

Student Development Courses

Fall 2021

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.

Learning Skills and Individual Development

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 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 hour)

Note: this class is for international students, taught Fall term 1

****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: Compassionate Living: Theory and Practice

Section 003: Relationships 101: Building Healthy and Lasting connections

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

Sections 006, 008: Intuitive Eating, Culture, and Body Image

STDEV 143, 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. (2.0 credit hours)

**Learning Skills
and Individual
Development**

STDEV 145, Integrity for Life:

Exploring integrity in depth, examining highly effective practices, creating a personal vision and plan for developing character intentionally. (1.0 credit hour)

Note: Only taught in the evening

STDEV 150, Public Speaking:

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

Sections 014, 015, 016: BYU online class. These sections will be conducted in the Canvas LMS.

STDEV 155, Authentic Leadership:

Developing personal character and skills necessary to become an effective and authentic leader. (2.0 credit hours)

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.

Section 001: An APPROVED Internship Application is required before adding

Section 003: An APPROVED Internship Application is required before adding

Section 005: An APPROVED Internship Application is required before adding

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, 008: Test Preparation and Test Taking Strategies

Section 011: Intuitive Eating, Culture, and Body Image

Sections 003, 005: Professional Etiquette

Section 007, 010: 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.

Section 009: The pros and cons of a career as a physician. For students pursuing medical school, but not yet applied. Topics include medicine as a 'calling', case preventions, MD vs. DO, effects on spouse/family, how to maintain an eternal perspective, and a hands-on procedure day.

Section 011: Understanding Self and Others: Diversity and Belonging

STDEV 247, Performance Psychology:

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

STDEV 290, Learning Through Service:

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

Learning Skills and Individual Development

STDEV 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: Residence Halls Association (RHA) Council

Section 002: Student Advisory Council for SAC representatives

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

Section 004: Resident Hall Assistants in Helaman Halls

Section 005: Resident Hall Assistants in Heritage Halls (18-)

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.

STDEV 364, Mediation Techniques and Practice:

Mediation helps people more effectively resolve disputes. Build mediation skills; develop a greater capacity to communicate, empathize, and reduce conflict.
(3.0 credit hours)

Career Preparation

****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 013: 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: Life Sciences Focus

****STDEV 318, 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, Tutoring Level 1

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)

Note: Only taught in the evening

STDEV 133, Tutoring Level 2

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)

Note: Only taught in the evening

Pre-Medicine

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 399R, Health Professions Internship:

Internships with health care providers or service delivery experience. (0.5-3.0 credit hours)

Section 002: Health Administration Internship -- Intermountain
Section 003: Healthcare Management Internship- Mountainview
Section 004: Healthcare Management Internship- Timpanogos

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.

Pre-Law

STDEV 168R, Law Lecture Series:

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

STDEV 268R, Prelaw Leadership:

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

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. (0.5-3.0 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.

Please note- These classes are subject to change because of enrollment numbers for Fall 2021 semester.