Counseling 142 – Learning to Learn

Dear Student,

Welcome to Counseling 142! By taking 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; monitoring performance; information processing and developing a growth mindset. We will combine theory and practice to become successful learners and successful college students.

Keep in mind that this is an 8 week course that is 100% online and there will be no face-to-face class meetings. This course utilizes a Learning Management System called Canvas. We will also use other online tools and resources as needed. In order to participate in this class you must have access to a computer, internet services and have a COC email address.

To create your COC email visit the following link: http://www.canyons.edu/Offices/Admissions/StudentEmail. If you are unfamiliar with Canvas, be sure to watch the available video tutorials to assist you with how to use the system: http://www.canyons.edu/Offices/DistanceLearning/Pages/CanvasAccess.aspx

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 class and at least every other day thereafter. Please log into the class by 4 pm on Wednesday of the first week or you will be dropped.** If you add this class after the first day of the semester it may take up to 24 hours before you will have access to Canvas. If you cannot log on after 24 hours, please send me an e-mail.

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. All communication will be done electronically through Canvas announcements, e-mail, discussion board, etc. You will be expected to participate in discussions each week and complete all quizzes, exams, assignments and discussions as scheduled. To be successful in this on-line class, it is important to have good self-management skills and self-discipline to keep up with the assignments. Just like in a traditional classroom, you are expected to **PARTICIPATE, SHOW UP AND DO THE WORK.**

**REQUIRED TEXTBOOK**

Boston: Cengage Learning
ISBN-13 #: 9781305109599
IMPORTANT LOG IN INFORMATION

You must login to the course starting on the first day of class by visiting http://cv.canyons.edu. Default student log in information is as follows:

<table>
<thead>
<tr>
<th>USERNAME</th>
<th>Your MyCanyons username (for example, jdsmith)</th>
</tr>
</thead>
<tbody>
<tr>
<td>PASSWORD</td>
<td>Student</td>
</tr>
</tbody>
</table>

Once you log in, you should change your password to something unique that you will remember. Should you experience any technical problems such as logging in, you can then contact Student Technical Support at (661) 362-3344 or cvsupport@canyons.edu.

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 reviewing the Readiness Assessment on the COC Distance Learning website to determine your preparedness for online education and use of technology:

http://www.canyons.edu/Offices/DistanceLearning/Pages/Assessments.aspx

I also recommend reading "How to Succeed in Distance Learning":
http://www.canyons.edu/Offices/DistanceLearning/Pages/SucceedInDistanceLearning.aspx

My personal philosophy as an instructor 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, please e-mail me at christy.richter@canyons.edu. I will respond to you within 48 hours. Please write COUNS 142 in the subject line when emailing.

I am looking forward seeing you online on the first day of class!

Christy Richter, MS
Adjunct Counseling Faculty
College of the Canyons