Why College?
PRESENTER: SHERRIE BRANN
FORMAT: ZOOM™
DATE & TIME
Tuesday, March 19, 2024
2:00-3:00 PM

Learner Variability
PRESENTER: SHERRIE BRANN
FORMAT: ZOOM™
DATE & TIME
Thursday, March 21, 2024
2:00-3:00 PM

Self-management
PRESENTER: SARA FLOWERS
FORMAT: ZOOM™
DATE & TIME
Tuesday, March 26, 2024
2:00-3:00 PM

SMART Goals
PRESENTER: SHERRIE BRANN
FORMAT: ZOOM™
DATE & TIME
Thursday, March 28, 2024
2:00-3:00 PM

Learning in Adulthood
PRESENTER: SARA FLOWERS
FORMAT: ZOOM™
DATE & TIME
Tuesday, April 2, 2024
2:00-3:00 PM

Grit & Growth
PRESENTER: SARA FLOWERS
FORMAT: ZOOM™
DATE & TIME
Thursday, April 4, 2024
2:00-3:00 PM

Impostor Syndrome
PRESENTER: SHERRIE BRANN
FORMAT: ZOOM™
DATE & TIME
Tuesday, April 9, 2024
2:00-3:00 PM

Whole Messages
PRESENTER: SARA FLOWERS
FORMAT: ZOOM™
DATE & TIME
Thursday, April 11, 2024
2:00-3:00 PM

Emotional Intelligence
PRESENTER: SHERRIE BRANN
FORMAT: ZOOM™
DATE & TIME
Tuesday, April 16, 2024
2:00-3:00 PM
Campus Responders
PRESENTER: SARA FLOWERS
FORMAT: ZOOM™
Date & Time
Thursday, April 18, 2024
2:00-3:00 PM

V x E = Motivation
PRESENTER: SHERRIE BRANN
FORMAT: ZOOM™
Date & Time
Tuesday, April 23, 2024
2:00-3:00 PM

Research & Writing Skills
PRESENTER: SARA FLOWERS
FORMAT: BRIGHTSPACE
Date & Time
Thursday, April 25, 2024
2:00-3:00 PM

Microaggressions
PRESENTER: SARA FLOWERS
FORMAT: ZOOM™
Date & Time
Tuesday, April 30, 2024
2:00-3:00 PM

Wellness & Self-care
PRESENTER: SHERRIE BRANN
FORMAT: BRIGHTSPACE
Date & Time
Asynchronous

Privilege & Power
PRESENTER: SARA FLOWERS
FORMAT: ZOOM™
Date & Time
Thursday, May 2, 2024
2:00-3:00 PM

Adult Transitions, Learning, and Success
Join us for one-off workshops or register for the series as part of a credit-bearing course!

UMA COL 123  UM|M FYS 101  UMFK HUM 102
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ATLaS is 100% funded by an FY23 $945,000 Congressionally Directed Spending Grant through the U.S. Department of Education Secured by Maine Senators Collins and King at the request of the University of Maine System
Learning & the College Community: A First- and Entry-year Seminar Experience

Course Description: This course introduces students to the resources, practices, and habits of mind necessary for success in college. The focus will be on the role of educational skills/behaviors in preparing students to be successful in their civic and personal lives and gives particular attention to the topics of diversity and difference as a central characteristic of the contemporary world. Students will consider the relevance of this topic to their personal, academic, and civic lives. This course asks students to reflect upon their responsibilities as a member of the course, college, and community.

Credit Hours: 3.0  Prerequisites: None

Course Objectives: After taking this course, students will be able to:

1. Identify how structural-level inequities may affect higher education experiences and outcomes, as well as how individuals’ social positions affects their challenges and opportunities for negotiating cultural differences;
2. Demonstrate growth of effective personal behaviors (e.g., learning preferences, time management, flexibility, goal-setting) and executive functions (e.g., memory, stress management) in college-level study and critically examine individual-level responses to systems of inequity;
3. Associate academic behaviors (e.g., test preparation, note taking, reading effectively, communication with college community) with accomplishment in assignments, courses, and programs of study;
4. Identify and utilize campus resources (e.g., libraries, academic advising, career resources) meaningfully toward academic accomplishment;
5. Articulate values and dispositions for college completion, campus community, and career planning (e.g., benefits of higher education, clarifying personal values).

uma.edu/atlas/application

ATLaS Scholars Note: This section is for adult learners in their first and entry-year experience. If you are 25+ years of age, have fewer than 30 credits, and you are interested in taking this course for free, please contact sara.flowers@maine.edu for enrollment information. This is a cross-posted section. There is a 100% online section in addition to a synchronous Zoom™ section of this course. Students who register for either section will be combined into one class experience. Refer to course policies in the syllabus for further details on class participation for the separate sections. ATLaS is 100% funded by an FY23 $945,000 Congressionally Directed Spending Grant through the U.S. Department of Education Secured by Maine Senators Collins and King at the request of the University of Maine System.
COL 100 Introduction to the College Experience

Course description: This course is for students transitioning to a collegiate environment in order to help students develop academic skills, become acquainted with the University, and clarify personal and professional values, goals and expectations.

The course serves as a foundation for engagement and persistence throughout the rest of students' academic experience.

Course may be repeated up to three times for credit.

Credit Hours: 1.0 Prerequisite: None

Course Objectives: By the end of the course, students will

1. Associate academic behaviors (e.g., test preparation, note taking, reading effectively, communication with college community) with accomplishment in assignments, courses, and programs of study;
2. Identify and utilize campus resources (e.g., libraries, academic advising, career resources) meaningfully toward academic accomplishment;
3. Identify standard dispositions and/or resources (e.g., support networks, professional organizations) that meet professional goals.

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