

UNIV-110 **The Art of Seeing and Being**  
*Monday and Wednesday 1:00pm-1:50pm*  
*Fall 2018 First Year Experience*

"You must learn a new way to think before you can master a new way to be."  
– Marianne Williamson

### **Instructor**

Karina Stander, MACo, 200RYT  
Wellness Specialist  
Office: 3<sup>rd</sup> Floor Wellness Center  
**Office hours: available upon request**  
(701)858-4078  
[karina.stander@minotstateu.edu](mailto:karina.stander@minotstateu.edu)

### **Peer Mentor**

Madison Tiedman  
[madison.tiedman@ndus.edu](mailto:madison.tiedman@ndus.edu)  
(701) 240-9136

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"It is the mark of an educated mind to be able to entertain a thought without accepting it."  
– Aristotle

### **Course Challenge**

Whether we are looking through the lens of a camera, or we are sitting on a yoga mat there is much we can do to contemplate why we do what we do. Are you looking to start your college experience off by challenging your creative, intellectual and physical self? Then, you are in the right place because we will practice challenging both the right and left hemispheres of our brain. I will do my best to provide you with adequate guidance and support as you rise to the challenge.

By the end of the semester, you will:

- ✓ Know the foundations of a yoga practice
- ✓ Be present in your photos
- ✓ Be more connected to MSU

Madison is your peer mentor. She is a student just like you, only with more years of experience. Her role is to help you navigate MSU. She is not faculty. Please take the time to get to know her and learn from her experience.

You have each other. Many minds make light work. Getting to know each other for the things that make you alike and the things that diversify you will make for a more interesting class/college experience.



## Needs and Resources

### Required Collaborative Courses

Art 180- Digital Photography- T/TH 1-3:50  
Associate Professor- Ryan Stander  
Office: 226 Hartnett Hall  
Office Phone: 701-858-3297 Email: ryan.stander@minotstateu.edu

### Required Materials:

- **Yoga Mat**- bring this to every yoga class.

### Recommended Books:

- Becoming a Learner by Matthew L. Sanders (ISBN-13: 978-1467536349)

## Grading Criteria

### My Grading Practice:

It is important to stay on track with your assignments. You will need to complete all assignments according to the assigned dates. If you have a personal situation that prevents you from doing so, you will need to discuss this with me **PRIOR** to the due date. Extensions are only given in rare situations and at my discretion. The highest grade an unexcused late assignment can receive is a B. Late assignments will only be accepted up to 1 week after the due date. After 1 week they will receive an F.

I understand that life happens but missing class more than 3 unexcused absences will result in the loss of a letter grade. Each additional absence after 3 will take it down an additional letter grade. A large part of the FYE experience is class participation.

A	B	C	D	F
3 excused absences. Turn in all assignments completed, with minimal mistakes, and on time. Actively participate in all class activities and discussions. Take on additional leadership roles.	3 absences. Turn in all assignments completed with few mistakes, and on time. Actively participate in class activities and discussions.	4 absences. Turn in all assignments a couple may be late, actively participate in class activities and discussions but attitude is not always positive.	5 absences. Turn in all assignments some may be late, participate in class discussions and activities but does not display interest.	6+ absences. Turn in assignments some may be late or incomplete, participation in class discussions and activities with a poor attitude.

If you need assistance with writing, please visit MSU's Writing Center:

<http://www.minotstateu.edu/writingcenter/>

### Class Participation/Assignments

It is expected that you attend and actively participate in each class. An important part of the class is your ability to share with others what you are learning from the readings and the activities. Attendance will be taken at the beginning of each class.

- Important announcements will be given at the beginning of class.
- Every 3 unexcused absences will result in a loss of a letter grade.
- Assignments are due during the class, assignments turned in after the due date will lose a grade point for each week.

### Yoga

Mondays, unless otherwise directed, will be our day for yoga. I will introduce the theories of yoga to you through our practice. At the end of the semester you will turn in a short reflection of what you learned through the practice of yoga.

### Service Project

As part of the First Year Experience expectations we will participate in a service project. Our service project will be determined as a class. We will discuss details of the project we are going to do. **Participation is mandatory** for a grade, please plan accordingly.

\*Participation in Welcome Week is recognized in your service grade.

## Course Calendar

W 8/22	Welcome, Syllabus Review & Team Building Activity
M 8/27	Tour of Wellness Center, Intro to Yoga- bring a yoga mat, wear comfortable clothes, you will be barefoot on the mat.
W 8/29	How to be a Learner- Class Discussion
M 9/3	Labour Day- No Class
W 9/5	How to be a Learner- Class Discussion
M 9/10	Yoga- Meet at Wellness Center
W 9/12	How to be a Learner- Class Discussion
M 9/17	Yoga- Meet at Wellness Center
W 9/19	TBD
M 9/24	Yoga- Meet at Wellness Center
W 9/26	<a href="#">Lisa Dooley- Title IX</a>
M 10/1	Yoga- Meet at Wellness Center
W 10/3	TBD
M 10/8	Assessment Day- No Class
W 10/10	<a href="#">Kaitlyn Anderson- Study Abroad</a>
M 10/15	Yoga- Meet at Wellness Center
W 10/17	TBD
M 10/22	Yoga- Meet at Wellness Center
W 10/24	TBD
M 10/29	Yoga- Meet at Wellness Center
W 10/31	TBD
M 11/5	Yoga- Meet at Wellness Center
W 11/7	<a href="#">Anna Dykeman- Campus Pastor</a>
M 11/12	Veteran's Day Observed- No Class
W 11/14	TBD
M 11/19	Yoga- Meet at Wellness Center
W 11/21	Thanksgiving Break- No Class
M 11/26	Yoga- Meet at Wellness Center
W 11/28	TBD
M 12/3	Yoga- Meet at Wellness Center
W 12/5	TBD
Th 12/13	Final Reflection Paper Due by 1pm.

\* TBD these classes you will be provided an assignment sheet To Be Discussed.

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## Additional Information

Drop Policy: This course is part of a two or three course first-year learning community. These courses are linked and must be taken together. If you decide to drop one of these classes, you will be required to drop all of them. You will need to obtain a permission code from your UNIV 110 instructor and will be required to meet with your instructors prior to receiving this code. Dropping these courses could have significant impact on your student record and financial aid. It is also recommended, prior to dropping, you consult with the Financial Aid Office.

In coordination with the [Disability Support Services](#), reasonable accommodations will be provided for qualified students with disabilities (LD, Orthopedic, Hearing, Visual, Speech, Psychological, ADD/ADHD, Health Related & Other). Please meet with the instructor during the first week of class to make arrangements. Accommodations and alternative format print materials (large print, audio, disk or Braille) are available through the Disability Support Service, located on campus in the lower level of Lura Manor, or by calling 701-858-3371 or by e-mail at [evelyn.kimpel@minotstateu.edu](mailto:evelyn.kimpel@minotstateu.edu).

**Title IX-** In the event that you choose to write or speak about having survived sexualized violence, including rape, sexual assault, dating violence, domestic violence, or stalking, Minot State University policy requires that, as your instructor, I share this information with Lisa Dooley, Title IX coordinator. Lisa or one of the Deputy Title IX coordinators will contact you to let you know about accommodations and support services at MSU as well as options for holding accountable the person who harmed you. You are not required to speak with them.

If you do not want the Title IX coordinator notified, instead of disclosing this information to your instructor, you can speak confidentially with the following people on campus and in the community. They can connect you with support services and help explore your options now, or in the future.

- MSU Counseling Center: (701)858-3371
- 24/7 Crisis Center and Shelter: Domestic Violence Crisis Center (701)548-2480
- 24-7 Rape Crisis Line: Domestic Violence Crisis Center (701)857-2500
- Anna Dykeman, Campus Minister (701) 690-4034 (Wellness Center, 2<sup>nd</sup> floor)

**Non-discrimination Statement-** Minot State University subscribes to the principles and laws of the state of North Dakota and the federal government pertaining to civil rights and equal opportunity, including Title IX of the 1972 Education Amendments. Minot State University policy prohibits discrimination on the basis of race, gender, religion, age, color, creed, national or ethnic origin, marital status, sexual orientation, gender identity, or disability in the recruitment and admission of students and the employment of faculty, staff, and students, and in the operation of all college programs, activities, and services. Evidence of practices which are inconsistent with this policy should be reported using the Student Complaint and Anti-Discrimination Form located here: <https://form.jotform.com/72996849416981>

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## Change

The syllabus and schedule are guides subject to adjustments. I will always notify you in advance of any changes.

Creativity is intelligence having fun.  
–Albert Einstein

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## Notes