

USU 1730 Habits for Academic Success (3 Credits)

This course introduces students to the skills, techniques and learning science related to college-level academic success. This course will emphasize self-regulated learning, critical thinking, and a growth mindset. Students will apply these learning methods and habits to their current course-load, future courses and activities beyond college.

Habits of Mind Courses

USU 1020: Personal Productivity (1 Credit, 7 weeks)

This course focuses on research-informed practices and techniques related to time management, self-regulation and motivation, organization and planning. Students will immediately put these skills to practice in their other courses. They will also learn how to apply these skills to achieve greater productivity in other aspects of their lives.

USU 1040 : Learning Techniques (1 credit, 7 weeks)

This course focuses on developing academic skills, techniques, and behaviors including notetaking, test preparation, test-taking, and reviewing exam results. These skills and techniques will be applied to current courses, but students will also learn how to apply them to future courses and non-academic settings.

USU 1060: Reading College Texts (1 credit, 7 weeks)

This course teaches students how to get the most out of their college-level texts through research-based learning and studying techniques that include annotating, reviewing, comprehending, and recalling information found in college-level texts from their other courses but will also learn how to apply these habits and techniques to future college-level reading.

USU 1070 : Growth Mindset in STEM (1 credit, 7 weeks)

This course focuses on assisting students to identify, develop, and apply a growth mindset regarding STEM subjects. Students will practice curiosity, inquiry, and critical thinking in a variety of STEM subjects as well as practical experience. The habits, techniques and skills learned in this class can be applied to current and future STEM courses as well as beyond the classroom.

Also available from ABL Learning Specialists:

Academic Success Coaches

Academic Success Coaches conduct one-on-one appointments with students to address their concerns with a sense of academic belonging, build their skills related to habits of mind, connect them to the right resources, and serve as their accountability partners.

Supplemental Instruction

Supplemental Instruction (SI) is an academic support program offered to students that are registered for breadth education courses participating in the program. Study sessions are facilitated by passionate and trained peer leaders.