Welcome to Counseling 100
~ Introduction to Success Strategies for the Reentry Adult ~

Spring 2015

Dear COC Student:

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, self-regulated learning, study strategies, communication, campus resources, goal setting, and career exploration. This 3 unit course meets the CSU GE Area E requirement.

This is a 16 week course and begins on February 9th and ends on June 4th, 2015. To be successful in this on-line class, it is important to have good management skills to keep up with the pace of the class. I have designed the class so that you are actively engaged in class every week. There will be discussion boards, quizzes, and 1 or 2 weekly assignments directly related to each chapter of your textbook. There is a lot of busy work and in order to attain a high grade you will need to be disciplined and diligent on getting the work done by the due date. No late work is permitted! 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

This is a 100% on-line class and you will be using Blackboard to complete your assignments. Be sure to complete the Blackboard orientation. You will not be able to sign into Blackboard class prior to February 9th, 2015 https://bb9.canyons.edu/.

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

If you add my class after February 9th, it may take two business days before your account is created in Blackboard. If you cannot logon after two business days, please send me an e-mail.

<table>
<thead>
<tr>
<th>USERNAME</th>
<th>YOUR 7-digit Student ID (ex. 1234567)</th>
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<tbody>
<tr>
<td>PASSWORD</td>
<td>student</td>
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Once you log in, you should change your password to something unique that you will remember. Your password does not reset to “student” each semester.

Distance education is not for everyone, please exam your personal learning style preference. You should be self-motivated, independent, enjoy spending time on the computer, have the ability to
articulate your voice in written language and have the time required to complete the class.

Are you ready for distance education? If you do not know, please take the following distance learning self-assessments: How prepared are you for distance learning? In addition, determine your technology know-how quizzes at http://www.canyons.edu/offices/distance_learning/info/Assessments.asp

I guarantee you it will be fun as well as a learning opportunity. If you need to reach me, please email me thru Blackboard first or if needed 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. If you are interested in reading comments from previous students, please visit my website at http://www.canyons.edu/faculty/perezc/Pages/default.aspx.

I look forward to working with you this semester!

See you in class on-line!

Connie Perez, M.S., NCC
Counseling Faculty
College of the Canyons