

FYSM 1310 C: THE PSYCHOLOGY OF SUCCESS

Instructors	Anne Bowker and Matthew Sorley
Term	Fall 2024/Winter 2025
Course Delivery	In-person with online components
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Office Location	Anne Bowker: 330 Paterson Hall Matthew Sorley: A521 Loeb
Office Hours	Refer to the course outline

COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

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

What is the course about?

This seminar is focused on the skills associated with success 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? Much of your work will be focused on topics such as study skills, health and wellness, goal setting, confidence, academic integrity, career exploration, and more.

All activities are designed to smooth the transition to university life and there is an emphasis on active learning. Simply, we learn by doing. Expect to be working across two formats: online modules and in-person classes.

What should I know about the online components?

The online portion of the course involves completing a series of asynchronous multimedia modules that are focused on different aspects of success. These modules include brief videos, readings, and weekly active learning assignments that prompt you to reflect on the material, attach personal meaning, and promote your success.

What should I know about the in-person components?

The in-class sessions will be focused on working with your colleagues and completing activities related to your experience with the online modules. There will also be numerous opportunities to engage with various guest speakers from the community and consider their views on reaching our potential across different areas of activity. We'll be meeting once a week for 1.5 hours per session.

There will be ongoing opportunities to consult with the instructors on course issues and the 1st-year experience more generally. This will take place both online and in-person. 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 (SUBJECT TO CHANGE)

Learning will be assessed via a series of active learning assignments, presentations, participation in class activities, and more. All work leads to a culminating project that is presented at the end of term and focused on enhancing your success.

TEXT

All learning materials will be assigned in class and made available via the course Brightspace site. There are no readings to purchase.