LAR 101 Lab Syllabus - Fall 2016

Course Description:
The Liberal Arts Seminar Lab is a zero-credit, 50-minute lab offered as a pass/fail course to be taken concurrently with the LAR 101. This lab provides additional support to first-year students adjusting the academic and co-curricular expectations of the university. The lab is intended to facilitate access to college resources and guidance on developing college-level learning skills as well as offering peer advice on such topics as college etiquette, time and stress management. The 5 lab sessions are held in Communications Building in RM 68, on Tuesdays beginning September 6th.

LAR 101 Lab Requirements:
1. Attendance at all lab sessions – Attendance to all 5 lab sessions is mandatory and a single absence may result in failing the lab. Attendance includes engagement and participation in the presentation and refraining from tardiness, texting, using social media, sleeping, visiting with friends, etc.
2. Bring your Student ID to check-in for attendance credit and a pencil for taking notes.
2. Create a profile using your Doane email address in the Writing Center's scheduling system at doane.mywconline.com, where you can view the schedule or book and manage appointments.

Lab Session Descriptions:

1. Sept. 6th: Welcome & Introductions to Doane Resources: First-Year Advisor Rhonda Lake, Doane Multicultural Center Director Wilma Jackson, Academic Success Center Tutor Coordinator Lisa Wells, The Writing Center Director Caitlin Leibman

2. Sept. 13th: College to Career Center: Director Sarah Barg & Assistant Director Sarah Begay
   - The College to Career Center will introduce you to the career development process. We will then begin the first stage of the process which is exploring your interests, skills, and values--key components when determining a major or career.

3. Sept. 20th: College Study Skills – How to be a successful student: Drew Case RN, MSN
   - Improve your concentration
   - Note-taking, study methods and test taking.
   - Active reading and classroom participation.

   - Time Management: Get the facts about time, the system, know thyself and love yourself more.
   - Resiliency & Mindfulness: How to be present with yourself and those you love.

5. Oct. 4th: Utilizing Webadvisor & Peer Advisor Panel Discussion: Assistant Academic Dean Becky Hunke, First-Year Advisor Rhonda Lake & LAR Peer Assistants
   - Webadvisor: Registering for spring classes & GPA.
   - Peer Panel: College Etiquette, Managing Stress, Surviving your first-year, Final Q & A.