Welcome to Counseling 100

~ Introduction to Success Strategies for the Reentry Adult ~

Spring 2014

I am very pleased that you have chosen to enroll in Counseling 100 on-line. This is an excellent class for any student returning to school. You will learn the essential tools to become a successful college student.

This course introduces reentry students to the study of the educational, psychological, intellectual, social and health-related factors that impact lifelong learning, well-being, and success. Topics include: Motivation, self-discovery, creative & critical thinking, health/stress management, self-efficacy, study strategies, communication, campus resources, goal setting, educational planning, and career exploration. This 3 unit course meets the CSU GE Area E requirement.

This is a 100% on-line class and you will be using Blackboard to complete your assignments. It is important that you have access to a computer and check Blackboard at least every other day, if not every day to keep up with your assignments. If this is the first time taking on-line classes consider taking Counseling 070 Becoming a Successful Distance Learning Student. For more information visit: http://www.canyons.edu/offices/counseling

You can access the information regarding your course at:
http://www.canyons.edu/offices/distance_learning/Blackboard_login.html
http://www.canyons.edu/offices/distance_learning/index.html

I have designed the class so that you are actively engaged in class every week. There will be discussion boards, short quizzes, and assignments directly related to discovering about who you are and your future educational goals and career. Be ready to participate and share about yourself! The textbook required for the class is Orientation to College Learning, 7th edition, by Dianna L. Van Blerkom, Wadsworth, 1210 - ISBN #9781111833640

I guarantee you it will be fun as well as a learning opportunity. If you need to reach me, please email me at connie.perez@canyons.edu and write Counseling 100 on the subject line and allow 48 hours for a reply.

I am here to help in any way I can to make your transition at COC a smooth and enjoyable one. Together we can work towards making sure that you have the necessary tools to succeed in college!

Again, thank you for enrolling in my Counseling 100 class. I look forward to working with you during the semester!

Have a wonderful semester!

Connie Perez, COC Counselor & Instructor