

## FYSM 1310 G: THE PSYCHOLOGY OF SUCCESS

<b>Course</b>	FYSM 1310 G: The Psychology of Success
<b>Instructor</b>	Anne Bowker and Matthew Sorley
<b>Term</b>	FW 2020-2021
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### COURSE DESCRIPTION/INSTRUCTORS STATEMENT

*Note: This 1.0 credit first-year seminar takes place across the fall and winter terms.*

*What is this seminar about?*

This seminar is focused on the psychology of success and the steps that can be taken to enhance performance at university and beyond. Key questions to be examined include:

What does it mean to be successful? What does it mean for **you** to be successful? What do we know about the skills that are associated with success? How can you acquire and refine these skills? What can we learn from successful others, in different fields of achievement?

We'll discuss the components involved in making a successful transition from high school to university life, including how to enhance and protect your health and well-being and explore potential career paths.

*What is the format of the course?*

The course consists of a) several online multimedia modules including brief video segments, readings, short assignments, and more; and b) live online classroom

sessions that involve working with your instructors and classmates. You are expected to have completed the assigned module activities prior to arriving in the online classroom. Note that the official Carleton schedule lists two class sessions per week. However, unless otherwise indicated, we will be meeting only once per week. The remaining time is devoted to your completion of the assigned modules.

### *What will you be doing?*

This seminar experience will be dynamic and focused on active learning. Simply, we learn by doing. Expect to be participating in a variety of activities each week and to be working closely with the instructors and each other. Much of the activity will be focused on the following:

- Analyzing texts in order to extract key ideas and construct meaning
- Distinguishing between opinion and evidence-based arguments
- Identifying and evaluating resources in relation to a specific problem
- Exploring an issue, interpreting available evidence, and formulating an argument to conclusion, supported by examined resources
- Communicating ideas to a variety of audiences and via different means
- Learning about university support services and recognizing how they contribute to your success
- Identifying, describing, and working with specific strategies that promote your success at university and beyond.
- Reflecting on your process and approach to success.

The course also includes an introduction to various members of the community and their views on reaching our potential across different areas of activity. There will be opportunities to share what you've learned from their stories. A summary of speakers from 2019 appears here: <https://carleton.ca/first-year-seminars/how-do-you-define-success/>

Throughout the year, there will be opportunities to consult with the instructors on course issues and the 1<sup>st</sup>-year experience more generally. This course also includes the participation of a student mentor, who is focused on supporting students in first-year seminars.

We're excited about welcoming you to Carleton and working together throughout the year.

## **EVALUATION**

Learning will be assessed via a variety of writing assignments, presentations, reflective pieces, experiential activities, and more. All activity leads to a culminating project that is presented at the end of term and focused on enhancing success.

## **TEXT**

Readings will be assigned in class and made available via the course cuLearn site. There are no readings to purchase.