Course Title: Learning to Learn
Course Code: Counseling 142 (All Sections)
Professor: Aivee Ortega
Email: aivee.ortega@canyons.edu
Format: Online
Course Length: 16 Weeks and 8 Weeks (See my available sections)

Introduction
Hello learners! My name is Aivee (pronounced Ivy) Ortega and I am a counselor at College of the Canyons. My philosophy as an instructor and counselor is to inspire and encourage you to become a responsible learner through growth, creativity and action. I hope to do that through this course. I am here to support and encourage you in the learning process. If you have any questions about this course, please email me. I will respond within 48 business hours. Please write COUNS 142 in the subject line when emailing. I am looking forward to seeing you online on the first day of the term and getting to know you through this course!

Counseling Faculty

Course Description
In this course, you will learn brain learning theory, basic brain anatomy, and strategies to become self-regulated learners. Being a self-regulated student is about you being in the driver’s seat of your learning. Topics will include self-motivation; emotional intelligence; active listening; reading and note-taking strategies; monitoring performance; information processing and developing a growth mindset. We will combine theory and practice to become successful learners and successful college students.

Course Information
This course is 100% online with no face-to-face class meetings. This course uses the learning management system Canvas as our online classroom. In order to participate in this class, you must have access to a computer, internet services and to a camera or scanner. We will be utilizing photo/video devices and/or online audio devices so that you can post recordings, videos and/or photos as part of your assignments when needed. All communication is through Canvas announcements and email.

You will be expected to participate in discussions each week and expected to complete all quizzes, exams, journals, and projects as scheduled. DO NOT UNDERESTIMATE COUNSELING COURSES. The work that is expected in this course is to help you become a better student. It is important to have good self-management skills and self-discipline to keep up with the assignments in order to be
successful in this on-line class. Just like in a traditional classroom, you are expected to PARTICIPATE, SHOW UP (ONLINE) AND DO THE WORK.

This course will be available on the first day of the academic term. You will be expected to log into the Canvas classroom on the first day of the term and at least every other day thereafter. If you add this class after the first day of the term it may take up to 24 hours before you will have access to Canvas. If you cannot log in after 24 hours, please send me an e-mail. Click here for information on how to log into Canvas.

Textbook information
Boston: Cengage Learning
ISBN-13 #: 9781305109599

Other relevant course information
Are you prepared to take an online class?
Distance education is not for everyone--please examine your preferred learning style. 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. Please consider taking the online learning readiness assessment on the COC Distance Learning website to determine your preparedness for online education and use of technology (see the link below under Distance Learning for this information).

Additional Resources
Canvas
The course can be accessed via Canvas at cv.canyons.edu on the first day of the course. Follow the login instructions at the bottom of the screen to log in. Here, you can also access Canvas user guides with helpful tips for navigating and using Canvas. For any Canvas related issues please call the Canvas Student Support line at (661)362-3344 during college business hours, or (877)889-9052 for 24/7 support.

Distance Learning
Check out the Distance Learning website for more information on a variety of topics that can help you be a successful online student such as: exam proctoring, learning styles, computer skills, and tips for student success. If this is your first online course, feel free to take our online learning readiness assessment to assess your skills.

The Learning Center (TLC)
The TLC provides FREE tutoring resource to COC students including:
- Face-to-face & ONLINE tutoring
- Testing Center: offers test proctoring services for courses that have required proctored exams
• Study Jam Review Sessions
• Computers with over 300 software programs

For more information visit the TLC Website.

Disabled Students Program & Services (DSPS)
College of the Canyons DSPS provides educational services and access for eligible students with documented disabilities who intend to pursue coursework at COC. A variety of programs and services are available which afford eligible students with disabilities the opportunity to participate fully in all aspects of the college programs and activities through appropriate and reasonable accommodations. For more information on their services visit the Disabled Students Program & Services website.

Online Counseling
The Counseling Department offers appointments online. You can schedule an appointment by visiting the Online Counseling website. Counselors can help you map out a plan to reach your educational goals as well as advise you on course selection and registration.