



Course Syllabus

SASP 001: Strategies for Academic Success

Faculty of Arts, Waterloo Campus

Fall | 2025

I acknowledge that in Kitchener, Waterloo, Cambridge and Brantford we are on the traditional territory of the Neutral, Anishnaabe, and Haudenosaunee peoples. Laurier's Milton campus is located on the traditional territory of the Mississaugas of the Credit, and part of the Nanfan Treaty of 1701 between the British Crown and the Haudenosaunee Confederacy.

Instructor Information

Esther Adebiyi | Office: DAWB 5-150

Contact Information: sas@wlu.ca

Weekly Office Hours: Immediately after class (face-to-face)

Mandatory SAS Advising: By Appointment to be booked on the [SAS Calendar](#)

Course Information

This is the 10th year of offering the SAS program. This program enables students required to withdraw from Laurier to return as quickly as possible. There are likely several factors that have contributed to your circumstances; SAS is designed to help you identify which of them apply to you so that you can address the causes for your lack of academic success and complete your degree. You get out of this program what you put in.

You are required to earn a minimum of 60% (C-) in SASP 001 to be eligible to continue into the second term of the SAS Program.

Course location: Dr. Alvin Woods Building

Meeting times and days: Tuesdays and Thursdays, 10:00 am -11:20 am

Course Overview and Approach

SASP 001 is built around a personal exploration of the challenges you may have faced, both inside and outside the classroom, and which have contributed to your involuntary withdrawal from Laurier. You will gain awareness of the various life skills that you must develop to achieve academic success. These skills include managing anxiety, stress, mental health, time, money, and relationships. In addition, the course provides you with an opportunity to understand your motivations to study, your learning preferences, and your personality type, which will allow for improved goal setting and course/program selection. You will also discover your level of accountability and self-regulation.

Through SAS, you will access academic advising for future planning and exposure to resources available at Laurier. By the end of the SAS program, you should feel connected to a broader network of students and professionals from the Laurier community, each of whom can provide support

as you move through your academic career. The classroom environment will center around active learning, which means you will be actively engaged in knowledge creation, information gathering and sharing, and application of lessons and knowledge. Success in this type of environment requires that you regularly attend class, fully participate, and actively engage in discussions and activities whether live (synchronous) in class or independently (asynchronous) on MYLS.

Course Goals and Learning Outcomes

By the end of this course students should be able to:

- Demonstrate a self-awareness of the circumstances that led to the requirement that they withdraw from the university by identifying and articulating the personal and academic factors that impacted their success.
- Create and design actionable solutions by meaningfully engaging in reflective thinking and class exercises, communicating these solutions in writing and presentations.
- Demonstrate effective time management skills which includes planning and prioritization by identifying and scheduling all assessments and submitting them before assigned deadline
- Identify and utilize a wide range of resources within/outside the university that can help them overcome their stated challenges and provide ongoing support to help them navigate their academic journey
- Compare and evaluate academic program choices to plan realistic academic pathways for their future.
- Demonstrate effective collaboration skills through communication, evaluating peer work and presentations.

Each assessment in our SAS class is designed to achieve one or more of these Learning Outcomes

Course Textbooks and Learning Materials

| Item | Required or Optional | Cost | Current or Most Recent Cost* | Notes/Features (i.e. physical copy, virtual copy, second-hand availability, special features, etc.) |
|------------------------------|----------------------|---------------------|------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| OnCourse by Cengage Learning | Required | \$77.06 | | Digital E-text accessible from Myls, For inquiries contact: digitaltextaccess@wlu.ca |
| My Learning Space | Required | | | Laurier's Learning Management System |
| Student Success Centre | | | | Writing Centre, Math Centre, Supplemental Instruction, Accessible learning https://students.wlu.ca/academics/support-and-advising/index.html |
| IClicker subscription | Required | \$14.95 for 6months | | It can be used for other courses as well. Download mobile app or use the website. Set up an account, search and enroll in our class before the first day. Purchase a subscription through university Bookstore; explore this page for instructions: iClicker MyLearningSpace Student Guide Students - Wilfrid Laurier University |

Course Strategies and Supports

Mandatory Requirements

- SASP-001: As a non-credit course, you will be assigned a Pass/Fail grade (Satisfactory/unsatisfactory). To earn the pass, you must achieve a 60% (C-) or higher. There are multiple opportunities for you to demonstrate achievement in this class.
- Registration for Additional Courses: a 0.5 elective of your choice runs alongside the mandatory SASP-001 class in term 1. You must enroll in this elective before September 17th.

SAS Supports (Circle of Care):

In addition to the Program Instruction, other supports for SAS students includes:

- **Crystal Shadwell:** Manager: Arts-Student Support and Engagement Initiatives Oversees the entire SAS program, co-facilitator in SASP-001 and finalizes decisions on SAS
- **Rachel Wever: SAS Intern** Provides group/personal coaching to students and in-class support, delivers guest lectures.
- **Almas McConnell:** Student Support and Engagement Assistant. Support SAS students with Course Selection advising.
- **Guest speakers:** From the Student Success Centre, the Career Centre and Money Management office. The Guest speakers deliver guest lectures based on expertise and provide additional support to students outside of class through mandatory appointments.

Course Expectations/Strategies

In addition to achieving a minimum grade of 60% (C- or 4.00 GPA), the course has the following expectations:

1. Attendance is mandatory. Location: DAWB 2-104. [Waterloo Campus Interactive map](#)

Attendance records are kept for all synchronous sessions.

We understand that unexpected events such as illness occur, and you may have to miss a class. Thus, you can miss only three classes if needed.

Missing more than three classes could impact your chances of being successful in the SASP 001 course and result in loss of participation marks.

2. Arriving late to class is unacceptable.

The classroom door may be shut after 10:00am. Late students may not be permitted to enter
Punctuality is very important. Arriving late causes a disruption for your classmates and the instructor, be mindful of this.

3. ALL Assignments are important.

To pass SASP 001 and achieve the required 60% minimum grade; it is important that students strive to complete all assignments because every mark counts.

Some Summative assignments have a late penalty of 10% per day up to a maximum of two days.

No assignments will be accepted more than two days after the due date.

Journals and other on-going course engagement assignments are not accepted after the due date.

4. Course Engagement.

Students are expected to be fully engaged in all aspects of the program. Arrive on time, ready to learn, with the necessary materials.

Prepare for class, e.g. complete class readings, etc.

Participate in class, e.g. ask questions, engage in discussions, etc.

5. Accessing on-campus resources is mandatory, and integral to success in this program.

Success in this program includes full engagement with on-campus resources.

Rachel (our MSW intern from the Faculty of Social Work) will help you explore the challenges you have faced, the strengths you exhibit, and what changes you need to make to move forward successfully.

It is your responsibility to book sessions with Esther, Rachel and Almas here: [SAS Calendar](#)

If you are unable to attend a booked appointment with Esther or Rachel or Almas, please email SAS as soon as possible at sas@wlu.ca. Upload information about your professor and other on-campus appointments and activities to the appropriate Dropbox location.

6. Academic Calendar: Students are encouraged to review the [Academic Calendar](#) for information regarding all important dates, deadlines, and services available on campus. The following dates are especially important for SAS students, but you are advised to discuss withdrawal decisions with the SAS Instructor prior to execution.

- Last day to add a class for the September term: September 17
- Last day to drop/withdraw from a course without failure: November 5
- Last day of classes: December 3rd

Student Evaluation

| Assessment | Weighting | Due Date |
|------------------------------------------------------------------------------------------------------|-------------|-------------------------------------------------------------------------------|
| Academic Success Plan | 20% | September 26th |
| Peer Conference | 15% | October 24th |
| Mandatory Appointments | 20% | November 7th |
| Course Engagement: Journals; Discussion posts, Quiz, IClicker Quizzes and polls, Attendance | 25% | From September 4th – December 3rd (see folder on MyLs) |
| Capstone Presentation (Group work) | 20% | November 25 th and 27 th , slides due November 24th. |
| Total | 100% | |

Learning Activities and Assignments

Summative Assignments for SASP- 001: 55%

Three major assignments build on each other to guide and form your planning for success both now and in the future.

1. Academic Success Plan (20%)

Reflect on your experiences; identify the obstacles that impacted your academic success; identify solutions and set goals for the program and your path to re-admission.

2. Peer Conference: Personal Philosophy of Success (15%)

Explore your personal journey before and during the SAS program to determine what you need to be successful. Present in small groups, provide feedback to your peers and submit an individual evaluation/reflection following the presentations.

3. Capstone Project (20%)

Expand your definition of success and determine an action plan moving forward. Review your experience with a pre-determined group to synthesize a joint definition of success, supported by research.

Construct a plan to move forward successfully and present your findings in class

Ongoing Assignments for SASP-001: 45%

1. Appointments & Resources (20%)

Activities that involve on-campus resources form a significant portion of your overall mark. There are four mandatory activities, and each must be completed at least once.

- SAS Support Sessions: This involves an individual SAS Advising meeting with Esther, the Program Instructor or attending a Course Selection Workshop with Almas. These appointments are to be booked on the [SAS Calendar](#).
- Group Coaching – with SAS Master of Social Work Intern, Rachel, in-person/virtually to be booked on the SAS Calendar.
- Campus Resources – There are various Campus resources focused on supporting students with both personal and academic needs/interests at Laurier. You need to engage with at least one of them in a one-on-one meeting for your personal development this term. Find the list of these resources on My Learning Space.
- Meet your professor – of your 0.5-credit elective course this semester. Schedule a meeting or attend their office hours to discuss how you can be successful in their course. This will help you overcome the fear of interacting with professors.

2. Course Engagement (25%)

There are regular activities to engage you in the course content both within and outside of class time. These includes:

- Journaling: Regular reflection on class content and lived experiences submitted to the Dropbox. Focuses on the process of reflection; not graded on specific writing abilities, but rather completion.
- Attendance: This is mandatory and course engagement marks are assigned at the end of the semester
- Discussion Boards: Students will be expected to post and comment on the posts of others in Discussion Boards.
- In-class exercises and others
Being present in class will impact your ability to engage and participate in class.

University and Course Policies

1. **Accessibility:** Contact [Accessible Learning](#) if you require academic accommodations because of a disability. Review the [Registration](#) page for information about intake and documentation requirements. Deadlines: Students are responsible for meeting posted deadlines for registering with Accessible Learning and booking accommodated exams. Accessible Learning cannot guarantee accommodations for requests received after posted deadlines.
2. **Library Accessibility Services:** The Library offers accessibility services for people with disabilities, including alternate formats or remediation of Library collections and help accessing materials.

For information please visit the Library Accessibility Hub (library.wlu.ca/services/accessibility-hub) or email libaccessibility@wlu.ca.

3. **Plagiarism:** The University has approved the following wording for inclusion on all course syllabi about the use of the institutionally supported plagiarism software tool:

Wilfrid Laurier University uses software that can check for plagiarism. If requested to do so by course instructors, students are required to submit their written work in electronic form and have it checked for plagiarism." (Approved by Senate May 14, 2002).

4. **Academic Integrity:** Laurier is committed to a culture of integrity within and beyond the classroom. This culture values trustworthiness (e.g., honesty, integrity, reliability), fairness, caring, respect, responsibility and citizenship. Together, we have a shared responsibility to uphold this culture in our academic and non-academic behavior. The University has a defined policy with respect to academic misconduct. As a Laurier student you are responsible for familiarizing yourself with this policy and the accompanying penalty guidelines, some of which may appear on your transcript if there is a finding of misconduct. The relevant policy can be found at Laurier's [academic integrity](#) website along with resources to educate and support you in upholding a culture of integrity. Ignorance is not a defense.
5. **Generative AI:** the use of Generative AI in this course is Restricted and Conditional. This means it is only permitted in specific components and for specific functions. Review the course outline/each assignment specifications closely to determine where you are permitted to use Generative AI. It is your responsibility, as the student, to be clear on when, where, and how the use of Generative AI is permitted. In all submissions in which you use generative AI, you must cite its usage according to the [Generative AI guidelines for students](#). Failing to cite the use of Generative AI is academic misconduct. In all other aspects of your work where it is not permitted, the use of Generative AI will be considered academic misconduct and Senate Policy 12.2 Student Code of Conduct: Academic Misconduct will be applied.
6. **Late Assignment Policy:** Ongoing assignments cannot be submitted after the deadline. Some Summative assignments can be submitted for up to a maximum of 2 days after the initial deadline with a 10% penalty applied after each day. No assignments will be accepted 2 days after the official deadline.
7. **Religious and Spiritual Accommodation:** The University welcomes students, staff and faculty from a wide range of backgrounds, beliefs and traditions and has a duty to provide accommodation based on creed (religion and spirituality) under the Ontario Human Rights Code. This obligation requires the University to work with students to provide reasonable accommodation when a student's religious observances or spiritual beliefs creates a conflict with their academic schedule. In order for instructors to provide proper accommodations, students have obligations to request accommodations in a timely manner. All policies, procedures, timelines, and request forms are found on Laurier's [Religious and Spiritual Accommodations and Supports](#) webpage.
8. **Gender Inclusivity:** This course will be conducted in an affirming and mutually respectful atmosphere for people of all gender expressions and identities. I was provided with a class roster with your name as it appears on the official enrollment information. If you use a name different from the roster, please let me know at your earliest convenience. You can also share

your gender pronouns with me if you like. Members of the class are expected to refer to one another by the name and pronouns identified by each student. If you are comfortable, you can also let your classmates know about your name and pronouns. The Centre for Student Diversity, Equity and Inclusion (CSEDI) has developed a website [outlining how to request a different name to appear on some university records and systems](#) such as Zoom, MyLS and email. The website also provides information about Laurier's Inclusive Washroom Initiative, support resources at Laurier, and more.

9. **Classroom Use of Electronic Devices:** Mobile devices, specifically laptops and tablets, may be used in this course for educational purposes only (ie. learning directly related to the course). At times the instructors may direct you to use your mobile device to complete an activity or task, other times you may be asked to close your laptop or turn off your tablet to focus your attention on other course related tasks. Failure to comply may result in you being asked to leave your device in your bag or at the front of the room for all or part of the class/course, or being asked to leave the classroom. [Refer to Policy 9.3: Classroom Use of Electronic Devices](#)

10. Intellectual Property

The educational materials developed for this course, including, but not limited to, lecture notes and slides, handout materials, examinations and assignments, and any materials posted to MyLearningSpace, are the intellectual property of the course instructors. These materials have been developed for student use only and they are not intended for wider dissemination and/or communication outside of a given course. Posting or providing unauthorized audio, video, or textual material of course content to third-party websites violates instructors' intellectual property rights, and the Canadian Copyright Act. Recording lectures in any way is prohibited in this course unless specific permission has been granted by instructors. Failure to follow these instructions may be in contravention of the university's Student Non-Academic Code of Conduct and/or Code of Academic Conduct and will result in appropriate penalties. Participation in this course constitutes an agreement by all parties to abide by the relevant University Policies, and to respect the intellectual property of others during and after their association with Wilfrid Laurier University.

11. **Hawk Walk, the Wellness Centre, Student Supports and the Student Food Bank:** The University approved the inclusion of information about select wellness and safety services and supports on campus in the course information provided to students. (Approved by Senate November 28, 2011.) Specific language (by campus) is provided below.

Multi-campus Resources : Waterloo, Brantford, Milton, Kitchener

- **Student Rights Advisory Committee (studentsrights@wlu.ca):** The Student Rights Advisory Committee exists to provide you with information about your rights when it comes to landlord-tenant issues or academic appeals. While in no way legal representation, it can help to inform you about your options to make difficult situations easier to navigate.
- **[Empower Me - Mental Health Resources provided by Dialogue](#):** Empower Me is a mental health and wellness service that seeks to contribute to a resilient student community by supporting existing on-campus and community mental health resources. Empower Me has a number of professionals with various domains of expertise, including psychology, psychotherapy, social work, nutrition, etc., to support you and respond effectively to diverse needs. You can access services via telephone, videoconference, or in-person. Empower Me is: available 24/7, 365 days a year, confidential, multilingual, culturally

sensitive, gender-inclusive, and faith inclusive.

- **The Essentials - Legal Care Program:** The Essentials, Legal Care Program allows students to access a legal consultation service. Students are free to consult a duly certified lawyer regarding any legal questions. Upon filling out the Support Form, students can expect a response from legal counsel within approximately 48 hours (business days) about next steps and assistance that is required to navigate housing disputes, employment disputes, disputes with an academic institution, and public notaries. Students can also seek legal representation when their case qualifies for further counsel.

Kitchener/Waterloo Resources:

- **Emergency Response Team** | ert@wlu.ca: The Emergency Response Team provides medical assistance to students on campus. ERT can be booked for on-site event support by filling out the online booking request form on their website.
- **Hawk Walk** | 519.886.3668 | walkw@wlu.ca | Hawk Walk is a volunteer operated safe walk-home service, available daily during evening hours. Teams of two radio-dispatched volunteers are available on request to escort students to and from campus as well as to off-campus destinations. Hawk Walk can be found on the 2nd floor of the Fred Nichols Campus Centre next to the Dean of Students Office.
- **Food Bank** | foodbank@wlu.ca | Food Bank provides food parcels to cater to the nutritional and dietary needs of students. All students are eligible to use this service, regardless of circumstance or financial situation. Request a package at <https://www.yourstudentsunion.ca/food-bank>

Brantford Resources:

- **Food Bank** | lbfoodbank@wlu.ca | Food Bank provides food parcels to cater to the nutritional and dietary needs of students. All students are eligible to use this service, regardless of circumstance or financial situation. Request a package at <https://www.yourstudentsunion.ca/food-bank>
- **Hawk Walk** | 519.751.7875 | walkb@wlu.ca | Hawk Walk is a volunteer operated safe walk-home service, available daily during evening hours. Teams of two radio-dispatched volunteers are available on request to escort students to and from campus as well as to off-campus destinations. Hawk Walk can be found in the basement of the Student Centre beside the Clubs & Associations Storage Space. The door will be open while volunteers are on-shift.

Milton Resources:

- **In case of Emergency**, contact Special Constable Services at 519.885.3333

For more information about all the services provided through your Students' Union visit [yourstudentsunion.ca/wellness](https://www.yourstudentsunion.ca/wellness)