Course Title:  Student Success
Course Code:  Counseling 150
Professor:  Jennifer Anthony  
  jennifer.anthony@canyons.edu
Format:  Online
Course Length:  8 week short term

Introduction
Welcome to Counseling 150, Student Success!
I am glad that you have chosen to enroll in this short term 8 week online course and 
look forward to working with you this semester.
This is a 100% online class and will have no in person/on campus meetings

Course Description
Counseling 150 is designed to integrate personal growth, critical thinking, creative 
thinking, problem solving and academic success. The course introduces the student to 
the benefits of higher education, educational planning, goal setting and career choices.
The student is guided through the process of self-discovery, which emphasizes the 
importance of self-awareness, self-responsibility and self-empowerment.

Course Information
After completing this course, you should be able to:
1. Develop stronger interdependence skills.
2. Analyze self-motivation and create greater inner motivation.
3. Create a plan of action to take charge of one’s life.
4. Apply self-management techniques to become more effective and efficient in the 
accomplishment of goals and dreams.
5. Identify self-defeating patterns of behavior and create a plan to overcome them
6. Develop emotional intelligence and decrease stress
7. Understand what self-esteem is and examine self-acceptance, self-confidence, self-
respect, self-love, and unconditional self-worth.
8. Apply critical thinking skills for effective problem solving.
9. Develop and employ effective study skills techniques

Student Learning Outcome (SLO):
At the end of this course, it is expected that students who have regularly attended and 
completed all assignments will be able to:
   1. Demonstrate a positive increase in factors that contribute to student success
Textbook information
We will be using Open Educational Resources (OER) materials for this course! There is no cost to you as a student - all the materials necessary for this course are FREE to you and will be available through Canvas in an online format.
If you wish to purchase the Counseling 150 OER text in a hard copy format, you will be able to do so in the bookstore for a small fee.

Other relevant course information
In order to take this class, you must have access to a computer, internet services and e-mail. All communications will be completed through e-mail, chat rooms or the discussion board.
You will be expected to log on to Canvas regularly (recommended every other day). I will be posting announcements, assignments, discussion items, and homework activities that you will be expected to participate in each week.
Keep in mind that all assignments and discussions must be completed by the posted due dates. No late work will be accepted.
All course work will be completed and submitted online using Canvas.

You will not be able to sign into Canvas class prior to the start date of the class. You must log into the course by 11:50 PM of the second day of the course or you will be dropped from the course.

If you need to contact me, email (jennifer.anthony@canyons.edu) is the best way to reach me, please write Couns 150 in the subject line.

If you are on the “waitlist” and are still interested in adding the class, please email me for an “add code” to register for the course. Because this course is accelerated, I will not add students after the add/drop deadline regardless if you were on the waitlist.

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.

I’m looking forward to having you in my class this semester!

Jennifer Anthony
Associate Adjunct Counselor and Instructor