the instructor.

Academic Honesty and Integrity

All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or a disciplinary sanction by the university. All students must be familiar with the [Student Conduct Code](#).

Disability Accommodations

This course is accessible to and usable by otherwise qualified students with disabilities. To request reasonable program modifications, please consult with the instructor. Disability Services for Students will assist the instructor and student in the accommodation process. For more information, visit the [Disability Services](#) website.

Respect Policy

This course is designed to incorporate discussion, the sharing of ideas, opinions, and experiences, and to educate you on the skills necessary to succeed in college. Thus, it is expected that all students will maintain a high level of respect for others, including students and guest speakers. The use of any electronics in class for non-class related activities will result in a deduction of daily participation points.

Grading

Course grades will be based on the following:

Attendance	50%
Participation & Assignments	50%
Total	100%

Final grades for the course are based on the following scale:

Letter Grade	Number Grade
A	90 to 100
B	80 to 89.99
C	70 to 79.99
D	60 to 69.99
F	59.99 and below

Course grades are not rounded up to the next letter grade.

Schedule of Topics

Date	Category	Topic
8/29	Intro	Introduction, Overview
9/5	Sociology	Dr. Daisy Rooks
9/12	Sociology	Dr. Dusten Hollist
9/19	Sociology	Dr. Kathy Kuipers
9/26	Study Skills	Taking Notes, Reading Techniques, Preparing for Exams, and Memory
10/3	Study Skills	Time Management, Procrastination, Productive Failure
10/10	Resources	Resilience & Engagement, SARC
10/17	Resources	Stress Management and Counseling
10/24	Resources	Registration Process, Gen Ed Requirements, and a Liberal Arts Education
10/31	Study Skills	Diversity, Implicit Bias, and White Privilege
11/7	Sociology	Dr. Teresa Sobieszczyk
11/14	Sociology	Dr. Celia Winkler
11/21	NA	No Class: Thanksgiving Break
11/28	Resources	Financial Literary and/or Career Resources
12/5	Wrap-up	Conclusion