

Week, Class Date	Activity/Assignment	TOPIC
1	Class attendance Writing Prompt 1 Individual meeting	Course Overview Shame Resiliency Importance of Attendance
2	Class attendance Writing Prompt 2 Individual Meeting Planner tracking check 1	Time Management Master Calendar Dimensions of Wellbeing
3	Class attendance Writing Prompt 3 Individual meeting	Motivation (Guest speaker: Counseling Center) Procrastination
4	Class attendance Writing Prompt 4 Individual meeting	Growth Mindset Grit/Effort
5	Class attendance Writing Prompt 5 Individual meeting	Resources (Tutoring/Writing Center) Learning Strategies Pomodoro/chunking Mid Term Prep
6	Class attendance Writing Prompt 6 Individual meeting Planner tracking check 2	Memory Sleep and Learning
7	Class attendance Writing Prompt 7 Individual meeting	Career Exploration (Guest speaker: Career Education)
8	Class attendance Writing prompt 8 Individual meeting	Resilience Mindfulness (Guest speaker: Counseling Center)
9	Class attendance Writing prompt 9 Individual meeting	Learning Styles Types of Thinking
10	Class attendance Writing prompt 10 Individual meeting	Critical thinking/Reading Understanding College policy
11	Class attendance Writing prompt 11 Individual meeting	Stress (Guest speaker: Counseling Center)
12	Class attendance Writing prompt 12 Individual meeting	Discuss presentation/topics Test taking skills Test Anxiety
13	Class attendance Writing prompt 13 Individual meeting	Self-Care Finals planning
14	Class attendance Writing prompt 14 Individual meeting Final Project	Semester Debrief Presentations Quiz Bowl