

Counseling 150

Student Success

College of the Canyons (Valencia Campus)
Monday - Thursday @ 1:00-3:10pm in HLSH-206

Instructor: Kristina Davey, M.S.

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Office Hours: Before or after class or by appointment (in EOPS office)

Textbook: Becoming a Master Student, by Dave Ellis; 11th edition

*Lessons may also be taken from Zen and the Art of Making a Living, by Laurence G. Boldt as well as On Course by Skip Downing.

Course Overview

This course is designed to help students 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.

Student Learning Outcomes

- Develop a plan of action that will enable the student to choose, perform, and modify appropriate study skills for college success.
- Consistently demonstrate the life skills of decision making and problem solving while responding to a diverse society.
- Select and use appropriate college and university resources.
- Evaluate personal, professional, and academic situations and apply critical thinking models to formulate a desired outcome.

General Course Objectives

- Identify skills necessary to function successfully in the college environment.
- Distinguish their learning styles through active participation, critical thinking, and completion of various learning style inventories.
- Identify a goal-specific college objective.
- Analyze interests, personal values, traits, and abilities as a result of vocational assessment, interpretation, and group discussion and identify at least one appropriate career objective.
- Practice acquired study skills through team presentations, objective tests, essays and displays of subject matter mastery.

- Analyze the structure of higher education and evaluate the process and procedures in transferring to a four year university.
- Access college and university support staff and programs and identify to whom questions/ requests for assistance are to be made of.
- Analyze numerical data, tables, charts, and graphs pertaining to occupational inventories taken.
- Evaluate what diversity means in regards to community, culture, race, class, and gender as well as their role relative to this diversity.
- Assess personal, mental, physical and psychological health issues.
- Examine shared governance and leadership of the college and university.
- Construct time management strategies which will assist students with organizing their lives.

Expectations:

Classroom Behavior

- Absences will affect your grade as attendance and participation are part of your grade. ***Three late arrivals or early departures (15 minutes or less) will equal an absence.* **You will not receive a passing grade if you have a total of more than 3 absences (including absences and tardiness) regardless of the number of points you have accrued!** Please remember, you are committing to attending class every week at our scheduled time unless you are ill.
- You are responsible for mastering all class material. Please request notes from classmates if you are absent. Exchange email or phone numbers with one or two other classmates.
- Silence or turn off pagers and cell phones. Phones are to be put away and out of sight. No text messaging permitted in class, if you are caught text messaging, you will be warned once, the next time you will be asked to leave for the rest of the class period. If a third incident occurs, you will be asked to leave class until you can stop texting.
- Be sensitive and respectful to fellow classmates. All students have the right to learn, hear, be heard and speak.
- If a student is a consistent disruption in class, she/ he will be asked to leave and will not receive points for that day. If interruptions continue, she/ he may be asked to leave for a more extended time and/ or permanently if resolution is not reached.

Academic Conduct

- Participation in class activities and discussions is required.
- Readings are to be completed prior to class meetings. If readings are not completed, the class
- Bring your textbook and journal to every class.
- It is your responsibility to turn in assignments on time. Late work is not accepted. A grade of zero is assigned to any student whose work is submitted late without prior approval. Assignments may be brought to the EOPS office prior to deadline, but be sure to have them date stamped. You may also email an assignment to me prior to the deadline.
- Make-up quizzes will not be offered with the exception of emergency situations (see instructor).
- You are responsible for keeping up with your grade in this class, please hold on to all graded and returned assignments so that you may keep track of it. If you have questions regarding your final grade at the end of the semester, I encourage you to meet with me to discuss it.
- Proof read papers before they're turned in. I highly recommend going to the The Learning Center (TLC) located in Bonelli Hall 209 for additional help with papers as their services will help you for all your classes, not just Couns 150.

- Adhere to academic honesty standards:

Plagiarism:

Note: Plagiarism is the intended or unintended use of ideas, language, or research belonging to someone else without proper citation acknowledging the source or such material. It constitutes a serious breach of academic integrity and protocol. It also includes cheating, faking results, copying other people's answers during an exam or using unapproved electronic devices. In short, plagiarism is intellectual theft. Whether intended or not, all cases of suspected and outright plagiarism in this course will be immediately referred to the Dean of Student Affairs for further handling. In such instances the assignment deemed plagiarized will receive an "F," and will jeopardize a student's final course grade altogether. Be sure to consult the instructor with any and all questions concerning plagiarism. Additionally, see *the College of the Canyons Student Handbook* and the *College of the Canyons Schedule of Classes* for more information on plagiarism.

Grading

Note: Your grade in this class is calculated into your COC, CSU, and UC grade point average. This class can count for CSU GE area E: Lifelong Understanding and Self-Development.

90%-100% = A

80%-89% = B

70%-79% = C

60%-69% = D (non-passing)

Below 60% or more than 4 absences = F (non-passing)