Dear COC Student:

I am very pleased that you have chosen to enroll in Counseling 100 on-line. This is an excellent class for reentry adults or 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 an 8 week course and begins on Monday, August 21 and ends Saturday, October 14, 2017. 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 weekly assignments directly related to each chapter of your textbook. There is a lot of work in this accelerated course, 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 each week. **No late work is permitted!** Be ready to participate and share about yourself! 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.

The textbook required for the class is Orientation to College Learning, 7th edition, by Dianna L. Van Blerkom, Wadsworth, 1210 - ISBN #9781111833640. It is important that you buy or rent the book asap.

This is a 100% on-line class and you will be using the platform CANVAS to complete your assignments. Be sure to sign into Canvas by visiting this website: [http://www.canyons.edu/Offices/DistanceLearning/Pages/CanvasAccess.aspx](http://www.canyons.edu/Offices/DistanceLearning/Pages/CanvasAccess.aspx)

You will **not** be able to sign into Canvas prior to August 21, 2017. It is important that you have access to a computer and check Canvas at least every other day, if not every day to keep up with your assignments.

I guarantee you it will be fun as well as a learning opportunity. If you need to reach me, please email me thru Canvas Inbox on the left hand side menu. Please allow 24 to 28 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](http://www.canyons.edu/faculty/perezc/Pages/default.aspx).

I look forward to working with you this semester!

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