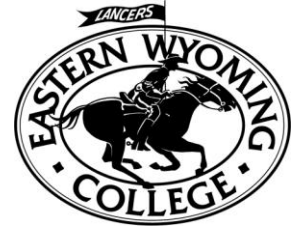


COLLEGE STUDIES
HMDV 1000
Challenge Process
1 credit S/U Grade Only
(\$10 fee required)



Contact: **Andrea Bryant, Learning Resources Director**
Eastern Wyoming College
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Torrington, WY 82240

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Office: Learning Skills Lab, Tebbet 140

Instructions and timeline: A student has four weeks to complete this challenge process. All six components must be completed and at least 80 percent of the total points must be earned. The \$10 fee must be paid in order for the student to receive a grade. This option results in a grade of "S" and will appear on a transcript from Eastern Wyoming College. Where asked to write responses, please use complete sentences, and correct grammar, spelling, and punctuation.

1. Copy one week out of a day planner or calendar which indicates all of your appointments, classes, tests, and commitments. Write a paragraph about the importance of being organized and a good time manager. (____/10 points)
2. Send an email message to the Learning Resources Director (address above) outlining how you have adjusted to college, any financial decisions which have been necessary, and any lifestyle choices or changes. (____/10 points)
3. Write a one-page essay "full of advice" relating to healthy lifestyle choices. Direct your essay to your teenager (even if you don't have one). Include information about alcohol and drug usage, healthy relationships, sexually transmitted diseases, and any other healthy lifestyle informative topics. (____/10 points)
4. Research a topic in the Library using the WYLD system. Utilizing at least two resources, prepare a brief, typed one-page summary of the topic including your library citations. (____/10 points)
5. Send an email message to the Learning Resources Director discussing your career plans, your college transfer plans, and other future goals and interests. (____/10 points)
6. Outline the specific courses and sequence of study you plan to pursue for the next four semesters (or longer if you are in a transfer program). Please indicated your major and include semester, year, and specific course names and numbers. (____/10 points)