PHM 182R Enhancing Academic Success  
Spring 2020

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Office Hours: Upon Request

Course Unique Number(s): 57574

Classroom(s): PHR 2.208

Class Days/Times: Monday 2:00 – 2:50 PM

Course Faculty:

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Office Hours: Upon Request
Course Information

Course Description: This course is designed to provide students with tools and resources to enhance academic success in the professional pharmacy curriculum.

Topics to be covered include:
1. Academic self-regulation
2. Time management, self-discipline
3. Goal-setting, weekly planning, semester planning
4. Mindset, self-motivation
5. Management of academic emotions, anxiety, stress management, resiliency
6. Learning and memory, learning strategies, retrieval practices
7. Exam preparation, post-exam analysis

Course Prerequisites/Co-Requisites: Acceptance into the Pharm.D. program.

Course Learning Objectives (CAPE Objectives):
4.1. Self-awareness (self-aware) – Examine and reflect on personal knowledge, skills, abilities, beliefs, biases, motivation, and emotions that could enhance or limit personal and professional growth.

Course Success:
Chapter readings and pre-lab work will be assigned for class. The student is expected to complete work before attending class. Class will be interactive and require attendance and participation. Student success depends entirely on the work the individual students puts into the course.

Course Website:
This course uses Canvas, a Web-based course management system in which a password-protected site is created for each course. Canvas will be used to distribute course materials, to communicate, and to post grades. Canvas is available at http://canvas.utexas.edu. Support is provided by the ITS Help Desk at 475-9400 Monday through Friday 8 am to 6 pm.

Course Communications:
Official course communications will take place in class, through e-mail and on the course Canvas website. Students are advised to configure their Canvas settings to forward course announcements to their official e-mail address. Canvas uses only the e-mail address listed on the official University of Texas directory, so please check the University’s online directory to ensure your e-mail address is listed correctly.
Course Grading Policies:
   - In-class work (attendance, participation, projects) = 34%
   - Pre-class work (homework) = 33%
   - Project = 33%

Course Grade:

Letter grades will be assigned according to the following scale:

   - A = 90 – 100
   - B = 80 – 89
   - C = 70 – 79
   - D = 60 – 69
   - F = <60

Grades will be rounded at 0.50. For example, 92.50 will round to an A and 92.49 will remain an A-.

Assignments:
   - In-class work – Each class period will have these activities for a grade:
     - Attendance = 25%
     - Participation = 25%
     - Project/Activity/Quiz = 50%
   - Pre-class work (homework) – Must be done prior to class:
     - (See sample activities below)
   - Sample Activities:
     - Concept Map
     - Exam Autopsy
     - Anxiety/stress management activity with a reflection
     - Tracking of time for a week
     - Creating a study calendar
   - Project
     - #1 – Time management, goal setting presentation and deliverable
     - #2 – Learning strategies presentation and deliverable

Attendance:

Class Attendance:
Attendance will be taken at each class and will be included as part of the in-class grade.
Excused Absences:
The only absences that will be considered excused are for religious holy days or extenuating circumstances due to an emergency. If you plan to miss class due to observance of a religious holiday, please let the course coordinator know at least two weeks in advance, preferably at the beginning of the semester. You will not be penalized for this absence, although you will still be responsible for any work you will miss on that day if applicable. Check with the course coordinator for details or arrangements.

Attendance at Professional Meetings:
It is the student’s responsibility to ASK permission IN ADVANCE if they plan to attend a professional meeting that would necessitate missing an exam, assignment, or other required course activity. It is at the discretion of the course coordinator as to whether to grant permission and allow the student to make up any missed work.

Required Materials: None. All required materials will be provided.

Recommended Materials:
Assigned readings (which are provided) will come from the following:
*Mindset. The new psychology of success.* Carol Dweck
*Self-Compassion.* Kristin Neff.

Classroom Expectations:
Cell Phones: Cell phones must be put away during class.

Laptops: Laptop computer use during class is strictly limited to viewing lecture handouts and taking notes.
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