

COUN C105: STRATEGIES FOR COLLEGE SUCCESS

Item	Value
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)
Local General Education (GE)	• CL Option 1 Self-Development (CE1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E1 Lifelong Understanding (E1)

Course Description

This course is designed to integrate personal growth, critical and creative thinking, problem-solving and academic and career success. Topics include orientation to higher education, resources, educational planning, academic integrity, study techniques, learning strategies, mindset, and personal development. Transfer Credit: CSU; UC: Credit Limitation: COUN C104 and COUN C105: maximum credit, 1 course.

Course Level Student Learning Outcome(s)

1. Apply and practice critical and creative thinking processes as they apply to decision-making and problem-solving.
2. Identify academic goals based on an understanding of higher education and develop an educational plan consistent with goals.
3. Define social, psychological, and physiological issues that impact educational, career, and life decisions.

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. Describe college resources and use those resources appropriately to meet student need.
- 3. Define social, psychological and physical issues that influence educational, career and life decision.
- 4. Understand the factors that influence motivation and develop strategies to increase motivational levels.
- 5. Learn the concept of self-efficacy and learn specific strategies and successful behaviors to develop self-efficacy.
- 6. Understand effective strategies for managing time and achieving lifelong goals.
- 7. Identify personality traits as they apply to learning styles.
- 8. Demonstrate effective communication and group process skills.

- 9. Select a major and create an educational plan that identifies academic goals.
- 10. Examine health issues such as stress, nutrition, and exercise that affect lifelong well-being.
- 11. Identify personal barriers to success in school and formulate a plan to overcome the barriers.

Lecture Content

PERSONAL DEVELOPMENT Relationships Communication strategies Conflict Management Self-Evaluation and Self-Esteem Health Nutrition and Exercise Mind/Body Relationship Stress Management Substance Abuse Diversity Communication Styles Cultural Wealth Self-Advocacy Inherent Bias Sexism and Sexual Harassment Special Needs Thought Critical Thinking Creative Thinking Decision Making Goal Setting Problem Solving Time Management Procrastination Study Habits Scheduling Strategies Money Money Management Financing a College Education EDUCATIONAL AND CAREER DEVELOPMENT Educational Planning Selecting a Major Structure of Higher Education Creating a Student Education Plan College Programs and Services Career Planning Evaluating Interests Defining Values and Skills Work Purpose COLLEGE SUCCESS STRATEGIES Learning Styles Stages of Learning Learning Profile Learning Strategies Memory Techniques Reading Techniques Note-taking Test-taking Researching Writing Strategies Technology Online, Hybrid, In-Person Strategies to increase online-learning success Overcoming technophobia Using the Coastline Library

Method(s) of Instruction

- Lecture (02)
- DE Online Lecture (02X)
- Video one-way (ITV, video) (63)

Instructional Techniques

Instruction is designed to support the diverse learning styles of students. Methodologies include lectures, interactive lectures, power point and multimedia presentations, group discussions, group projects, individual exercises and assessment, video, guest speakers, readings, handouts, and directed assignments.

Reading Assignments

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

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 identify problems or obstacles that hinder their academic success and then identify and explain techniques, skills or resources that 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

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 identify problems or obstacles that hinder their academic success and then identify and explain techniques, skills or resources that 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 Downing, Skip. On Course, Strategies for Creating Success in College, Career and Life, 9th ed. Cengage, 2019

Other Resources

1. Coastline Library 2. OER - Open Educational Resources