

# HEROES of WINDWARD



*IS 103: Introduction to College*



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## WELCOME TO WINDWARD:

### A CITY UNDER SIEGE

Windward City possesses an august past and an auspicious future. But greatness often invites evil, and this proud metropolis draws villainy as a beacon lures insects. This past summer, in the middle of a record heatwave, a band of super-powered outlaws appeared in Windward, hatching dark plots, wreaking mayhem, casting down the authorities, and claiming this treasured city for their own. This host of Supervillains are in the process of conquering Windward City, and they won't stop until we are all their slaves. Windward needs heroes, and luckily for us all – a band of brave and wise souls has just arrived to turn the malevolent tide. This is your chance to be a hero of Windward.

### GETTING STARTED

**Hero Origins:** Heroes are given a chance to change the very core of their identity. Whoever they were before the incident that gave them powers and set them on the path to heroism is irrevocably changed. You are not immutable. You are not who you were in high school. By entering Windward City you have been exposed to its mutagenic energies and from this moment forward, your destiny is undeniably altered. With great power comes great responsibility and your duty is to nurture your powers, and then use them to bring truth, intelligence, justice and harmony to our fair Windward City.

**Goal-setting and Willpower:** Every citizen embarking on a heroic quest with the Heroes of Windward (HoW) must prepare by taking note of and readying their everyday willpower. This is the fundamental power upon which you will build Heroic and Super-Team Power throughout the game and semester.

Self awareness and reflection will guide you to understand the bases of your willpower: what peaceful, engaging, or fun activities increase it, and what taxing or possibly frustrating activities decrease it. Rely on this two-part understanding of willpower to go far!

**1) Willpower is limited, so think about how much you have vs. how much you need.** If you know you have a huge exam on Thursday, which will drain your willpower, maybe you should pay your car registration fee, which also drains your willpower, today.

Willpower is often easily replenished by sleep, regular exercise, variety in life, and healthy eating. These four components of willpower are also important factors in effective learning. Sleep and breaks are especially important for moving information captured in your short-term memory into your longterm memory.

**2) Willpower is improved through effort.** Be conscious of the areas in life where you could use more willpower and apply yourself to them! Take short breaks before you get tired, and switch up your activities regularly (making sure to switch back from video games to studying, say) to make the best use of your day.

## **MAKING PROGRESS: ACCUMULATE POWER IN HEROES OF WINDWARD**

To transform from private citizen to hero this semester, you will endeavour individually and in a team to gain power points. There are two types of Power in Heroes of Windward - **Hero Power (HP)** and **Super-Team Power (SP)**. Heroes score HP by overcoming Challenges, resolving Crises, and defeating Villains in Super Battles. Super Teams gain SP when EVERY MEMBER of a team overcomes a specific Challenge, resolves a Crisis, or defeats a number of Villains. SP is also gained in competition against other Super Teams.

Hero Power (HP) is used to determine your course grade, and it earns you special rewards and perks in-game. Super-Team Power (SP) earns the entire class special perks, parties, events, rewards, and abates the ticking time-bomb that is this game's Doomsday Device (Set to Detonate on October 30th at Midnight-special mission briefing to come!).

## **AN OVERVIEW OF YOUR JOURNEY: MODES FOR MAXIMUM HEROISM!**

The game is played in a few modes. At the outset, in the **Heroes Gather Mode** - you create your heroic identity. Your real-life identity becomes an “alter-ego” you maintain on the side in order to hide from all the Supervillains prowling Windward. In this mode, heroes familiarize themselves with Windward and gain access to its many allies and helpful resources. You'll also gather together in Super-Teams and begin working together to overcome Challenges and earn Power. By doing so, you'll begin to train and master your powers before facing off against the Supervillains in...

**Mayhem Mode** is played against Supervillains, who have devised nefarious Crises that threaten Windward City. Working together with the other members of your Super-Team, you must think and act quickly to resolve these crises, lest the good citizens of Windward fall to ruin. You must also build strength individually to prepare for one-on-one Villain Battles, which require each hero to face off against a Supervillain and answer a challenging battle question.

**Heroes Victorious Mode** is the semester's triumphant conclusion! You'll marshal the power you've built thus far in the semester to achieve heroic deeds that will benefit and guide Windward City in the years to come. You and the other Heroes of Windward must ensure that the villains now scattered in defeat shall never return. First, you'll decode and interpret the defeated villains' book of secrets to help ordinary citizens improve their self defense. Second, you'll offer your Hero Power to others by expanding your work for good to the world outside Windward City. You'll research, develop, and plan a heroic intervention in your community, capping off the semester with a meaningful service learning project.

## **SUCCESSFUL STUDENT EXAMPLE**

Tracy recently graduated from Casuhukulaheokai High School and is excited to begin her first semester at Windward Community College. She is especially

excited for her Heroes of Windward and Theater gatherings from 10:00-12:45 (with breaks in between) every Tuesday and Thursday! She studies the Heroes of Windward materials such as this booklet carefully and is ready to contribute to the activities, projects, and discussions that occur in each heroes' gathering.

Tracy uses her fundamental citizen's willpower to attune herself to announcements and heroic tasks that may be presented at these gatherings and to remain informed of critical dates and deadlines that affect all inhabitants of Windward City. Because villainy knows no bounds, no heroic quest is set in stone! Tracy also takes the initiative to reach out to her Heroic Mentors, Nick and Lance, when she is in need of assistance. Furthermore, she encourages her friends and fellow Heroes of Windward to similarly attune themselves to the hero-power building challenges, crises, and projects that they will encounter at each HoW gathering.

Looking down the road to activities she will need to anticipate for a fully successful Heroes of Windward experience, she arranges her schedule so that she is able to participate in the final service learning project/heroic community intervention at the end of semester, which involves a time commitment outside of usual class times.

While completing various challenges and crises, she takes extra care to safe-keep her Heroes of Windward booklet, in which she has collected signatures of Heroic Mentors, Super Villains, and various denizens of Windward City to certify completion of the range of challenges, crises, and battles she has worked so hard throughout the semester to complete. In addition, she continually takes cellphone photos or makes copies of the booklet as a backup in case an accident or catastrophe occurs.

Finally, Tracy has fun and continually challenges herself this semester. She demonstrates in the end that building Heroic Power involves not only pushing herself in areas where she has struggled in the past, but also pushing herself, and making mistakes, in areas in which she typically excels.

## **HEROIC MENTORS**

Your Heroic Mentors in Heroes of Windward and Theater 221 are charismatic polymath Nicolas Logue and forbearing wordsmith Lance Uyeda. Wordsbearing Uyeda abides in super-fenestrated Hale Manaleo 103 and can be reached at [lkuyeda@hawaii.edu](mailto:lkuyeda@hawaii.edu) or 236-9229. Charismatic Logue resides in holy Hale Pālanakila 138 and can be reached at [logue@hawaii.edu](mailto:logue@hawaii.edu) or 236-9138.

Truthful sage Ann Lemke is a specialist Heroic Mentor available to those with other-than-ordinary physical, sensory, health, cognitive, or mental health abilities. Reach her at 235-7448 or [lemke@hawaii.edu](mailto:lemke@hawaii.edu) or in Hale 'Ākoakoa 213 for more information.

## **WHAT YOU NEED**

- 1) This booklet
- 2) All Heroes of Windward handouts and materials in an organized folder, binder, or sleeve.
- 3) A planning tool or planning tools of your choice
- 4) A regular habit of checking Laulima
- 5) A regular habit of visiting Heroes of Windward on Facebook: facebook.com/wccheroes
- 6) Openness to new challenges
- 7) Forgiveness for yourself in regards to what you did or did not do yesterday or the day before
- 8) Awareness that you and your willpower need exercise and rest
- 9) Moderation in fantasizing about the future, otherwise known as the patience to build Hero Power step by step
- 10) Supportive and challenging peers--serve in this role for others as they do for you.

### Important Windward City dates:

Last day for late admittance to Windward City:	08/28
Last day for 100% refund of the citizenship tax:	08/28
Last day for 50% refund of the citizenship tax:	09/14
Last day to decline to become a Hero of Windward without a W grade:	09/14
Last day to decline to become a Hero of Windward with a W grade:	10/30
Registration for Spring 2015 begins (time to be a hero!):	11/02

### WINNING AT HEROES OF WINDWARD

Each citizen participant in HoW will have a slightly different journey to superhero status at the end of the semester. This course/alternate gaming experience is designed so that a high grade is a secondary byproduct of regular engagement and participation in Heroes of Windward activities. The following table shows the amount of Hero Power you must accumulate to achieve each available type of hero status and its corresponding course grade.

Hero Status	Minimum Hero Power	Grade
Demigod	1000	A
Superhero	900	A
Conquistador	850	B
Guardian	800	B
Trooper	750	C
Participant	700	C



Person	600	D
Person	500 or below	F

### POWER DRAINS

Every hero sometimes experiences a setback, and no one is perfect. But if you encounter multiple power drains during the course of your Heroes of Windward quest, it is time to review your Hero Point progress, think about breaking down your goals into more manageable steps, and better allocating your willpower.

Power Drain Category	Points lost
Absences	-10 per class after the first two
Late Work	-10% per class period Assignment components worth 10 or fewer points will not be accepted late
In-class enervation--draining the attention (and by extension, the willpower/hero power) of others	Chronic interference with the success of others in Heroes of Windward may have severe consequences to your own; these will be discussed with you in private.

### POWER BUILDING ACTIVITIES

Use the charts below as a completion/certification record of your power-building progress in Heroes of Windward. Blank slots are intended for activities discussed in class or posted on our Laulima and Facebook pages.

HEROES OF WINDWARD CHALLENGES
Origin Story - 50 pts.
Most Pressing Issue Debate - 75 pts.
Skills/Vision Statement - 25 pts.
Academic Challenge Short Answer - 50 pts.
Academic Challenge Essay - 25 pts.
Academic Plan - 25 pts.
Crisis Progress Report 1 - 25 pts.
Crisis Progress Report 2 - 25 pts.
Crisis Progress Report 3 - 25 pts.
Crisis Progress Report 4 - 25 pts.
Villains Handbook Presentation 1 - 25 pts.
Villains Handbook Presentation 2 - 25 pts.

Villains Handbook Presentation 3 - 25 pts.
CIVIC DUTY
Register to vote online <a href="https://olvr.hawaii.gov/">https://olvr.hawaii.gov/</a>
by August 31
by September 15 -12 pts.-
by September 30 -10 pts.-
by October 5 -5 pts.-
Vote in General Election (turn in ballot stub)
HEROES OF WINDWARD CHALLENGES
Visit Nick or Lance during Office Hours - 5pts.
Read Ka 'Ohana post your thoughts on HoW Page to instigate discussion - 10 pts.
Submit an Article to Ka 'Ohana - 20 pts.
Attend Student Government Event and Post Some Notes on HoW Page - 10 pts.
ONLINE CALENDAR
Daily, Weekly, Monthly Plan - 5pts. per month
Wunderlist - Generating Your Wunderlist - 5pts
Get Textbooks for your Courses – Tomes of Power - 20 pts.
Detailed Homework Log
FINANCIAL AID
Talk to Your Parents About Financial Aid - 5pts.
Convince Them to Share Tax Info With School - 5 pts.
Go to FAFSA Website - Fill Out Online Form - Get Pin Number - 10 pts.
Meet with a Counselor - Discuss Financial Aid Options - 20 pts.
Apply for Financial Aid - 20 pts.
Monitor Credit Card Debt - Make A Budget - 20 pts.
TRiO
Go To TRiO - 5 pts.

Apply for TRiO/Help a Classmate Apply - 10 pts.
Go to Intake Interview for TRiO - 20 pts.
Request a Tutor - 10 pts.
Finish a Crisis in the Lab - 5pts
Make an Academic Plan - 20 pts.
Schedule a Follow Up Appointment - 10 pts.
Eat a Free Lunch - 5 pts.
Print/collect all Syllabi for Other Courses for Lance and Nick
Volunteer to Help with an Event - 15 pts per event
Apply for Grant Aid - 20 pts.
Register for Next Semester's Courses early - 20 pts.
SCHOLARSHIPS
Attend a Personal Statement Workshop - 10 pts.
Brainstorm Topics for Personal Statement - 5 pts.
Write a Personal Statement Draft - 15 pts.
Find an Instructor to Give Feedback or Take it to the Writing Center - 10 pts.
Send it to Brainfuse - Online Tutoring - 5 pts.
Research scholarships - 5-20 pts.
Download applications - 10 pts. per filled out application
Hawaii Community Foundation
UH common scholarship
American Association of University Women
Nā Ho'okama a Pauahi Scholarship
Other scholarships that you find through your own research
Attend Scholarship Aha event - 10 pts.
CAREER PREP
Visit Career center/schedule appointment (Lance is temporarily the career center) - 5 pts.
Do career diagnostic/take personality tests - 10 pts.
Complete resume prep worksheet(s) - 10 pts.
Draft resume - 10 pts.
Get resume critiqued by one or more of the following - 5 pts.
instructor

career counselor
writing center
Make a LinkedIn profile - 10 pts.
Look up job ad - 5 pts.
Write cover letter in response to job ad they found - 10 pts.
Go to job fair - 10 pts.
Apply for a job - 20 pts.
Mock interview - 10 pts.
Real interview - 10 pts.
Get a job - 50 pts.
STUDY ABROAD
Visit Study Abroad Center (Nick's office)
Research Study Abroad programs 5-20
Research Study Abroad scholarships and funding5-20
Apply for study abroad programs 10 per
Apply for study abroad scholarships 10 per
Honda Scholarship
Aichi Scholarship
Freeman Foundation Scholarship
Truman Scholarship
Benjamin A Gillman
Hakuoh Scholarship
Monbugakusho
Footholds Abroad Initiative
LIBRARY/RESEARCH
Take a Book Out of the Library - 5pts.
Request an Article or Book from Library Loan Services or Get One from Ebsco - 5pts.
Reserve a Study Room and Use It to Complete an Assignment - 5 pts.
Take a Test at the Testing Center - 10pts.
WRITE-IN CHALLENGES

Campus beautification--pick up trash, clean mess - 5 pts.
Go to SI session - 5 pts. per
Plan/attend after school study session - 5 pts.
Sit in (audit) a class you are not enrolled in - 10 pts.
Participate in a charity event (e.g. Relay for Life) - 10 pts.
Get your student ID at the student activities center - 15 pts.
Tutor someone else in a subject they need help with - 10 pts.
Volunteer regularly for a non-profit organization - 20 pts.
Get every item in the Heroes of Windward book signed - 60 pts.
Ask librarians for research help - 10 pts.
Use a computer in the student activities center for school work - 5 pts.
Meet with your counselor - 30 pts.
Learn a new technology skill on your phone or computer - 10 pts.
Learn about compound interest--what is it and how does it relate to avoiding credit card debt - 10 pts.
Exercise - 10 pts.
Buy a book at a bookstore - 10 pts.
Write a book report - 50 pts. 1000 words (4 pages)
Organize a charity event - 50 pts.
Have an A in a class 20 pts.
Perform publically - 10 pts.
See Metamorphosis once -10 pts. more than once - 20 pts.
Meal cooking - 5 pts.
Write a short story - 30 pts. 1000 words (4 pages)
Write a song - 10 pts.
Join a community group - 5 pts.
Give someone a ride to school - 5 pts.
Learn about FERPA - 15 pts.
Come early or stay late to study - 10 pts.
Go to office hours of a prof. whose class you are taking (who is not Nick or Lance) - 10 pts.
Wear a Halloween costume - 5 pts.
Submit work to Rain Bird literary journal - 10 pts. writing, 10 pts. art
Use mysuccess to schedule an appointment - 5 pts.
Open Mic Event Performance - 15 pts.

Art Gallery - 10 pts
Make friends - 10 pts
Learn a new skill - driving
Haunted Village - 20 pts
Learn Language 20
Financial aid workshop - 15 pts
International Education Week - 10 pts per event
Office of Hawaiian Affairs Registry - 10 pts
Go to myuh.hawaii.edu and use STAR Degree Check to see you graduation pathway and transcripts - 15 pts.
Buy WCC merchandise - 5 pts
Invite students to WCC event - 5 pts
Imaginarium - 10 pts
<b>WINDWARD CITY SUPERVILLAINS!</b>
Bone Keeper (Anthropology)
Chaos (Hawaiian Studies)
Dark Scribe (Writing)
Disconnecter (Student Success)
Dr. Horned Huppenthal (Literature)
Dr. Nosemitey (Economics)
Ichthyophile (Zoology)
Impossible Woman (Math)
Kali Ma (Religious Studies)
Mixed Martial Mandate (Counseling/Title IX)
No Filler Killer (Speech)
Pulse Czar (Physics)
Spatial Invader (Geography)
Time Master Koo (History)
Vector (Veterinary Technology)

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