

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 instruction and 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 weekly 5 lab sessions are held in Communications Building (lower Level) in RM 067, 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 a pencil and your Student ID for required attendance credit.
3. 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 Dates and 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 and Writing Center Director Caitie 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 the first stage of the process to explore your interests, skills, and values and the 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.

4. Sept. 27th: Time Management, Resilience & Mindfulness: Academic Success Advisor Irene Prince, Mental Health Counselor Kristal Flaming

- 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 & Upper-class Doane University Students

- Webadvisor: Registering for spring classes & GPA.
- Peer Panel: College Etiquette, Managing Stress, Surviving your first year.