

COUN A105: STRATEGIES FOR COLLEGE SUCCESS

Item	Value
Curriculum Committee Approval Date	03/13/2019
Top Code	493010 - Career Guidance and Orientation
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
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)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E1 Lifelong Understanding (E1)

Course Description

This is a course designed to integrate personal growth, critical and creative thinking, problem solving and academic and career success. Topics include study techniques, orientation to higher education and resources, life skills, academic planning, and personal development. For all students wishing to improve their success in college. Transfer Credit: CSU; UC: Credit Limitation: COUN A104, COUN A105, COUN A107 and COUN A107H combined: maximum credit, 3 units.

Course Level Student Learning Outcome(s)

1. Distinguish personal learning styles and develop study and time management skills.
2. Demonstrate an understanding of the culture of higher education, and prioritize and choose college academic/ support services in order to meet educational goals.
3. Identify personal/ academic goals, identify barriers to success, and collaborate to develop plans in order to overcome barriers.

Course Objectives

- 1. Demonstrate an understanding of the culture of postsecondary education by comparing and explaining the role, function and structure of higher education.
- 2. Explore multiculturalism and its role for succeeding in a diverse society.
- 3. Define social, psychological and physical issues that influence educational, career and life decision. Identify personal barriers to success in school and formulate a plan to overcome the barriers.
- 4. Compare different study skills methodology.
- 5. Discuss the value of persistence (time on task) to success in school.
- 6. Use study skills to increase academic success.

- 7. Create a personal mission statement along with short term and long term goals.
- 8. Evaluate the personal attributes which led to success for the individuals profiled in the textbook.
- 9. Select and design an educational plan which identifies academic goals. Schedule course requirements leading to completion of goals.
- 10. Appraise personal attributes through participation in self awareness exercises.
- 11. Identify personality traits as they apply to learning styles.
- 12. Describe college resources and use those resources appropriately to meet student need.
- 13. Demonstrate effective communication through active listening and participation in a small and large group setting.
- 14. Create a personal advising notebook to use as a guide for course selection and future academic plan.
- 15. Create a personal advising notebook to use as a guide for course selection and future academic plan.

Lecture Content

Orientation to Higher Education Academic policies/procedures of OCC
Transitional issues Expectation of faculty Typical college publications
The language of higher education Development of Effective Study
Skills Strategies Reading a textbook Effective note taking Test taking
strategies Writing strategies Personal Development and Life Skills Self-
evaluation and self esteem Time management Money management
Motivation and Persistence Goal-setting, priorities and decision making
Taking responsibility and overcoming fear Developing an Academic
Portfolio Degree and Certificate Options Student Educational Plan
The Transfer Process Career Goals Majors/minors Higher Educational
Institutions in California Transcripts and Resumes Cultural exploration
and affirmation Historical perspective Special needs Understanding
cultural diversity and skill development Communication across cultures
Sexism and Sexual Harassment Self Evaluation and Assessment
Learning Style Inventory Myers Briggs Type Indicator True Colors
Values clarification Multiple Intelligences VAK System Critical Thinking,
Problem Solving and Creative Thinking Decision making strategies
and problem solving skills Key Principles of thinking Checking and
investigating data, information, bias, facts and opinions Evaluating
assumptions, evidence, arguments, evaluation and explanations
Recognizing errors in thinking Creative thinking i > Idea generation,
intuition, imagination Mind mapping Application of critical analysis,
problem solving and creative thinking skills to personal growth as well
as academic and career success. Resources which support student
success Campus Resources General library Research materials and
techniques Use of computers for library research documentation
techniques and plagiarism Other campus resources Counseling,
Financial aid, Tutoring, Health Center, Job Placement, Service Learning
Community Resources Private and non-profit agencies Government
agencies Development of Effective Communication Active listening and
active participation, the Communication Loop Conflict management
Developing relationships Public speaking skills Working effectively
in small groups Team building and strategies for effective team work
Technology Overcoming technophobia Assessing information technology
in higher education Evaluate search sites and locating what you want
on the internet Use of technology to manage time and money On-line
learner Maintaining health Health, balanced lifestyle and the mind/body
relationship Managing stress and relaxation techniques Dietary, sleep

and exercise recommendations Drug and alcohol usage Sexually transmitted diseases\ i

Method(s) of Instruction

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

Instructional Techniques

Instruction is designed to support the diverse learning styles of students. Methodologies include lectures, interactive lectures, power point and multi.media presentations, large and small group discussions, group projects, individual exercises and assessment, video, guest speakers, on.campus tours, readings, special hand.outs, and directed assignments.

Reading Assignments

Students will spend approximately two to three hours per week reading from assigned textbook and handouts.

Writing Assignments

Students will spend approximately two hours per week on writing assignments. Students will reflect critical thinking skills in written assignments which may include an autobiography, written reports, guided journal entries reflecting on discovery and intention statements, and short answer exercises and exams. Each student will be required to present an oral presentation to the class. Each student will identify problems or obstacles that hinder their academic success and then identify and explain techniques, skills or resources than can be used to solve these issues.

Out-of-class Assignments

Students will spend approximately two hours per week completing out of class assignments. Assignments will include a variety of reflections, worksheets, self assessments and chapter exercises related to weekly class content.

Demonstration of Critical Thinking

Exams Skill demonstrations Problem solving exercises Written reports Class participation Projects Oral presentations

Required Writing, Problem Solving, Skills Demonstration

Students will reflect critical thinking skills in written assignments which may include an autobiography, written reports, guided journal entries reflecting on discovery and intention statements, and short answer exercises and exams. Each student will be required to present an oral presentation to the class. Each student will identify problems or obstacles that hinder their academic success and then identify and explain techniques, skills or resources than can be used to solve these issues.

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

Textbooks Resources

1. Required Dave Ellis. . Becoming a Master Student, 16TH ed. Boston New York: Houghton Mifflin Co., 2018 Rationale: - 2. Required Vincent Ruggiero. Becoming a Critical Thinker, 8TH ed. Boston New York: Houghton Mifflin Co., 2014 Rationale: - 3. Required Constance Staley. FOCUS on Community College Success, 5th ed. Wadsworth Publishing, 2016

Other Resources

1. Orange Coast College Catalog and schedule 2. Selected handout materials to be provided and distributed by the instructor. 3. Transfer Planning Guide