

Counseling 53: *College and Life Management*

Course Syllabus

Reedley College – Fall 2015

INSTRUCTOR: Ms. Perez
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Office Hours: By appointment only

SCHEDULE NO: 57996
DAY/TIME: MW 8:00-8:50A.M.
COURSE TERM: 08/17-12/16
ROOM: Complex I, Room 204

COURSE DESCRIPTION: This course is designed for the first- year college students. It will prepare students for college life and academic success. Topics will include: personal and academic goal development, campus resources, student success strategies, diversity and cultural awareness, and maintaining a healthy lifestyle.

Basic Skills Advisories: Eligibility for English 125, 126, and Mathematics 201. (A, CSU)

COURSE OUTCOMES:

Upon completion of this course, students will be able to:

1. Articulate own personal values.
2. Reflect on cultural diversity and personal educational goals.
3. Identify their own learning style.
4. Apply college policies and procedures to educational goal to increase chances for success in college.
5. Identify values and skills to help determine major and career pathway.
6. Apply strategies to a healthy lifestyle.

COURSE OBJECTIVES:

In the process of completing this course, students will:

1. Identify personal values in relation to family, culture, education and community.
2. Examine diversity and inter-cultural barriers.
3. Identify personal learning style and practice college success strategies.
4. Learn college terms, definitions and student responsibilities.
5. Be introduced to campus and online resources.
6. Review certificate, degree and transfer requirements to develop a student education plan (SEP).
7. Complete an educational inventory to identify strengths and skills.
8. Learn the elements and application of a healthy lifestyle.

Note: Cellular Phone responsibility Any disruption by a student using his/her cellular phone/technology during class time will be asked to leave class for that day. Cell Phones/technology will be used for class purposes at the discretion of the instructor.

REQUIRED TEXT: On Course, By Skip Downing, 2nd edition
ISBN: 978-1-133-30974-1

SUPPLIES: (2) 882-E Scantron

ATTENDANCE: Students are expected to attend all class meetings. Excessive absences, **3 or more**, may result in the student being **dropped** from this class. Ultimately, it is the student's responsibility to officially drop a class in which he/she no longer wishes to be enrolled. Three tardies to class may be counted as an absence.

CHEATING & PLAGIARISM: "...cheating, plagiarism, and collusion in dishonest activities erode the integrity of the college; each student is expected to exert an entirely honest effort in all academic endeavors. Academic dishonesty in any form is a very serious offense and will incur serious consequences" (Reedley College Catalog, 2015-2016).

ACCOMMODATIONS: Reedley College is committed to providing reasonable accommodations to students with disabilities. Disabled Student Programs & Services (**DSP&S**) provides the campus with academic support services and specialized assistance to students with disabilities. Individuals with physical, perceptual, or learning disabilities as addressed by the Americans with Disabilities Act should contact DSP&S for information regarding accommodations. Please notify the instructor so that reasonable efforts can be made.

COMMUNICATION: Students will have access to the course on the first day of the semester. Log on to **Blackboard** with the **seven digit student ID** for both the username and password. Students may also direct any questions/requests via their student email account. Computers are available in the **Computer Lab** located in the Library.

GRADING: Student success in this course will depend on the interest, willingness and enthusiasm that students bring to class. Students are expected to be active participants in group activities and class discussions. **No Late work accepted (unless w/documentation)**
Grades will be based on completion of the following:

Final Exam	60 pts.	A=90-100%	300-270 pts.
Quizzes	60 pts.	B=80-89%	269-240 pts.
Journals	45 pts.	C=70-79%	239-210 pts.
SEP	15 pts.	D=60-69%	209-180 pts.
Mid Term	60pts.	F=59-0%	179 & below
Campus Resources	15pts.	Total:	300 Pts.
Written Assignment	15pts.		
Group Presentations	30pts.		

QUIZZES: There will be a quiz on campus policies and services (worth 15pts). In addition, upon the **conclusion of each chapter**, students will take a quiz consisting of five questions; There will be a total of nine chapter quizzes *worth five points each*.

JOURNALS: Students will complete a **typed** journal entry for each chapter. Students must thoroughly complete each journal by responding to the question in paragraph form with original complete sentences. Further instructions will be discussed in class. *Journal entries are worth 5pts.*

SEP: Student Educational Plan prepared by a campus counselor which serves as a guide for a student to assist him/her in keeping them on track to accomplish their educational goal. Students must schedule an appointment with an academic counselor using eSARS on RC home page to create an SEP if they don't already have one. A recent SEP copy (from Spring 2015 and on) will be accepted unless students changed their major. Due 10/05

MIDTERM: Students will take a midterm exam of 60 questions worth (1 points each). The midterm exam will consist of chapters 1-6.

CAMPUS RESOURCES: Students will need to be able to identify campus resources and complete an activity sheet by attending various offices on campus. More details will be provided in class.

WRITTEN ASSIGNMENT: For this assignment you will watch a movie and analyze how it illustrates concepts we have covered in our course this semester. Must be one page and Typed

GROUP PROJECT: Students will be assigned to a group and will be presenting on an assigned topic from the chapter. Presentation must be 30 minutes include a PowerPoint and an Activity. Rubric and more details will be provided in class.

FINAL: The final will be 100 % comprehensive. There will be a total of *60 questions-questions worth 1 point each*. An 882E Scantron is required.

COURSE OUTLINE

Week 1

8/17/2015

Instructor introduction/ Students introductions/ Review Syllabus and course.

8/19/2015

Icebreaker (FM pg. 53)
Make an apt w/a counselor using eSARS on RC Homepage/Web advisor/Blackboard/Email

8/21/2015

Campus Policies & Services of Classes & Catalog
Icebreaker (FM pg. 155)
Assign Assignment #1 due 8/24/2015

Week 2

- 8/24/2015** **Campus Policies & Services of Classes & Catalog (Cont.)**
Quiz #1
Assignment #1 due
- 8/26/2015** **Campus Resources**
- 8/28/2015** **Campus Resources (cont.)**
Assign Group Presentations
Homework: Read Chapter One: Getting on Course to your Success

Week 3

- 8/31/2015** **Chapter One: Getting on Course to your Success**
Self-Assessment pg. 6
- 9/02/2015** **Review College Customs pg. 34**
GPA
- 9/04/2015** **Quiz #2 (CH1)**
Homework: Read Chapter Two: Accepting Personal Responsibility &
Journal #1 pg.33 due 9/09/2015

Week 4

- 9/07/2015** **Labor Day Holiday No Class**
- 9/09/2015** **Chapter Two: Accepting Personal Responsibility**
One Student's Story pg. 47
Journal #1 due
- 9/11/2015** **Chapter Two: Accepting Personal Responsibility (Cont.)**

Activity pg. 46

Homework: Read Chapter Three: Discovering Self-Motivation &
Journal #2 pg. 53 due 9/14/2015

Week 5

9/14/2015

Chapter Two: Accepting Personal Responsibility (Cont.)

Guest Speaker??

Quiz #3 (CH 2)

Journal #2 due

9/16/2015

Chapter Three: Discovering Self-Motivation

Case Study pg. 92

9/18/2015

Chapter Three: Discovering Self-Motivation (Cont.)

Homework: Read Chapter Four: Mastering Self- Management & Journal #3 pg.
109 due 9/21/2015

Week 6

9/21/2015

Chapter Three: Discovering Self- Motivation (Cont.)

Quiz #4 (CHP 3)

Journal #3 due

Group One Presentation: Reading pg. 69

9/23/2015

Chapter Four: Mastering Self- Management

Activity- Time Wasters (FM pg. 120)

9/25/2015

Chapter Four: Mastering Self-Management (Cont.)

The Big Rocks of Life Activity

Homework: Read Chapter Five: Employing Interdependence & Journal #4 pg.
144 due 9/28/2015

Week 7

- 9/28/2015** **Chapter Four: Mastering Self- Management (Cont.)**
Quiz #5 (CH4)
Journal #4 due
Group Two Presentation: Taking Notes pg. 119
- 9/30/2015** **Chapter Five: Employing Interdependence**
Tootsie Roll Pops Activity (FM pg. 152)
- 10/02/2015** **Chapter Five: Employing Interdependence (Cont.)**
Case Study pg. 194
Homework: Read Chapter Six: Gaining Self-Awareness & Journal #5 pg. 200
due 10/05/2015

Week 8

- 10/05/2015** **Chapter Five: Employing Interdependence (Cont.)**
Quiz #6 (CH5)
Journal # 5 due
SEP due
Group Three Presentation: Organizing Study Materials pg. 169
- 10/07/2015** **Chapter Six: Gaining Self- Awareness**
The Party Game Activity (FM pg. 187)
- 10/09/2015** **Chapter Six: Gaining Self- Awareness**
Making Academic Course Corrections Activity (FM pg. 186)
Homework: Journal #6 pg. 245 due 10/12/2015

Week 9

- 10/12/2015** **Chapter Six: Gaining Self-Awareness**
Quiz #7 (CH6)

Journal #6 due

Group Four Presentation: Rehearsing and Memorizing Study Materials pg. 219

10/14/2015 Review For Midterm CH 1-6

**10/16/2015 Midterm (Make sure to bring a 882-E Scantron)
Homework: Read Chapter Seven: Adopting Lifelong Learning**

Week 10

10/19/2015 Go over Midterm Results

**10/21/2015 Chapter Seven: Adopting Lifelong Learning
The Failure Toss Activity (FM pg. 205)**

**10/23/2015 Chapter Seven: Adopting Lifelong Learning (Cont.)
Learning Preference Inventory pg. 290
Homework: Journal #7 pg. 288 due 10/26/2015**

Week 11

**10/26/2015 Chapter Seven: Adopting Lifelong Learning (Cont.)
Lessons From Your Obstacle (FM pg. 206)
Journal #7 due**

**10/28/2015 Chapter Seven: Adopting Lifelong Learning (Cont.)
Quiz #8 (CH7)
Group 5 Presentation: Taking Test pg. 259**

**10/30/2015 Activity- Taking Test
Homework: Reach Chapter Eight: Developing Emotional Intelligence**

Week 12

- 11/02/2015 **Chapter Eight: Developing Emotional Intelligence**
Right Now I Feel Activity (FM pg. 229)
- 11/04/2015 **Chapter Eight: Developing Emotional Intelligence**
Up on the Roof Activity (FM pg. 231)
- 11/06/2015 **Quiz #9 (CHP 8)**
Group Six Presentation: Writing pg. 310
Homework: Read Chapter Nine: Staying On Course to Your Success & Journal
#8 due 11/09/2015

Week 13

- 11/09/2015 **Chapter Nine: Staying On Course to Your Success**
Journal #8 due
Appreciations Activity (FM pg. 251)
Pick a movie
- 11/11/2015 **Veterans Day (No Class Held, Campus Open)**
- 11/13/2015 **Quiz #10 (CH9)**
Movie
Homework: Journal #9 pg. 375 due 11/16/2015

Week 14

- 11/16/2015 **Movie**
Journal #9due
- 11/18/2015 **Homework:** Writing Assignment due 11/23/2015
- 11/20/2015 **Group Seven Presentation: Managing Money pg. 358**

Week 15

11/23/2015 **Guest Speaker Financial Aid & FAFSA DEADLINES**
Writing Assignment due

11/25/2015 **Life Challenge Game**

11/27/2015 **Thanksgiving Break No Class**

Week 16

11/30/2015 **Guest Speaker: Mike Jones Financial Management**

12/02/2015 **Diversity**
Activity

12/04/2015 **Movie**

Week 17

12/07/2015 **Movie**
Homework: Bring Possession to Class 12/09/2015

12/09/2015 **Personal Possession Activity**

12/11/2015 **End of Semester Reflection**
Discussion of what we have learned through out the semester

Week 18

12/14/2015 **Review For Final**

12/16/2015 **Final 8AM-9:50AM**

