GT1000 HP: Freshman Seminar
Fall 2016: Wednesdays, 3:05-3:55pm

INSTRUCTOR: Dr. Monica Halka
Honors Program Office: Armstrong 004
monica.halka@gatech.edu
Office hours: By appointment

Theme: Meditation, Mindfulness, and Mental Acuity
Classroom: Hefner 001

PURPOSE: To assist students in making a successful transition to college by becoming better acquainted with the research and techniques to cope with stress and the burdens of mental exertion and to improve mental acuity. Through the course, you will acquire strategies that promote a healthy and calm mind and enhance your chances for college success.

GRADING: Assignments will be graded on a point system. A total of 100 points will be distributed among class assignments. Final grades will be assigned as follows: 100-90: A 89-80: B 79–70: C 69-60: D 59–0: F

Unless otherwise noted, all assignments must be turned in via the T-Square website.

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Possible Points</th>
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<tr>
<td>Attendance &amp; Participation</td>
<td>30 (2 possible per class)</td>
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<tr>
<td>Journal Assignments (6)</td>
<td>30</td>
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<tr>
<td>Reflection Paper</td>
<td>10</td>
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<td>Learning Skills Inventory</td>
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<td>Mindful résumé</td>
<td>10</td>
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<td>Project &amp; Group presentation</td>
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Expectations and Guidelines:

1. The Georgia Tech Academic Honor Code applies to all work submitted in this course. To review the Honor Code, please visit http://www.honor.gatech.edu. Unless stated otherwise, any work completed in this course should be an individual effort.

2. Students with disabilities who require reasonable accommodations to participate fully in the course activities or meet course requirement are encouraged to register with the ADAPTS Disability services at 404.894.2564 or http://adapts.gatech.edu. If you are in need of specific accommodations, please schedule an appointment with me.

3. You are expected to log into the class T-square site and to check your email daily.

4. It is important that all assignments submitted consist of high-quality, college-level work. Please check each assignment for spelling and grammatical errors before turning it in.

5. Appropriate classroom behavior is expected at all times. Turn off and stow all cell phones, pagers, beepers, laptops, and any other electronic device. Use of electronic devices is not acceptable in this class.

6. Please—do not bring food or drink to class. Water is acceptable.

GT 1000 required assignments
1. Learning and Study Skills Inventory—“LASSI”.
2. Resume
3. Major and Career Exploration Project: This will be a journal entry.
4. Team project presentation