

Reedley College COUN 281 - # 56201 Life Strategies for Success

Instructor: Blanca Rivera

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Instruction - lecture via Zoom

March 15 - May 21, 2021

Zoom Meeting: Tuesday 12:00-12:50 pm dates- (3/16, 3/23, 4/6, 4/13, 4/20, 4/27, 5/4, 5/11)

Meeting ID: 98512414531

Password: 897264

Office Hours: **By Appointment –phone or Zoom appointment**

COURSE DESCRIPTION:

Basic skills: Advisories: None, Non-degree, non-transferable.

Students will learn skills that will assist them in developing and implementing a personal plan for achieving their life goals.

STUDENT LEARNING OUTCOMES:

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

1. Identify and list decision-making and goal-setting skills which will be used to increase student's academic and life success.
2. Demonstrate an understanding of self-concept.
3. Recognize and describe behaviors to improve one's social-emotional health leading to a healthy self-concept.

COURSE OBJECTIVES:

1. Identify personal success and the barriers that can hinder personal growth.
2. Identify motivators which will result in personal success.
3. Recognize the relationship between goal setting and personal responsibility.
4. Develop a personal mission statement.

Textbook: Life Strategies for Success. Skip Downing (available at the Reedley College bookstore).

IMPORTANT DATES:

– First day class begins **March 16, 2021**

– Last day to drop to avoid an "W" **March 22, 2021**

– Last day to drop to avoid an "F" **April 20, 2021**

Holidays -- **Monday March 29, 2021 - Friday April 2, 2021**

Final Exam Week of May 17-21, 2021

*** This schedule is tentative and is subject to change. ***