Welcome to Counseling 111 Introduction to College and Strategies for Success!

This course provides students with the skills necessary to increase success in college. You will receive an overview of the community college environment, its resources, and gain self-awareness. The goal of this course is to prepare you for the challenges of college by encouraging your individual initiative, study skills, building your confidence, and introducing you to campus-wide student services.

**Topics** include: time management, study strategies, critical thinking, college expectations, making connections, and creating a student educational plan. This 1- unit course meets 1 unit of the CSU GE Area E requirements.

**Required Textbook:** The Community College Experience by Amy Baldwin; 3rd Edition

This is a 100% 8- week 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:

[https://www.canyons.edu/Offices/DistanceLearning/Pages/CanvasAccess.aspx](https://www.canyons.edu/Offices/DistanceLearning/Pages/CanvasAccess.aspx)

You will not be able to access this class until the FIRST Monday of class, but I encourage you to view the Canvas tutorials if you have not used this platform before. 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 have designed the class so that you are actively involved every week with the current readings and topics, discussion boards, quizzes and assignments. Be ready to participate and share about yourself!

I hope you find it to be fun as well as a learning opportunity. If you need to reach me, please email me at Christy.Richter@canyons.edu and write Counseling 111 in 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 111 class. I look forward to working with you!

Best of luck,

*Christy Richter*

Adjunct Counseling Faculty