

Hope College TRiO Upward Bound  
2007-2008  
Senior Seminar Syllabus  
**REVISED 1/11/08**

**Time:** 4:30-5:30 p.m.

**Room:** VanZoeren 151

**Course Description:** Senior Seminar is designed to provide Upward Bound seniors with a variety of practical tools and resources. It is also modeled after a college level "Freshman Success" course and will be based on the book *On Course: Strategies for Creating Success in College and in Life* by Skip Downing.

**Grading:**

105 points	Attendance/participation (per class)
50 points	Journals (10 points per journal)
30 points	Exams (15 points per exam for earning a 75% or higher)

All points are factored in to the Senior Responsibilities list.

**Discovering Self-Motivation/Mastering Self-Management**

- January 15                      Committing to Your Goals and Dreams
- January 22                      Acting on Purpose & Self-Management Tools
- January 29                      On Course Game
- February 5                      **On Course Exam**

**Employing Interdependence**

- February 12                      No Class (Hope's Winter Break)
- February 19                      Support Networks/Strengthening Relationships/Active Listening
- February 26                      Recognizing When You Are Off Course  
**Portfolio III/Journal #3 Due**

**Gaining Self-Awareness/ Lifelong Learning/Emotional Intelligence**

- March 4                              Scripts and Success Rules
- March 11                             Active Learning & Learning Styles
- March 11                             Developing Emotional Intelligence & Creating Flow
- March 18                             No Class (Hope's Spring Break)
- March 25                             Bridge/Exit Preparation & Staying On Course
- April 1                                **On Course Exam/Journal #4 Due**

**Conclusion**

- April 8                                No Class (Spring Break)
- April 14-18                          Exit Interviews
- April 15                                Bridge Registration
- April 22                                Presentation Due & Rehearsal  
**Portfolio IV Due/Journal #5 Due**