Introduction
Welcome to Counseling 150! I am excited you have decided to take this class. This is an online course so we will have no in person meetings. I am looking forward to assisting you on your transfer journey! My office hours are Wednesdays from 8:30-9am or by appointment.

Course Description
This course 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.

Student Learning Outcome: Demonstrate a positive increase in factors that contribute to student success

Course Information
This course is 100% online. In order to take this class, you must have access to a computer, internet services, and e-mail. All communications are done through announcements, e-mail, and discussion boards; you will be required to log into Canvas at various times throughout the week in order to complete each assignment.

Textbook information
On Course: Study Skills Plus, 2nd or 3rd Edition. Author: Skip Downing

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.