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T&L 2900—Atomic Habits

Course at a Glance

Instructor/Presenter: Nicole Newfield

Length: 45 hours

Dates: Enroll anytime—Complete in 4 months

Number of Graduate Professional Development Credits: 3

Introduction

Atomic Habits is a popular title that delves into habit science to provide a clear guide for creating positive habits in order to achieve lasting success. By studying this book, you will learn practical strategies to design habits that create lasting results. And the best part is, tiny changes produce these powerful outcomes.

Learning Objectives

At the end of this course, you should be able to accomplish the following objectives:

- Reflect on the compounding of tiny changes in our habits over time to create lasting change.
- Develop an understanding about the importance of focusing on systems rather than goals.
- Explore strategies for creating identity-based habits.
- Discover ways to analyze habits with The Habit Loop to encourage or reshape habits.
- Explore habit stacking and temptation bundling to promote desired habit formation.
- Design an environment and culture that promote desired habits.
- Explore the importance of incentives and accountability.
- Implement a reflect and review process in order to make adjustments to habits as needed.

Text and/or Other Materials

The required reading is found in the following text: Clear, J. (2018). *Atomic Habits: Tiny Changes, Remarkable Results: An Easy & Proven Way to Build Good Habits & Break Bad Ones* New York: Avery, an imprint of Penguin Random House. ISBN 9780735211292

Module Topics and Assignments

Readings and Individual Reflection Activities
Discussion Board Posts
Implementation Plan
Additional Interactive Assignments

Grading and Evaluation Activities:

Assignments	Point Value
Modules 1-5: Individual Reflection Activities: Questions will be assigned for each module. Questions and responses will be posted on Schoology.	24 points per assignment; 120 points for the course
Modules 1-5: Discussion Board Posts: Responses will be posted on Schoology.	24 points per assignment; 120 points for the course
Modules 1-5: Additional Interactive Assignments: Instructions will be posted via Schoology for each module.	8 points per assignment; 40 points for the course
Due by the end of the course: Implementation Plan	120 points

Graduate Grading Scale 3 credits		
A/ S	90-100%	400-364 points
B/ S	80-89%	363-328 points
C/ S	70-79%	327-292 points
F/ U	below 70%	Below 292

Scholastic Dishonesty

Students enrolled in this course are expected to be aware of the seriousness of scholastic dishonesty. Unacceptable behavior such as submitting someone else's work as your own, cheating on exams, or plagiarizing can result in failure of the course or other sanctions. For a more detailed description of these policies, please refer to the UND Code of Student Life; Appendix IIIa-3, at:

<http://und.edu/student-affairs/code-of-student-life/>