Hello and welcome to Counseling 150. This is Prof. Patricia Garcia and I am excited you are taking this class! 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.

**Additional information about this course:**

**Student Learning Outcome:**

Demonstrate a positive increase in factors that contribute to student success.

**After completing this course, you should be able to:**

1. Develop 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 several topics that can help you succeed in college. These topics are: Diversity and its importance in higher education, self-responsibility, self-empowerment and a personal plan of action.
8. Apply critical thinking skills for effective problem solving.
9. Develop and employ effective study skills techniques

For this course you will have a free electronic version of your Counseling 150 Textbook through OER (Open Educational Resources). When you open module 1 you will be able to download your book.

**Other Course Materials Required:** 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.

This course will be available on the first day of the short term class (October 16th). You will be expected to log into the Canvas classroom on the first day of the semester (October 16th) and at least every other day thereafter. 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.

**Learning Management System Information:** Previously you might have used Blackboard, a learning management system (LMS), to access your course. This course utilizes an LMS called Canvas.

Default Student login for Canvas:

URL: https://coc.instructure.com/ (Links to an external site.)
Username: your MyCanyons username  Password: student
Change your password after you login to Canvas for the first time.
How to change password: https://community.canvaslms.com/docs/DOC-2893 (Links to an external site.)

Online classes are as rigorous as regular classes and the time commitment is the same for each unit of class you are expected to put it 9 hours of work each week. The content of this course is similar to what is included in a traditional format course. Canvas allows for class discussions that everyone will be expected to participate in and you will still take quizzes and exams. These quizzes and exams will have the same format as the ones you would normally take in a traditional format class. However, they are rigidly timed and you will not have the time to look up more than a couple of items. I highly recommend that you study the material well before taking a quiz or exam. This class requires students to complete a lot of projects, reading, discussion, and sharing self reflection through discussion posts. You will need to pay close attention to due dates and details.

**Course Expectations**
Understandably, the transition from traditional, face-to-face instruction can be something of a culture shock. Therefore, as a student, you must be prepared to take personal responsibility for your education. In other words, it is up to you as the student to manage your time wisely and to check the syllabus and announcements for assignment due date and changes, to pay attention for each week’s modules, and keep up with the reading and class assignments. Of course, I am here when you need further clarification on an assignment. However, my key role is provide you with a tool box that will help you complete your assignments, but ultimately it is up to you to build and refine your craft.
All of your coursework will be completed through Canvas in the form, discussion board posts, projects, quizzes and tests. You must complete all assignments in each individual module in order to access subsequent modules. For example, you must complete all the work in Module 1-Unit #1- "Self- Awareness" in order to have access to Module 2-Unit 2 “Study Skills Techniques”. This will not hinder your ability to work ahead, but it should encourage you to avoid procrastination

If you have any questions before the class starts or during the semester, the best way to reach me is via email at patricia.garcia@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:

[Click here](https://community.canvaslms.com/docs/DOC-2893) (Links to an external site.)
I also recommend reading “*How to Succeed in Distance Learning*”

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**Good luck, stay focus and I know you will succeed in this class!**