COUNS 150 - Student Success

Approval Date: 03/03/2011  Effective Term:

Department: COUNSELING
Division: Enrollment Services
Units: 3.00
Grading Option: Letter Grade
Transferability: UC/CSU Transferable
Course is: CSU Transferable
Repeatability: Not Repeatable
Contact Hours per Term:
  Lecture/Discussion: 54.00
Associate Degree GE Applicability: No
Recommended Class Size: 35

Discipline/Minimum Qualifications:
Counseling

Catalog Description:
Examines the responsibilities and benefits of higher education, including educational planning, goal setting, and career choices are examined. Life skills and study skills are provided.

Schedule Description:
Examines the responsibilities and benefits of higher education, including educational planning, goal setting, and career choices are examined. Life skills and study skills are provided.

Student Learning Outcome:
1. Create a plan of action that will enable the student to choose, perform, and modify appropriate study skills for college success.
2. Evaluate personal, professional, and academic situations and apply critical thinking models to formulate a desired outcome.

Course Objectives:
1. Appraise skills necessary to function successfully in the college environment.
2. Distinguish learning style preferences through active participation, critical thinking, and completion of various learning style inventories.
3. Analyze interests, personal values, and traits, and identify at least one appropriate career objective.
4. Analyze the structure of higher education and evaluate the process and procedures in transferring to a four year university.
5. Access college and university support staff and programs and identify to whom questions/requests for assistance are to be made of.
6. Analyze data and graphs pertaining to occupational inventories taken.
7. Demonstrate appropriate interpersonal skill
8. Assess personal mental, physical, and psychological health issues.
9. Assess leadership opportunities within the college and university.
10. Formulate time management strategies.

Course Content Outline:
1. STUDY SKILLS OUTCOME
   A. Study Skills Assessment
   B. Study group formation
   C. Listening skills
   D. Note taking - Cornell method, mind mapping, outline
   E. Reading strategies - SQ3R, Muscle Reading
F. Test taking strategies - Objective; Essay; Word Problems;
G. Multiple Choice; True/False
H. Memory improvement strategies – mnemonics

2. LIFE SKILLS OUTCOME
A. Why College?
B. Personal journaling/self discovery
C. Who Moved My Cheese?
D. Personal responsibility – creator vs. victim
E. I Create It All
F. Here and Now
G. Habit formation
H. Learning styles inventories
   I. Multiple Intelligences
   J. Myers-Briggs Assessment
   K. Public speaking skills
   L. Goals, time, and planning
   M. Time management
   N. Procrastination
   O. Planning - for class; in a year; in five years
   P. Educational planning and development
   Q. Personal goals – short, mid-, and long term
   R. S.M.A.R.T. goal setting
   S. Career planning
   T. Career assessment - DISCOVER
   U. Career choice/options/nontraditional careers
   V. Career/job search strategies
   W. Interpersonal communication
   X. Diversity - cultural sensitivity
   Y. Cultural excursions
   Z. Religious diversity
   AA. Gender issues
   AB. Sexuality
   AC. Motivational issues
   AD. Personal Power/Empowerment
   AE. Positive self image collage
   AF. Self Esteem/Confidence building
   AG. Wellness
   AH. Recognizing Stress
   AI. Test Anxiety and reduction strategies - general, English, speech, math
   AJ. Health – diet, nutrition, and exercise
   AK. Healthy lifestyle choices

3. COLLEGE SKILLS
A. How to choose a major
B. Introduction to college and university catalogs
C. Requirements - Certificates, Associate Degree, transfer, graduation and major
D. Lower and upper division requirements
E. General Education patterns – Associate Degree, CSU general breadth, IGETC
F. Transfer information – researching universities
G. Choices of transfer institutions (private vs. public)
H. Transfer majors
   I. Academic websites - ASSIST, College Source, university websites
   J. Articulation Agreements
   K. Computing Grade Point Averages
   L. Academic policies
   M. Familiarization and utilization of campus resources and support services
   N. Civic duty and Student Government - representation, involvement, services available

4. CRITICAL THINKING SKILLS
A. Concentration, Thinking
B. Writing research and term papers
C. Research projects
D. Preparing and presenting oral reports
E. Values clarification and conflict
F. Decision making, problem solving, issue resolution: general and career
G. Wise Choice Process
H. Critical thinking
   I. Logic, assumptions, and deductive reasoning
Methods of Instruction:
Lecture: Discussion, Videos/DVD’s, In-class writing, Educational software, Case studies, Concept maps, Collaborative group work and Student Presentations.
Service Learning

Methods of Evaluation:
Essays
Exams/Tests/Quizzes
Oral Presentations
Portfolios
Problem Solving
Projects
Written Assignments

Presentations include visuals. Oral presentations are individual and group.

Typical Assignments:
Reading:
1. Text Readings 2. Case Studies

Writing, Problem Solving or Performance:

Other:

Required Materials Examples:
Book 1
Author: Ellis, Dave
Title: Becoming A Master Student
Publication Date: 2009
Publisher: Houghton Mifflin Company
Edition: 12th

Book 2
Author: Downing, Skip
Title: On Course
Publication Date: 2008
Publisher: Houghton Mifflin Company
Edition: 5th

Course Preparation:
Prerequisite(s): None
Co-Requisite(s): None
Recommended: None