

# COUN A100: INTRODUCTION TO COLLEGE

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	493010 - Career Guidance and Orientation
Units	1 Total Units
Hours	18 Total Hours (Lecture Hours 18)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Theory - AA (OE1)

## Course Description

Introduces new students to college services and facilities, academic policies and various segments of higher education in California. Includes time management, study skills, and academic planning. Transfer Credit: CSU.

## Course Level Student Learning Outcome(s)

1. Develop an educational goal and identify steps needed to obtain that goal. Develop a Student Educational Plan independently or in partnership with a counselor.
2. Identify strategies, services, and/or resources for student success, and examine how they might be used on an individual level to support and enhance students' success in higher education

## Course Objectives

- 1. Identify the colleges student service resources. Describe what each component provides for students.
- 2. Identify college policies and procedures relating to academic performance and progress
- 3. Define and use standard academic terminology essential to educational planning.
- 4. Define the differences between a liberal arts education and a technical or specialized education.
- 5. Identify and describe the various segments of higher education in California.
- 6. Identify and examine vocational programs.
- 7. Identify and prioritize the factors and characteristics which will most influence the students search for a transfer institution.
- 8. Access and analyze information about transfer institutions.
- 9. Develop an academic plan based on tentative major and/or transfer choices.
- 10. Develop an individualized set of best practices for college academic success.

## Lecture Content

I. Student Success  
 A. Community College Myths  
 B. Communication and Interaction with Instructors  
 C. Characteristics of Successful College Students  
 II. Goal Setting  
 A. Factors for Academic Success  
 B. Determine Goals, Obstacles, and Steps for Actions  
 III. Time Management  
 A. Time versus Attention Management  
 B. How to Develop a Class Schedule that Works  
 C. Overcoming Procrastination  
 IV. Campus Resources for Personal and Academic Success  
 A. Library  
 B. Student Success Center  
 C. Student Equity  
 D. Student Health Center  
 E. DSPS  
 F. EOPS  
 V. Study Skills (Instructor will cover at least three from the following list of options):  
 A. Student "To Dos" and "Not To Dos"  
 B. How to Take Lecture Notes  
 C. Reading and Annotating Strategies  
 D. Coordinating Learning Styles with Instructional Styles  
 E. Reducing Test Anxiety  
 VI. Career and Pathway Exploration  
 A. Familiarity with Career Center Resources  
 B. Guided Pathways  
 C. Transfer vs. Vocational Pathways  
 VII. Planning  
 A. Standard Academic Terminology  
 B. Types of Degrees and Their Purposes  
 C. Segments of Higher Education in California  
 D. Identifying Academic Interests and Skills  
 E. Researching and Selecting Majors (Transfer and Vocational)  
 F. Developing an Academic Plan; Identifying General Education and Major Requirements; Pre/Corequisites and Sequencing  
 VIII. Orientation to OrangeCoastCollege in accordance with Student Success and Support Program Title V .55521  
 A. Academic Expectations and progress and probation standards pursuant to section 55.031  
 B. Maintaining Registration Priority pursuant to section 58108  
 C. Prerequisite or co-requisite challenge process pursuant to section 55003  
 D. Maintaining Board of Governors Fee Waiver eligibility pursuant to section 58612  
 E. Description of available programs, support services, financial aid assistance, and campus facilities, and how they can be accessed  
 F. Academic Calendar and important timelines  
 G. Registration and College fees  
 H. Available education planning services

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

## Instructional Techniques

1. Lectures and student discussions. 2. Demonstration of various approaches to problem solving. 3. Group discussion and consensus building.

## Reading Assignments

30 - 60 minutes of assigned course readings per week which may include articles, peer discussion responses, supplementary materials provided by instructor, and/or web research.

## Writing Assignments

30 - 60 minutes per week of assigned writing that could include discussion chat posts, journal responses, notes, and/or other written assignments.

## **Out-of-class Assignments**

30 - 60 minutes per week which may include working on a Student Education Plan and/or conducting research on majors/colleges/occupations. Students may complete a longer range group or individual assignment. Sample topics may include, but are not limited to, academic success, effective communication, and/or college support services and resources.

## **Demonstration of Critical Thinking**

Written assignments require personal reflection and analysis of critical factors in making a decision related to actionable goals and/or student success.

## **Required Writing, Problem Solving, Skills Demonstration**

Students participate in a project that involves use of sources, written preparation and organization of key components, and oral presentation to their peers. Students are additionally expected to address follow-up questions.

## **Eligible Disciplines**

Counseling: Masters degree in counseling, rehabilitation counseling, clinical psychology, counseling psychology, guidance counseling, educational counseling, social work, or career development, marriage and family therapy, or marriage, family and child counseling, OR the equivalent. (NOTE: A bachelors degree in one of the above listed degrees and a license as a Marriage and Family Therapist (MFT) is an alternative qualification for this discipline.) Masters degree required. Title 5, section 53410.1

## **Other Resources**

1. 1. Orange Coast College Catalog 2. Assist.org 3. Schedule of Classes 4. Selected Articles 5. New Student Counseling Canvas Shell 6. Transfer Center Canvas Shell 7. Selected handout materials will be provided and distributed by the instructor.