

# Student Development Courses

## *Fall 2020*

### What Are Student Development Classes?

These are 1-3 credit classes designed to assist students with relevant college related concerns in a class setting with the goal of helping you to fulfill the “AIMS of a BYU education”, thus experiencing success and happiness while attending BYU.

#### ***STDEV 100, Essential College Skills:***

Developing essential college skills. Aims of BYU, values and goals, sound thinking skills. Learning styles and adjustment to college courses. College requirements and planning. (1.0 credit hour)

#### ***\*STDEV 109, Effective Study and Learning:***

Learning to learn: motivation, time management, reading, listening, notetaking, test preparation, and memorizing. (2.0 credit hours)

#### ***\*STDEV 117, Career Exploration:***

Applying theories of individual, academic, and career development to the university student. Exploring university opportunities and college majors; graduation planning. (2.0 credit hours)

Sections 003: This section will focus on multicultural issues in career exploration and development

Section 014: This section will focus on women's career issues

Section 015: This section will focus on women's career issues

#### ***STDEV 120, International Orientation:***

Understanding the American education system, the unique religious and academic cultures at BYU, and government regulations of F-1 visa status. (1.0 credit hours)

Note: this class is for international students

#### ***\*STDEV 140, Life Planning and Decision-Making:***

Individual development in life planning and decision-making, emphasizing personal maturity, goal setting, and decision-making abilities in areas of common concern to young adults. (2.0 credit hours)

#### ***STDEV 141R, Individual Development:***

Applying theories of psychological development (including rational living, positive psychology, and dialectical behavior therapy) in a self-assessment approach to promote self-awareness and psychological development. (2.0 credit hours)

Sections 001, 007, 008: Compassionate Living: Theory and Practice

Section 003: Relationships 101: Building Healthy and Lasting connections

Sections 002, 004, 005, 006, 009: Mental Health and Well-Being

#### ***STDEV 143, The Science and Practice of Positive Living:***

Enhancing personal growth and mental health through the learning and application of research-backed activities. Developing personal strengths such as gratitude, savoring and mindfulness

### Learning Skills and Individual Development

(2.0 credit hours)

***STDEV 145, Integrity for Life:***

Exploring integrity in depth, applying critical thinking to moral dilemmas, creating a personal vision for developing character intentionally. (1.0 credit hour)

***STDEV 150, Public Speaking:***

Principles and methods of public speaking; speaking experiences. (3.0 credit hours)

Section 008: This section is designed for international students

Section 021: This is a blended course: most instruction will be done online, with a few class meetings for delivery of major speeches and introduction of technique. Four in-class meetings will be held in the evening at the Salt Lake Center on Wednesday 5:15-7:40 pm. For further information, please contact Stephanie Freeman at [publicspeaking@byu.edu](mailto:publicspeaking@byu.edu)

***STDEV 168R, Law Lecture Series, Section 001: Exploring Legal Professions:***

Exploring legal professions. Primary focus on guest lecturers representing various legal professions. (1.0 credit hour)

***STDEV 199R, Academic Internship:***

Work experience evaluated by supervisor and faculty mentor and posted on transcript. (0.5-3.0 credit hours)

Section 002: This section is for first-year EMS students. Students beyond their first year of training should enroll in STDEV 399R section 006 with Melanie Burton.

***STDEV 214R, Special Topics in Student Development:***

Survey or introductory courses on various student development topics related to academic skills, career exploration and development, or mental health (1.0-3.0 credit hours)

Section 001: Math Modeling

Sections 002, 004: Test Preparation and Test Taking Strategies

Section 006: Eating, Culture, and Body Image

Sections 003, 005: Professional Etiquette

Section 007: Surgical Insights: Critical Decision Making. This section is designed for students who have not yet applied to medical school. Students exploring careers in medicine are welcome and encouraged to take this course.

***STDEV 247, Performance Psychology:***

Learning psychological barriers to peak performance. Developing effective techniques and routines to enhance performance. (2.0 credit hours)

***ST DEV 290, Learning Through Service:***

Theories, applications, methods, and approaches to service. (1.0 credit hour)

***ST DEV 358R, Student Leadership Development:***

Analysis, synthesis, and integration of personal leadership experienced in an academic context. Successful leadership: decision making, communications, planning, team building, motivation, and interpersonal skills.

Section 001: Council Officers

Section 002: Student Advisory Council for SAC representatives

Section 003: Resident Hall Assistants in Wyview Park and Heritage Halls (19+)

Section 004: Resident Hall Assistants in Helaman Halls

Section 005: Resident Hall Assistants in New Heritage Halls

**STDEV 399R- Student Leadership Intern**

Coaching and training, both experiential and formal, in the following: volunteer recruitment, mentorship, motivation, and retention; budget and project management; navigation of administrative environment; public relations and advertising, other aspects of non-profit, volunteer leadership.

**Career  
Information**

**\*STDEV 117, Career Exploration:**

Applying theories of individual, academic, and career development to the university student. Exploring university opportunities and college majors; graduation planning. Emphasizes information gathering and self-assessment, explores work/career/service from a LDS perspective, with the intent of helping students make informed choices regarding major and career selection and subsequent graduation planning. (2.0 credit hours)

Sections 003: This section will focus on multicultural issues in career exploration and development  
Section 014: This section will focus on women's career issues  
Section 015: This section will focus on women's career issues

**\*STDEV 317, Career Strategies:**

Preparing for employment and internship opportunities. Practical strategies to facilitate internship and/or career preparation: resumes, cover letters, networking, interviewing, and Internet research. Certain sections may have specific focuses. (2.0 credit hours)

Section 001: FHSS focus  
Section 002: Science and Technology Focus  
Section 004: Engineering Focus  
Section 008: This section is taught at the Salt Lake Center

**\*STDEV 3, Graduate School Preparation:**

Preparing students to craft competitive graduate school application documents. Pragmatic strategies to facilitate preparation and understanding of references, graduate program research, personal statements, scholarships and financial aid, entrance exams, resumes and interviewing. (2.0 credit hours)

**Tutoring**

**STDEV 132, Introduction to Tutoring:**

Developing college-level tutoring skills; academic success and the tutoring cycle. Leads to level-one tutoring certification of the College Reading and Learning Association. (1.0 credit hour)

**STDEV 133, Advanced Tutoring:**

Developing advanced-level tutoring approaches and analytical thinking. Leads to level-two tutoring certification of the College Reading and Learning Association. (1.0 credit hour)

**Pre-Health**

***STDEV 170, Introduction to Health Professions:***

Overview of health professions: medical, dental, and other specialties. Primary focus on guest lectures from various practitioners and clinicians. (1.0 credit hour)

***STDEV 271, Preview of Dentistry:***

Preview of dentistry with lectures by dentists; overview of required courses; application process; recommended extracurricular opportunities. (1.0 credit hour)

***STDEV 272, Preview of Medicine:***

Preview of medical practice with lectures by doctors; overview of required courses; application process; recommended extracurricular opportunities. (1.0 credit hour)

***STDEV 278R, Pre-Health Leadership:***

Leadership skills and strategies for leaders of pre-health clubs. Successful planning, implementation, and execution of pre-health club activities. (1.0 credit hour)

***STDEV 375, Dental School Prep Lab Experience:***

Dental laboratory practices; tooth terminology, morphology, and anatomy. Procedures including oral pathology, diagnosis, and X-rays. (2.0 credit hours)

***STDEV 399R, Health Professions Internship:***

Internships with health care providers. (3.0V credit hours)

Section 002: Healthcare Management Internship -- Intermountain

Section 003: Healthcare Management Internship- Mountainview

Section 004: Healthcare Management Internship- Timpangogos

Section 006: This section is for EMS students who have completed at least one year of prior BYU-campus EMS training. First-year EMS students should enroll in STDEV 199R section 002 with Dan Chandler.

***STDEV 399R, Advanced EMS Internship:***

Internship for advanced students in the on-campus emergency medical services (EMS) program.

Section 008: This section is for EMS students who have completed at least one year of prior BYU-campus EMS training. First-year EMS students should enroll in STDEV 199R section 002 with Dan Chandler.

***STDEV 168R, Law Lecture Series:***

Exploring legal professions. Primary focus on guest lecturers representing various legal professions. (1.0 credit hour)

***STDEV 260, Constitutional Research:***

The United States Constitution; research on original sources used to create the Constitution. (1.0 credit hours)

***STDEV 268R, Prelaw Leadership:***

Leadership skills and strategies for members of the PLSA (prelaw club) Board. Successful planning, implementation and execution of prelaw activities. (1.0 credit hour)

***STDEV 364, Mediation Techniques & Practice:***

Mediation techniques emphasizing practical application and observation of actual mediations.  
(3.0 credit hour)

**Pre-Law**

***STDEV 365, Legal Education and Practice:***

Successful legal education and practice. Preparation for those planning to attend law school.  
(2.0 credit hours)

***STDEV 368R, Prelaw Review Journal Writing:***

Editing and publication for Pre-Law Review authors and editors. (2.0 credit hours)

***STDEV 496R Advanced Legal Internship:***

Legal research; courtroom observation; client and attorney interaction; and reflection exercises.  
(3.0V credit hours)

**Anticipated  
Outcomes?**

Involvement in a Student Development class has several strengths: 1) it enhances commitment to the task of career exploration and decision-making, since a grade is involved, 2) you have the opportunity to be in a class with other students who have the same concerns, thus giving you mutual support and sharing of information and resources, and 3) it gives you the extended amount of investment in time and energy to explore and think about these issues adequately. With this in mind, we consider the class to be one of the most intensive and most successful ways to engage in career exploration, decision making and improved scholarship.

\* Indicates the classes that are the most commonly taken for college skills and career info