

Course ID:	Course Title:	Winter 2023
UNI 101	The Ambrose Experience	Prerequisite: N/A
		Credits: 0

Class Information		Instructor Information		Important Dates	
Delivery:	Blended	Instructor:	Kyle Jantzen, PhD	First Day of Class:	January 9
Days:	Mondays	Email:	kjantzen@ambrose.edu	Last Day to Add/Drop:	January 22
Time:	1:00-2:15	Phone:	(403) 410-2000 (ext. 6902)	Last Day to Withdraw:	March 31
Room:	A2131	Office:	L2041 (Office of the Dean of Arts & Science)	Last Day to Apply for Coursework Extension:	April 3
Lab/Tutorial:	N/A	Office Hours:	By Appointment: Please contact Shelly Sylvester at ssylvester@ambrose.edu	Last Day of Class:	April 14
Final Exam:	N/A				

Important Dates and Information

For a list of all important dates and information regarding participating in classes at Ambrose University, please refer to the Academic Calendar at <https://ambrose.edu/academic-calendar>.

Course Description

An introduction to university life, focusing on the study skills, life skills, and self-knowledge vital for success as a student. Special attention is given to the community, values, and vision of Ambrose as a Christian university. Coursework will be integrated with various 100-level courses in the Ambrose Core Curriculum, and course content will be delivered through a combination of in-person class sessions, workshops, and online modules.

Expected Learning Outcomes

By the end of this course, students will be able to:

- Understand the community, values, and vision of Ambrose as a Christian university.
- Articulate self-knowledge related to vocation, calling, student thriving, and health (physical, mental, emotional, spiritual)
- Better apply basic university study skills related to academic reading, note taking, library research, academic writing, and test taking.

- Better implement basic life skills necessary for success, including time management, self-advocacy, stress management, and problem-solving.
- Describe the various academic and non-academic supports available to them at Ambrose University.

Textbooks

None. Various short readings and links to resources will be posted on Moodle.

Course Schedule

Because UNI 101 The Ambrose Experience is a blended course designed to equip you for life as an Ambrose student and connect you to the many aspects of campus life, including the academic and non-academic support services we provide for you, the course schedule is a bit unusual. It includes **8 in-class units**, held on Mondays from January 9 to March 6. It also includes **5 online/self-directed units** you can complete at your own pace. **Each unit includes a short assignment:** a 100-300-word reflection in which you briefly explain what you learned and how you might use it (details below and on Moodle).

In-Class Units

1. Life at Ambrose: The Mission, Values, and Community of a Christian University

Monday, January 9 – Kyle Jantzen (Dean of Arts & Science)

This first class session will introduce you to the UNI 101 course, then introduce you to the mission and values that guide the university. We'll explore what it means to be a Christian liberal arts university and what kind of community we are working to become. We'll also look at the idea of metacognition—thinking about thinking—and learn how it can help you succeed at university.

Assignment: Using the Moodle assignment provided, write 100 to 300 words on the “Life at Ambrose” class session. As part of your response, include answers to these questions: What difference do you think studying at a Christian University will make? Are there some ideas related to metacognition that you think might help you succeed in university? If so, how?

2. Adulting 101: Managing Your Time

Monday, January 16 – Beth Gripping (Interim Manager, Student Academic Success) and Tracey Urquhart (Wellness Coordinator)

This class will cover an important skill you'll need to succeed at Ambrose ... or anywhere else: managing your time. (Ask any third- or fourth-year student about what happens when you've got three research papers and a test in one week in later November!)

Assignment: Go into the Outlook calendar in your Ambrose student email (or another calendar you use) and create a “semester plan” (you will learn about this). Then, using the Moodle assignment provided, write 100 to 300 words describing what you learned. When are the heavy weeks of your semester? Are there any assignments you could finish early to lessen your workload at crunch time?

3. Making Your Learning Stick: Note-Taking, Studying, and Test-Taking

Monday, January 23 – Beth Gripping and Tracey Urquhart

How can you manage the flood of new information you encounter in your courses? How can you make it stick--not just long enough for final exams but also long enough to use in your life and career? In this session, you'll refine your skills in note-taking, studying, and test-taking, and you'll learn more about additional supports available for Ambrose students!

Assignment: In the Moodle assignment provided, write 100 to 300 words describing what you learned. What's one note-taking, one studying, and one test-taking skill you'd like to put into practice this semester?

4. Beyond Wikipedia: University Library Research

Monday, January 30 – Patty Neufeldt (University Librarian) and Kim Kissack (Public Services Librarian)

University research is far deeper and more complex than anything you encountered in high school or your crazy uncle read on Facebook. In preparation for class, please engage with the materials you'll find in Moodle for this session and then come prepared to learn about how to use the Ambrose Library and its many resources to get beyond Google searches and into the really interesting stuff.

Assignment: In the Moodle assignment provided, write 100 to 300 words, answering the following questions: What research skills did you learn? What are two research tools you will use this semester? What role do you think the Library Staff can play in your university studies?

5. What Do Your Professors Really Want? Understanding Your Assignments

Monday, February 6 – Beth Gripping

Many of your assignments in university will involve the dreaded task of (gasp!) writing! In this session, you'll learn more about the different types of writing your instructors are looking for and strategies to help you earn that gold star!

Assignment: In the Moodle assignment provided, write 100 to 300 words, answering the following questions: How did what you learned help you understand your assignments better? In which class or classes will this be the most helpful to you? Which writing skills do you plan to employ this semester?

6. Noodles, Netflix, and All-nighters: Healthy Lifestyles

Monday, February 13 – Tracey Urquhart

University is a fun time! For most students, they're freer than they've ever been, and there are plenty of people to meet and places to go. But, as you may already be discovering, life at university also requires adjustment to new pressures and the increased responsibility for your own diet and life choices. Thankfully, we're more aware than ever of the importance of mental health. But for us to flourish, we need to eat well, sleep well, and make good lifestyle choices. This class session will help you do that, so that you have what you need (or know where to go to get more help!) to manage the challenges of independence, personal responsibility, and the stresses of university.

Assignment: In the Moodle assignment provided, write 100 to 300 words, answering the following questions: What did you learn about healthy lifestyles, brain health, and their impact on your ability to succeed at university? Which skills or habits will you try to implement? If you needed help in the area of mental health, where would you turn?

7. Disturbed, Disinterested, Devoted? Spiritual Well-being

Monday, February 27 – Terry Fach (University Chaplain) and Julian Erb (Director of Community Life)

Your wellness goes beyond your physical, mental, or emotional health. As Christians, those of us who teach and support you at Ambrose believe in the value of being a friend and follower of Jesus Christ. We know that not all of you share this idea, and we're comfortable with that. Everyone's welcome here. Still, we think it's useful to talk about spirituality, and we'll share with you some ancient and modern Christian practices that we think lead to spiritual wellbeing.

Assignment: Using the Moodle assignment provided, write 100 to 300 words describing one or two new things you learned about spirituality. How do you think your spiritual life affects your academic life? Were there any spiritual practices that particularly intrigued you? Anything you want to incorporate into your life moving forward?

8. Getting Along and Getting Through: How to Navigate Community Standards and Solve Academic Problems

Monday, March 6 – Kyle Jantzen and Alexandra Holden (Registration & Student Records Administrator)

OK, life at Ambrose isn't all fun. The university experience always brings with it academic problems—from registration glitches and frustrations with professors to unforeseen interruptions and unnerving conflicts with your fellow students. Back in high school, your parents probably helped you navigate these kinds of problems, but now you need to tackle them yourself ... with a little help from us. In this class session, you'll discover some important information about Ambrose academic policies, learn how to work with the Registrar's Office, and get some tips about how to disagree (!) with your professors and navigate interpersonal conflict, whether inside or outside the classroom.

Assignment: Using the Moodle assignment provided, write 100 to 300 words, answering the following questions related to this class session: What did you learn about the Registrar's website and academic policies? What about the Community Standards relating to personal conduct and harrasment? To whom at Ambrose would you turn if you had a problem with a faculty or staff member or a fellow student?

Online/Self-Directed Units

1. Not Just the "Copy/Paste" Problem: Fundamentals of Academic Honesty (Required Unit)

Students often struggle with the concept of plagiarism and are sometimes tempted (not you! ... *other people*) to cut corners or even cheat. You may or may not feel the importance of this, but your professors sure do! Academic integrity is the foundation on which the whole scholarly world of research and innovation is built. In this online unit, we'll explain why that is and how you can learn the practices that keep you "on the straight and narrow."

Assignment: Using the Moodle assignment provided, write 100 to 300 words answering the following questions: What is academic integrity? What is plagiarism? What is cheating? When faced with an ethically murky choice, how can you determine the best path? How do you think knowing these things will affect the way you study?

2. It's Your Degree: Academic Advising (Required Unit)

Book a time to meet with your Academic Advisor. (Advising Weeks run from March 27-April 7, but you can arrange to meet sooner, if you wish.) Let them know you're in UNI 101 and would like them to explain your degree and help you fill out a Program Planning Guide. Ask them for advice about the courses you should take next.

Assignment: Meet with your Academic Advisor to discuss your degree program and course selections. (You will need to book this meeting in advance.) Then, using the Moodle assignment provided, write 100 to 300 words answering the

following questions: How did your meeting with your Academic Advisor go? Do you understand which courses you need to take next? Do you feel like you understand your degree better? If so, how do you think that might affect the way you study, or does it matter?

3. What's Your Purpose? The Concept of Vocation or Calling

Yes, your university degree is supposed to help you get a good job ... *and it will*. But life is about more than work. The Bible declares that “we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” Secular experts agree that it is important to have a sense of calling (or vocation, if you like the fancy word) that gives purpose to life. We want you to think deeply about this idea of vocation or calling. You can complete this unit in one of three ways:

Option A. Learn more about who you are and what strengths you’ve been given by taking Clifton’s StrengthsFinder™ test. Then, on January 23, attend a Student Life workshop to learn about how you can apply your strengths. See <https://ambrose.edu/event/3642> for details.

Option B. Follow Ambrose President Gordon T. Smith as he speaks about vocation in a Winter 2023 chapel series (live or on recording).

Option C. Listen to our Fall 2022 Deeper Life Day speaker Alan Noble discuss his book *You Are Not Your Own: Belonging to God in an Inhuman World* on a recorded podcast.

Assignment: Using the Moodle assignment provided, write 100 to 300 words answering the following questions: Which option did you choose? What did you learn about the idea of vocation or calling, or about yourself? Are there one or two key take-aways for you? Will these things shape your university studies? What about your life beyond university?

4. OK Google ... Hey Siri ... What's Next? Career Counselling

Even though you're at the beginning of your Ambrose journey, we want you to start planning ahead--for your degree and onward toward potential careers. In this section of this course, you'll complete a number of online assessments that will help you explore your career priorities. You'll then meet with a career counsellor, using the career planning worksheet posted on Moodle, to explore career options and ways to prepare yourself now!

Assignment: Complete the online career self-assessments on Moodle. Then, book an appointment for career counselling. After that meeting, use the Moodle assignment provided and write 100 to 300 words answering the following questions: What did you learn from the career self-assessments and career counselling meeting about yourself and potential careers you might be interested in? What can you do now to help improve your career success down the road?

5. Help, I Need Money! Essentials of Financial Management

This unit could just as easily have been entitled “Adulting 201: Money Management.” Financial literacy is an essential life skill, whether you’re a single student or married with children. In this online unit, Roxanne Poelstra (Financial Aid & Awards Coordinator) offers practical advice about income, expenses, and budgets.

Assignment: Using the Moodle assignment provided, write 100 to 300 words describing any ideas that particularly impressed you in this video. Are there ways you could improve your approach to personal finances? Do you plan to make any changes to the way you manage money?

Attendance:

As a blended course, UNI 101 The Ambrose Experience will include both in-class sessions and online/self-directed units. You are expected to attend all in-person components, and attendance will be taken. The short reflection assignments for each class session will draw on what is covered in class. Thus, regular attendance is vital to passing the course.

Grade Summary:

UNI 101 is a pass/fail course. You must complete at least 10 of the 13 short reflection assignments to pass. All assignments must be completed before the final day of classes, April 14.

Please note that final grades will be available on student registration system. Printed grade sheets are not mailed out.

Electronic Policy:

In some class sessions, we will use computers and Moodle. During those times, you may use your computers or tablets. At other times, your computers should be closed or away. No phone usage is permitted.

Ambrose University Important Information:

Communication

All students have received an Ambrose e-mail account upon registration. It is the student's responsibility to check this account regularly as the Ambrose email system will be the professor's instrument for notifying students of important matters (cancelled class sessions, extensions, requested appointments, etc.) between class sessions.

Exam Scheduling

Students who find a conflict in their exam schedule must submit a *Revised Final Exam Time Application* to the Office of the Registrar by the deadline noted in the Academic Calendar. Requests will be considered for the following reasons only: 1) the scheduled final examination slot conflicts with another exam; or 2) the scheduled final examination slot results in three consecutive examination periods. Travel is not considered a valid excuse for re-scheduling or missing a final exam.

Standards of Behaviour in the Classroom Setting

Learning is an active and interactive process, a joint venture between student and instructor and between student and student. Some topics covered within a class may lead to strong reactions and opinions. It is important that Students understand that they are entitled to hold contradictory beliefs and that they should be encouraged to engage with these topics in a critical manner. Committing to this type of "active learning" significantly increases the learning experience for both teacher and student, and reflects the Christian imperative to pursue truth, which lies at the heart of the Ambrose educational experience. However, active discussion of controversial topics will be undertaken with respect and empathy, which are the foundations of civil discourse in the Classroom Setting. Primary responsibility for managing the classroom rests with the instructor. The instructor may direct a student to leave the class if the student engages in any behaviour that disrupts the classroom setting. If necessary, Ambrose security will be contacted to escort the student from class. Please refer to your professor regarding their electronic etiquette expectations.

Academic Integrity

We are committed to fostering personal integrity and will not overlook breaches of integrity such as plagiarism and cheating. Academic dishonesty is taken seriously at Ambrose University as it undermines our academic standards and affects the integrity of each member of our learning community. Any attempt to obtain credit for academic work through fraudulent, deceptive, or dishonest means is academic dishonesty. Plagiarism involves presenting someone else's ideas, words, or work as one's own. Plagiarism is fraud and theft, but plagiarism can also occur by accident when a student fails or forgets to acknowledge to another person's ideas or words. Plagiarism and cheating can result in a failing grade for an assignment, for the course, or immediate dismissal from the university. Students are expected to be familiar with the policies in the current Academic Calendar that deal with plagiarism, cheating, and the penalties and procedures for dealing with these matters. All cases of academic dishonesty are reported to the Academic Dean and become part of the student's permanent record.

Academic Policies

It is the responsibility of all students to become familiar with and adhere to academic policies as stated in the Academic Calendar. The academic calendar can be found at <https://ambrose.edu/academics/academic-calendar>

Privacy

Personal information (information about an individual that may be used to identify that individual) may be required as part of taking this class. Any information collected will only be used and disclosed for the purpose for which the collection was intended. For further information contact the Privacy Compliance Officer at privacy@ambrose.edu.

Coursework Extensions

Should a request for a time extension on coursework exceed the end of the term, a *Coursework Extension Application* must be completed and submitted to the Office of the Registrar. The extension (if granted) will be recorded on the student record. Extensions are granted at the discretion of the instructor and registrar. Normally, Course Extension Applications will be considered only when all of the following conditions are met:

- the quality of prior course work has been satisfactory;
- circumstances beyond your control, such as an extended illness or death of a family member, make it impossible for you to complete the course work on time; and
- you submit *Coursework Extension Application* to the Office of the Registrar on or before the deadline specified in the Academic Schedule.

If granted, time extensions do not excuse you from a final examination where one has been scheduled for the course. A temporary grade of TX will be assigned until a final grade is submitted in accordance with the new deadline. A final grade of F will apply to:

- all course work submitted after the end of the semester unless a coursework extension has been granted; and all course work submitted after the revised due date provided by an approved extension to coursework.

Academic Success and Supports

Accessibility Services

Academic accommodation is provided to Ambrose students with disabilities in accordance with the Alberta Human Rights Act and the Canadian Charter of Rights and Freedoms. Provision of academic accommodation does not lower the academic standards of the university nor remove the need for evaluation and the need to meet essential learning outcomes. Reasonable accommodations are tailored to the individual student, are flexible, and are determined by considering the barriers within the unique environment of a postsecondary institution. It can take time to organize academic accommodations and funding for disability-related services. Students with a disability who wish to have an academic accommodation are encouraged to contact Accessibility Services as early as possible to ensure appropriate planning for any needs that

may include accommodations. Staff can then meet with students to determine areas to facilitate success, and if accommodations are required, ensure those accommodations are put in place by working with faculty.

Note: Students are strongly advised to retain this syllabus for their records.

Ambrose Writing Services

Ambrose Writing services provides academic support in the four foundational literacy skills—listening, speaking, reading, and writing. It also assists students with critical thinking and the research process. Throughout the academic year, students can meet with a writing tutor for personalized support, or they can attend a variety of workshops offered by Academic Success. These services are free to students enrolled at Ambrose University. Academic Success serves all students in all disciplines and at all levels, from history to biology and from theatre to theology. To learn more, please visit <https://ambrose.edu/sas/writing-services>

Ambrose Tutoring Services

Ambrose Tutoring Services provides support in specific disciplinary knowledge, especially in high-demand areas such as chemistry, philosophy, math and statistics, and religious studies. These tutors also coach students in general study skills, including listening and note-taking. During the academic year, Ambrose Tutoring Services offers drop-in tutoring for courses with high demand; for other courses, students can book a one-to-one appointment with a tutor in their discipline. These services are free to students enrolled at Ambrose University. To learn more, please visit <https://ambrose.edu/tutoring>.

Mental Health Support

All of us need a support system. We encourage students to build mental health supports and to reach out when help is needed.

On Campus:

- Counselling Services: ambrose.edu/counselling
- Peer Supportive Listening: One-to-one support in Student Life office. Hours posted at ambrose.edu/wellness.
- For immediate crisis support, there are staff on campus who are trained in Suicide Intervention and Mental Health First Aid. See <https://ambrose.edu/student-life/crisissupport> for a list of staff members.

Off Campus:

- Distress Centre - 403-266-4357
- Sheldon Chumir Health Care Centre - 403-955-6200
- Emergency - 911

Sexual Violence Support

All staff, faculty, and Residence student leaders have received *Sexual Violence Response to Disclosure* training. We will support you and help you find the resources you need. There is a website with on and off campus supports – ambrose.edu/sexual-violence-response-and-awareness.

Off Campus:

- Clinic: Sheldon Chumir Health Centre - 403-955-6200
- Calgary Communities Against Sexual Abuse - 403-237-5888