



INSTRUCTOR CONTACT INFORMATION

Instructor: Carolyn Heflin

Email: cheflin1@lit.edu

Office Phone: 409-257-0059

Office Location: TC Room 218

Office Hours: MWF 8:00-9:00

TWTHF 12:00-2:00

Additional times available by appointment.

CREDIT

1 Semester Credit Hour

MODE OF INSTRUCTION

Online

PREREQUISITE/CO-REQUISITE:

Cross-Listed: PSYC 1100

COURSE DESCRIPTION

A study of the: research and theory in the psychology of learning, cognition, and motivation; factors that impact learning, and application of learning strategies. Theoretical models of strategic learning, cognition, and motivation serve as the conceptual basis for the introduction of college-level student academic strategies. Students use assessment instruments (e.g., learning inventories) to help them identify their own strengths and weaknesses as strategic learners. Students are ultimately expected to integrate and apply the learning skills discussed across their own academic programs and become effective and efficient learners. Students developing these skills should be able to continually draw from the theoretical models they have learned.

COURSE OBJECTIVES

Upon completion of this course, the student will be able to

1. Understand the learning theories.
2. Apply the learning theories and strategies to achieve personal, academic, and career success.
3. Identify factors that impact learning and apply techniques and strategies to achieve personal, financial, academic, and career success.
4. Use technological tools to solve problems and communicate effectively.

CORE OBJECTIVES

1. Critical Thinking Skills: To include creative thinking, innovation, inquiry, and analysis, evaluation, and synthesis of information.
2. Communication Skills: To include effective development, interpretation, and expression of ideas through written, oral and visual communication.
3. Social Responsibility: To include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities.

REQUIRED TEXTBOOK AND MATERIALS

- Open Education Resource (OER) materials, professional articles and videos provided on Blackboard
- Computer
- Internet connection (Broadband highly recommended)
- MS PowerPoint (students are provided with free Office 365 access)
- MS Word or compatible word processor (students are provided with free Office 365 access)
- MS Outlook Email (students are provided with free Office 365 access)

ATTENDANCE POLICY

Attendance will be noted based on your submitting assignments weekly and interactions with Blackboard. You should access Blackboard at least once a week to complete assignments.

DROP POLICY

If you wish to drop a course, you are responsible for initiating and completing the drop process by the specified drop date as listed on the [Academic Calendar](#). If you stop coming to class and fail to drop the course, you will earn an “F” in the course

STUDENT EXPECTED TIME REQUIREMENT

For every hour in class (or unit of credit), students should expect to spend at least two to three hours per week studying and completing assignments. For a 3-credit-hour class, students should prepare to allocate approximately six to nine hours per week outside of class in a 16- week session OR approximately twelve to eighteen hours in an 8-week session. Online/Hybrid students should expect to spend at least as much time in this course as in the traditional, face-to-face class.

COURSE CALENDAR

Module	Course Content and Activities	Assignments Due	Date Due
1: Maslow’s Theory	Articles and Videos	Knowledge Check Discussion Board	9/7/25
2: Bloom’s Taxonomy	Articles and Videos	Knowledge Check Discussion Board	9/21/25
3. Bandura’s Social Cognitive Therapy	Articles and Videos	Knowledge Check Discussion Board	10/19/25
4. Schlossberg’s Theory of Transition	Articles and Videos	Knowledge Check Discussion Board	11/2/25
5. Gardner’s Multiple Intelligences	Articles and Videos	Knowledge Check Discussion Board	11/16/25
6. Mindfulness to Meaning Theory	Articles and Videos	Discussion Board	11/23/25 (only one week to work on this assignment)
7. Social Emotional Learning	Articles and Videos	Discussion Board	11/30 (only one week to work on this assignment; please note that

			this is the week of Thanksgiving)
8. Final Project	Core Assessment Paper		11/30/25 (Encourage everyone to begin working on this paper in early November.)

COURSE EVALUATION

Final grades will be calculated according to the following criteria:

Knowledge Checks 40%

Discussion Boards 40%

Final Project 20%

Total 100%

GRADE SCALE

90-100 A

80-89 B

70-79 C

60-69 D

0-59 F

LIT does not use +/- grading scales

ACADEMIC DISHONESTY

Students found to be committing academic dishonesty (cheating, plagiarism, or collusion) may receive disciplinary action. Students need to familiarize themselves with the institution's Academic Dishonesty Policy available in the Student Catalog & Handbook at

<https://catalog.lit.edu/content.php?catoid=3&navoid=80#academic-dishonesty>.

ARTIFICIAL INTELLIGENCE STATEMENT

Lamar Institute of Technology (LIT) recognizes the recent advances in Artificial Intelligence (AI), such as ChatGPT, have changed the landscape of many career disciplines and will impact many students in and out of the classroom. To prepare students for their selected careers, LIT desires to guide students in the ethical use of these technologies and incorporate AI into classroom instruction and assignments appropriately. Appropriate use of these technologies is at the discretion of the instructor. Students are reminded that all submitted work must be their own original work unless otherwise specified. Students should contact their instructor with any questions as to the acceptable use of AI/ChatGPT in their courses.

TECHNICAL REQUIREMENTS

The latest technical requirements, including hardware, compatible browsers, operating systems, etc. can be online at <https://lit.edu/online-learning/online-learning-minimum-computer-requirements>. A functional broadband internet connection, such as DSL, cable, or WiFi is necessary to maximize the use of online technology and resources.

DISABILITIES STATEMENT

The Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973 are federal anti-discrimination statutes that provide comprehensive civil rights for persons with disabilities. LIT provides reasonable accommodations as defined in the Rehabilitation Act of 1973, Section 504 and the Americans with Disabilities Act of 1990, to students with a diagnosed disability. The Special Populations Office is located in the Eagles' Nest Room 129 and helps foster a supportive and inclusive educational environment by maintaining partnerships with faculty and staff, as well as promoting awareness among all members of the Lamar Institute of Technology community. If you believe you have a disability requiring an accommodation, please contact the Special Populations Coordinator at (409)-951-5708 or email specialpopulations@lit.edu. You may also visit the online resource at [Special Populations - Lamar Institute of Technology \(lit.edu\)](http://Special Populations - Lamar Institute of Technology (lit.edu)).

STUDENT CODE OF CONDUCT STATEMENT

It is the responsibility of all registered Lamar Institute of Technology students to access, read, understand and abide by all published policies, regulations, and procedures listed in the *LIT Catalog and Student Handbook*. The *LIT Catalog and Student Handbook* may be accessed at www.lit.edu. Please note that the online version of the *LIT Catalog and Student Handbook* supersedes all other versions of the same document.

STARFISH

LIT utilizes an early alert system called Starfish. Throughout the semester, you may receive emails from Starfish regarding your course grades, attendance, or academic performance. Faculty members record student attendance, raise flags and kudos to express concern or give praise, and you can make an appointment with faculty and staff all through the Starfish home page. You can also login to Blackboard or MyLIT and click on the Starfish link to view academic alerts and detailed information. It is the responsibility of the student to pay attention to these emails and information in Starfish and consider taking the recommended actions. Starfish is used to help you be a successful student at LIT.

ADDITIONAL COURSE POLICIES/INFORMATION (Instructor Specific)

- Grading
 - I have set up your Blackboard course to automatically assign a zero on assignments submitted after the due date, however that does not mean that you cannot submit assignments late. Once I grade the assignment, that grade will replace the zero.
 - All assignments are due every Sunday night at midnight. I will have submitted assignments graded no later than the following Friday at 2:00.
 - Please review any comments that I make on your graded assignment. If I deduct points, I always give recommendations on how to improve the next time. If the grade on the submitted assignment is too low, I may also invite you to revise your assignment with the feedback to receive a higher grade.
- Communication
 - Please feel free to address me as Ms. Heflin or Instructor Heflin. I often sign off on my messages informally as Carolyn.

- I answer Blackboard messages or emails within 24 hours. The exception is on the weekends or holidays, so please contact me by Friday 2:00 or you may not receive a response until Monday morning.
- Please contact me if you need any help. You will not bother me. It is my job to support you!
- Important Technology Tip for Dual Credit Students
 - If you are using a school device, check the videos first in each module to make sure that they can be viewed. Sometimes your school will have certain websites blocked on school devices. If that is the case, let one of your teachers at school know what site is being blocked (for example, YouTube) so that he/she can tell your school or district's technology person.