October 27-28

Leadership Inside & Outside the Classroom - Kelly Kavalier (CRN 69005)
Do you know what skills you use on a daily basis that show what kind of leader you are? This class will discuss how to identify, improve and expand upon your leadership skills. We will also discuss ways to practice good leadership in your daily life as a student and member of the OSU community.

Improving Time Management - Chris Campbell (CRN 69007)
This class will examine the downfalls of poor time management and examine how students can develop the needed skills to control their lives. We will explore different techniques for creating an individualized time management plan. This course will utilize lecture, videos, group discussion and hands on training to help students become the masters of their own destiny.

November 10-11

Strengthening Your Study Skills - Nick Holmes (CRN 69006)
Ever thought about how your strengths can be utilized to enhance your study habits? Need to brush up on your study skills? This class focuses on recognizing your strengths and improving your study skills utilizing those strengths.

Developing Self Awareness - Jeronda Robinson (CRN 69008)
This course will take a deep look into the person we are today and becoming the best version of ourselves now and in the future. Through many activities, reflections and in depth analysis by the end of this course you will be happy with the person you are today and be excited about the change that is yet to come!

Healthy Habits - Britney Mann (CRN 69009)
Students will explore their current habits of eating, sleeping, socializing, studying, etc. and what impact these are having in their lives. They will learn to develop healthy habits for overall well-being that they can carry with them into their future.

Exploring Current Topics - Mark Nelson (CRN 69010)
This course will focus on how your values and needs influence your thoughts about headlines, events and current issues. Students will be asked to engage in group discussion and be introduced to development theory.

Practical Learning Theory - Jim Hull (CRN 70134)
What are your thoughts on thinking? This course introduces you to Metacognition as a way of thinking about how you think. We also will consider ways of developing techniques and methods to monitor, regulate, and enhance the process of thinking and applying them to your learning and study skills. If you are looking to increase your passion for learning or need to ignite that passion, this weekend class is for you!

December 1-2

Budgeting: Seconds and Cents – Michael Rieger (CRN 69011)
Students will learn the basic principles of budgeting and learn how to apply them to managing both finances and time. Course content will address budgeting basics for students and young professionals following graduation.

Life Management - Mark Nelson (CRN 69012)
Focus on helping students make decisions by evaluating how we make decisions (morality, ethics, good vs. right, etc.). Students will also explore the consequences of their choices and practice case scenarios.

Each UNIV 2510 class is 1 credit hour and meets on Friday from 3:30 – 10 p.m. and Saturday from 9 a.m. – 6 p.m.
Students can enroll via Self Service at my.okstate.edu or with an Add/Drop card in the Office of the Registrar.
Need to enroll in more than one section? Email UCA@okstate.edu to request permission to enroll in multiple sections. Please include your Student ID number in your email.