# Course Syllabus

## COUN-53 (56579): College and Life Management

**Fall 2018: Friday 10-11:50/Hybrid (On-Line)**

**INSTRUCTOR: Javier Renteria, M.S.**

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**OFFICE HOURS: By appointment only,** 9:00am-4:00pm, Athletic Conference Room

**Textbook: eBook:**

**A Student Athlete’s Guide to Success, 3rd Edition**

**Trent A. Petrie/Douglas M. Hankes/Eric L. Denson**

**The eBook is available through CENGAGEbrain website link:**

[**https://www.cengage.com/c/a-student-athlete-s-guide-to-success-3e-petrie?filterBy=Student**](https://www.cengage.com/c/a-student-athlete-s-guide-to-success-3e-petrie?filterBy=Student)

**Course Description:**

This course is designed to help prepare students for college life and academic success. Topics include personal growth and development, academic goal development, campus resources, student success strategies, diversity and cultural awareness, and maintaining a healthy lifestyle. (*COUN-53 meets a CSU Area-E general education requirement; is UC/CSU unit transferable and meets a graduation requirement for the Reedley College Associates Degree).*

Additionally,this course addresses the unique transitional needs of intercollegiate student-athletes and focuses on the following topics as they pertain to student athletes: educational planning, goal setting, time management, career decision making, stress management, personal and social responsibility, and NCAA/NAIA transfer rules and requirements.

**Attendance & Participation:**

• Your attendance and participation are important. Attendance will be taken at random points during each class period.

• Students missing **three (3)** or more classes may be dropped for non-attendance.

• Any student who misses a class during the first **three (3)** weeks of instruction, may be dropped.

• Success in this course depends on your active participation. Your participation and homework is worth a portion of your grade. There is no opportunity to make up for missed participation points.

• Participation points will be earned for activities such as:

o Remaining attentive during class presentations

o Completing Homework Assignments

o In class projects

• Students entering or leaving the classroom at times other than the scheduled start/end of class cause a disruption to students and instructors. Students who are habitually tardy (3 or more times per term) and/or leave class early (without making prior arrangements) will be penalized.

• Remember: “Early is on time. On time is late. Late is unacceptable.”

• Your participation points are often earned at the beginning or end of the class session and there will be no opportunity to make up those points once they are missed.

*Assignments can only be made up if prior arrangements have been made with the instructor or under extenuating circumstances.*

**Statement on Cheating and Plagiarism/Student Conduct:**

Each student is expected to exert an entirely honest effort toward attaining an education. Every instructor has the authority and responsibility for dealing with such instances of cheating and/or plagiarism as may occur in class. The online classroom is a formal educational setting and an environment conducive to learning will be enforced.

**Grading:**

Your overall course grade will be based on completion of all class assignments. The following assignments are required for this course:

**Assignments:**

**EXAMS Possible Points**

3 exams, ea. worth 50 points 150 points

**ON-LINE RESPONSES**

10 individual responses ea. worth 20 points 120 points

Participation ea. week worth 5 points 80 points

**WEEKLY GOALS / STUDY LAB HOURS**

15 weekly planners ea. worth 10 points 150 points

**GRADING**

A= 90- 100% 450-500 points

B= 80- 89 400-449

C= 70-79 350-399

D= 60-69 300-349

F= below 000-299

**Reasonable Accommodations:**

If you have a verified need for an academic accommodation or materials in alternate media (i.e., Braille, large print, electronic text, etc.) per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact the instructor as soon as possible.

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| **Student Learning Outcomes:** | |
|  | *Upon completion of this course, students will be able to:* | | |
|  | 1. Articulate their 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. | | |
| **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.

**ACCESSING THE ONLINE COUN-53 WEBSITE:** This course will also be presented on the internet learning management system called Canvas. You can log-in your webadvisor to access Canvas. If you are uncertain about how to log into Canvas, instructions can be found on the websites of each campus of the State Center Community College District. This course, COUN-53 #56579, will be listed on Canvas when you login. Follow the instructions that are given for gaining access to the course site (username, password, etc.).

**COURSE OUTLINE**

Week 1 **8/17** Review Syllabus. Review Time-Management Strategies/Planners

Student-Athlete Conduct

Obligation of A Student-Athlete.

A.C.T. lecture.

Student Athletes in College: Engaging Success (YouTube video)

Week 2 **8/24** Review Chapter 1 Review Time-Management Strategies/Planners

Note Taking Strategies/Goal Setting

Overview of California Community College Athletic Association (CCCAA) and National Collegiate Athletic Association Eligibility Rules

Week 3 **8/31** Review Chapter 2

Review Time-Management Strategies/Planners

Student Athlete Topic Discussion (YouTube video)

Week 4 **9/7**  Review Chapters 3

Review Time-Management Strategies/Planners

Student Athlete Topic Discussion (YouTube video)

Week 5 **9/14**  Guest Speaker: Julio Zamarripa (UC Santa Barbara Rep.)

Review Time-Management Strategies/Planners

Student Athlete Topic Discussion (YouTube video)

Week 6 **9/21**  Review Chapters 1, 2, & 3/EXAM 1

Review Time-Management Strategies/Planners

Student Athlete Topic Discussion (YouTube video)

Week 7 **9/28**  Review Chapter 4

Review Time-Management Strategies/Planners

Student Athlete Topic Discussion (YouTube video)

Week 8 **10/5** Review Chapter 5

Review Time-Management Strategies/Planners

Student Athlete Topic Discussion (YouTube video)

Week 9 **10/12** Review Chapter 6

Review Time-Management Strategies/Planners

Student Athlete Topic Discussion (YouTube video)

Week 10 **10/19** Review Chapter 7

Review Time-Management Strategies/Planners

Student Athlete Topic Discussion (YouTube video)

Week 11 **10/26** Review Chapter 8

Review Time-Management Strategies/Planners

Student Athlete Topic Discussion (YouTube video)

Week 12 **11/2** Review Chapters 6, 7, & 8/EXAM 2

Review Time-Management Strategies/Planners

Student Athlete Topic Discussion (YouTube video)

Week 13 **11/9** Review Chapter 9

Review Time-Management Strategies/Planners

Student Athlete Topic Discussion (YouTube video)

Week 14 **11/16** Review Chapter 10

Review Time-Management Strategies/Planners

Student Athlete Topic Discussion (YouTube video)

Week 15 **11/23** No Class – Assignment posted on Canvas

Week 16 **11/30** Review Chapters 11 & 12

Review Time-Management Strategies/Planners

Student Athlete Topic Discussion (YouTube video)

Week 17 **12/7** Review Chapter 13

Review Chapters 9, 10, 11, 12, & 13

Review Time-Management Strategies/Planners

Student Athlete Topic Discussion (YouTube video)

Week 18 **12/14 Final Exam - Location TBA**