Counseling 150

EOPS Student Readiness and Success

Please bring your textbook and journal with you to class every day.

This syllabus can be found on Blackboard. Go there for further information about assignments.

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Reference: The Master Student, by Dave Ellis

Purpose
This course is designed to help the student succeed in college and in life. This is achieved by helping students explore who they are, understand where they come from, and decide where they are going. The process is supported by concentrating on the success factors of motivation, self-esteem, and skills. The student is guided through a process of self discovery which emphasizes the importance of self-awareness, self responsibility and self-empowerment. This course focuses on the importance of self-empowerment, the process of taking control of one's life.

Method
By reading On Course (our textbook) you’ll learn self empowering strategies that have helped others create great success. By keeping a guided journal, you’ll discover how to apply these success strategies to achieve your own goals and dreams. By participating in class activities and focused conversations, and by completing a course project, you will further improve your ability to stay on course to your success. Once you make these strategies your own through application, you’ll have the ability to dramatically improve the outcomes of your life academically, professionally, and personally.

Attendance is a must in this class as this is a class on learning how to be a successful college student. Statistics tell us that students who don't attend, don't succeed. Much of this class is interactive and participatory. There are NO excused absences other than jury duty and military requirements. Written documentation must be provided.

If you are absent on a day you are to present, you will receive no credit for the presentation. No make ups on tests. No late papers will be accepted.

*If you are not going to be in class, let the instructor know before the class meets.

*If you miss more than four sessions you will not receive a passing grade.
*Three late arrivals or early departures will equal an absence.

* No electronic devices may be used in class without previous permission.

* No children or visitors are allowed in class.

*Instructor reserves the right to change the syllabus

Course Projects:

<table>
<thead>
<tr>
<th>Project</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Service Learning</td>
<td>100</td>
</tr>
<tr>
<td>Get-Connected</td>
<td>60</td>
</tr>
<tr>
<td>Career Project</td>
<td>40</td>
</tr>
<tr>
<td>Why College or Companion Web Site Activity</td>
<td>50</td>
</tr>
<tr>
<td>How I Plan to Stay Motivated or You Tube Activity</td>
<td>50</td>
</tr>
<tr>
<td>10 quizzes (10 points each)</td>
<td>100</td>
</tr>
<tr>
<td>32 Success Journals (10 points each)</td>
<td>320</td>
</tr>
<tr>
<td>6 Study Skills Plans (20 points each)</td>
<td>120</td>
</tr>
<tr>
<td>1 Personal Philosophy of Success Essay</td>
<td>120</td>
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</tbody>
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Total Possible Points 960

Course grades:
A = 864 - 960
B = 768 - 863
C = 672 - 767
D = 576 - 671
F = 575 or below

**Service Learning**

Service Learning will be presented in class.

**Quizzes (100 possible points)**

This is a course for students who wish to be successful in college and in life. One of the most important factors of success in any endeavor is consistent and active participation. To encourage and reward your preparation for active participation at every class, 10 unannounced quizzes on the readings will be given. If you have read the assignment and completed your journal entry, you should have no trouble earning the maximum points (10) for each quiz. No quiz may be made up.

Great success is created one small step at a time. Each time that you earn your quiz points you take an important step toward your success in this course . . . and in life!
Success Journals (320 Possible Points)

Your Success Journal provides an opportunity to explore your thoughts and feelings as you experiment with the success strategies presented in On Course. By carefully examining each strategy in your journal, you will discover which ones will assist you to create a rich, personally fulfilling life. Although I will be collecting your journals and looking through them, write your journal for yourself, not for me. Your journal entries may occasionally be read by your classmates.

Journal Writings: During this semester, you will write thirty-two numbered journal entries from our textbook. These entries will be written outside of class. Additionally, you will write occasional lettered journal entries based on class exercises. These entries will be written in class. At various times you may have an opportunity to read a journal entry to one or more classmates. Therefore, please bring your textbook and journal to every class.

Note: If you wish, you may write the first draft of journal entries on loose sheets of paper, but all journal entries must be written in the composition notebook when it is handed in for evaluation. Or if you choose to write your journal on a computer, you will print hard copies of all entries and bring them to class neatly organized in a 3-ring binder. This requirement will assure that none of your entries gets lost. At the end of this semester, you will have your entire journal to keep for years to come. Many students come to regard their personal journal as one of their most valued possessions.

Journal Evaluations: Journals are due weekly. It is not my intention to read every journal entry you write. Instead, I will look through your journal book to verify the completion of each assignment and to give credit for a job well done. I read occasional journal entries to get a sense of the issues you are working on. With this knowledge I can be of greater assistance to you this semester.

If you want my comment on a specific journal entry, please let me know.

Journal Points: Each journal entry will be awarded up to 10 points. Thus, all thirty-two journal entries will be worth a possible total of 320 points. A journal entry will be awarded the maximum of 10 points if it fulfills the following two criteria:

1. The entry is complete (all steps in the directions have been responded to), and

2. The entry is written with high standards (an obvious attempt has been made to dive deep).

Grammar, spelling, and punctuation will NOT be factors in awarding points in this journal. You are free to express yourself without concern for Standard English conventions.
Handouts describing Student Service Presentations, the Career Project, Study Skills Plans and the final Philosophy of Success Essay will be provided as the course progresses.

Course Rules for Success

To create the very best environment for supporting your success and the success of your classmates, this course has three important rules. The more challenging these rules are for you, the more value you will experience by adopting them. By choosing to follow these three rules, you are choosing to be successful not only in this course but in your life. These rules will support your success in every goal you pursue!

1. **Show up!** To support my success, I choose to attend every scheduled class period in its entirety.

2. **Do the work!** To support my success, I choose to do my very best work in preparing all of my assignments and hand them in on time.

3. **Participate actively!** To support my success, I choose to stay focused and involved in every class session, offering my best comments, questions, and answers when appropriate.

REMINDER: 10 unannounced quizzes will be given. No quizzes may be made up.

Assignments:

- **Feb.11-13**
  - Read /Write Journal #1: Taking the First Step
  - Self Assessment (in class)
  - Read/Write Journal #2: 
    Service Learning presented

- **Feb.18-20**
  - Read On Course Principles at Works
  - Read/Write Journal #3: 
    Self-Acceptance    Read Wise Choices in College
  - Assign Why College/Companion Web Site Activity

- **Feb.25-27**
  - Read/Write Journal #4:
  - Read/Write Journal #5:
  - Read/Write Journal #6:
  - Read Personal Responsibility at Work

- **Mar. 4-6**
  - (Thursday study)
  - Read/Write Journal #7:
    - Write Embracing Change-Do one thing different this week (Chapter 2)
    - Read Wise Choices in College – Reading
Write your personal Study Skills Plan for Chapter 2:
Reading
Read/Write Journal #8:
**Health Center presentation**

Mar.11-13
Read/Write Journal #9:
Read/Write Journal #10:
Read Self Motivation at Work
Read/Write Journal #11:
Write Embracing Change-Do One Thing Different This Week (Chapter 3)
Read Wise Choices in College – Taking Notes
Write your personal Study Skills Plan for Chapter 3:
Taking Notes
**Why College/Companion web site Activity Due**

Mar.18-20
Read /Write Journal #12:
Read/Write Journal #13:
**Assign Motivation/You Tube Activity**

Mar.25-27
Read/Write Journal #14: Developing Self –Discipline
Read Self Management at Work
Read/Write Journal #15: Believing in Yourself-Develop Self Confidence

Apr.1-3
Write Embracing Change-Do One Thing Different This Week (Chapter 4)
Read Wise Choices in College-Organizing Study Materials
Write your personal Study Skills Plan for Chapter 4:
Organizing Study Materials

Apr. 15-17
(***CalWORKs***)
Read/Write Journal #16
Read/Write Journal #17
Read/Write Journal #18:
Active Listening
Read Interdependence at Work

Apr.22-24
**Student Services (college resources) presented**
**Career projects due**
Read/Write Journal #19
Write Embracing Change-Do one thing different this week (Chapter 5)
Read Wise Choices in College-Rehearsing and Memorizing Study Materials
Write your personal Study Skills Plan for Chapter 5:
Rehearsing and Memorizing Study Skills

Apr.29-May 1
Read/Write Journal #20:
Read/Write Journal #21:
Read/Write Journal #22:
Read Self Awareness at Work
**Motivation/You Tube Activity due**

May 6-8
Read/Write Journal #23:
Write Embracing Change-Do One Thing Different This Week (Chapter 6)
Read Wise Choices in College-Taking Tests
Write your study skills plan for Chapter 6; Taking Tests

May 13-15
Read/Write Journal #24:
Read/Write Journal #25:
Read/Write Journal #26:
Read Lifelong Learning at Work

May 20-22
Read/Write Journal #27:
Write Embracing Change-Do One Thing Different This Week (Chapter 7) Read Wise Choices in College – Writing
Write your personal study skills plan for Chapter 7 Writing
Read/Write Journal #28: Understanding Emotional Intelligence
Read/Write Journal #29:

May 27-29
Read/Write Journal #30:
Read/Write Journal #31: Self-Love
Read/Write Journal #32:
**Read/Write Journal #33**
**Final presentation (Personal Philosophy of Success)**