

COUN G105: STRATEGIES FOR COLLEGE SUCCESS

Item	Value
Curriculum Committee Approval Date	09/21/2021
Top Code	493013 - Academic Guidance
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	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Local General Education (GE)	• Area 7E Lifelong Understanding and Self-Development (GE)
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 an orientation to higher education, academic integrity, learning strategies, study techniques and academic resources, mindset, life skills, and personal development. Course will also include individual ethnic identity development, and multiculturalism and its role in succeeding in a diverse society. No credit if taken after COLL G100. Transfer Credit: CSU; UC: Credit Limitation: COLL G100, COUN G104, COUN G105, COUN G115, COUN G150, COUN G151, COUN G152, COUN G153, COUN G154, COUN G155, COUN G156 and COUN G205 combined: maximum credit, 3 units.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Evaluate the culture of postsecondary education, and identify academic and support services in order to meet educational goals.
3. Identify personal and academic goals recognizing any barriers to success, and methods for overcoming those barriers.
4. Assess social, psychological and physiological issues that impact educational, career, and life decisions.
5. Distinguish personal learning styles and academic study skills to meet educational goals.

Course Objectives

- 1. Describe the culture of post-secondary education and higher education systems in the U.S.
- 2. Analyze multiculturalism and its role for succeeding in a diverse society.
- 3. Define social, psychological and physical issues that influence educational, career and life decision.

- 4. Identify personality traits as they apply to learning styles.
- 5. Demonstrate communication and group process skills.
- 6. Examine health issues such as stress, nutrition, and exercise that affect lifelong well-being.
- 7. Identify personal barriers to success in school and formulate a plan to overcome the barriers.
- 8. Describe college resources and use those resources appropriately to meet student need.
- 9. Explain the factors that influence motivation and develop strategies to increase motivational levels.
- 10. Integrate the concept of self-efficacy and mindset to increase completion of personal, educational, and career goals.
- 11. Create an educational plan in conjunction with a counselor that identifies academic and career goals.

Lecture Content

Higher Education Overview of higher education and education systems Academic policies and procedures Transitional issues The language of higher education College cultures Degree and educational planning Course selection Career goals Campus and community resources Library Overview Student support services Counseling Financial aid Tutoring Health center Career center and employment services Transfer center Community resources Personal Development and Life Skills Relationships Effective Communication Presentation skills Team building and group work Conflict management Self-evaluation and self-esteem Emotional intelligence Cultural Exploration and ethnic identity Ethnic Identity Development Cultural capital and cultural wealth Bias and discrimination Communication across cultures Sexism and Sexual Harassment Special needs Health Nutrition and exercise Mind/Body relationships Stress management Healthy eating, exercise, and sleep Substance abuse Sexual health Thought processes Critical and creative thinking Decision making Goal setting Values clarification Problem solving Mindset and self-advocacy Time and Money Time management Scheduling Motivation and Persistence Money management and budgeting Financing higher education College success strategies Learning styles Learning profiles Academic learning Reading techniques Memory techniques Effective note-taking Test taking skills Academic research Academic writing strategies Technology Methods of instruction Strategies to increase online learning Overcoming technophobia Information technology Online learning

Method(s) of Instruction

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

Instructional Techniques

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

Reading Assignments

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

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, short answer exercises and exams. Each student will identify problems or obstacles that hinder their academic success and 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 than can be used to solve these issues.

Eligible Disciplines

Counseling: Master's 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 bachelor's 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.) Master's degree required. Title 5, section 53410.1

Textbooks Resources

1. Required Ellis, Dave. Becoming a Master Student, 16th ed. Cengage, 2018 Rationale: . 2. Required Staley, Constance. FOCUS on Community College Success, 5th ed. Wadsworth Publishing, 2016 3. Required Downing, Skip. On Course, Strategies for Creating Success in College, Career, and Life, 9th ed. Cengage, 2019 4. Required Alcala, C; Diamond, N., Fong, N., Putnam, K., Portillo, Y. . College Student Success, 1st ed. Creative Commons (OER), 2021

Other Resources

1. GWC College Catalog