

**Counseling 53: College and Life Management**

**Course Syllabus**

**Fall 2016**

**Instructor:** Ellyce Parento-Garcia **Email:** ellyce.parento-garcia@reedleycollege.edu

**Course:** COUN 53 - 57595 **Days/Time:** MWF 8 - 8:50 AM

**Room:** CCI 204

**Course Description:**

This course is designed for first-year college students. It will prepare students for college life and academic success. Topics will include personal growth and development, academic goal development, campus resources, student success strategies, diversity and cultural awareness, and maintaining a healthy lifestyle. ADVISORIES: Eligibility for English 125, 126, and Mathematics 201. (A, CSU-GE)

**Student Learning Outcomes:**

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

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| 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.
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| **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.
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| **Textbook:** On Course: Strategies for Creating Success in College and in Life 3rd Edition by Skip Downing. *Bring to each class period.*  |

**Supplies:**

Required: Large, blue testing booklet (SCANTRON #BB-2). *Bring to each class period.*

Recommended: Academic planner/calendar

**Attendance:**

Class **attendance is vital to a student’s success** in the course. Attendance will be taken every class period. It is **your** responsibility to make sure you are marked present. There are no excused absences. Two (2) absences will be considered excessive and may result in being dropped from the class at the discretion of the instructor.

**Drop Policy:**

It is the **student’s** responsibility to officially drop a class in which he/she no longer wishes to be enrolled.

*Note: September 2, 2016 – Last day to drop a full-length class.*

**Late Assignments:**

**Late work will not be accepted!** Assignments are due at the beginning of each class, no exceptions. If you must miss class, you may email the assignment(s) due that day prior to the beginning of the given class period. Make up quizzes/exams will not be permitted.

**Americans with Disabilities Act:**

Accommodations: Students having a verifiable need for academic accommodations 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 should contact me as soon as possible.

**Plagiarism and Cheating:**

Students at Reedley College are entitled to the best education that the college can make available to them, and they, their instructors, and their fellow students share the responsibility to ensure that this education is honestly attained. Because 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. Cheating and plagiarizing are serious academic offenses and may result in an **automatic fail** in this course.

**Classroom Etiquette:**

**Cell phones are not to be used in class for any reason whatsoever. This includes photographing the board instead of taking notes, texting, social media, clock functions, etc. Please ask permission to audio tape class lectures and discussions. No video tapping is allowed.**

**Course Rules for Success:**

To create the very best environment for supporting your success and the success of your classmates, this course has three important rules. The more challenging these rules are for you, the more value you will experience by adopting them. By choosing to follow these three rules, you are choosing to be successful not only in this course but in your life. These rules will support your success in every goal you pursue!

1. **Show up!**

2. **Do the work!**

3. **Participate actively!**

**Grading:**

Student success in this course will depend on the interest, willingness and enthusiasm that students bring to class. Students are expected to be an active participant in group activities and class discussions. Grades will be based on completion of the following:

10 Journals (5pts. each) 50 Pts.

5 Quizzes (10pts. each) 50

Campus Community Activity 15

Do One Diff. Thing This Week 25

Midterm 40

Presentation 20

Project 30

SEP 10

Final 60

TOTAL POINTS POSSIBLE 300

A = 270-300 Points

B = 240-269

C = 210-239

D = 180-209

F = 179 or below

(See Reverse for Assignment Descriptions)

**Journals (50 Possible Points)**

During this semester, you will write 10 journal entries. Journaling provides an opportunity to explore your thoughts and feelings as we learn study strategies and explore course topics. By carefully examining each strategy in your journal, you will discover which ones will assist you to create a rich, personally fulfilling life.

*Note: All entries shall be entered in a large, blue testing booklet (Scantron #BB-2).*

Journal Points: Each journal entry will be awarded up to 6 points. Therefore, all 10 journal entries will be worth a possible total of 50 points. A journal entry will be awarded the maximum of 5 points if it fulfills the following two criteria:

1. The entry is **complete** (all steps in the directions have been responded to), and

2. The entry is **written with high standards** (an obvious attempt has been made to Dive Deep).

Grammar, spelling, and punctuation will NOT be factors in awarding points.

**Quizzes (50 Possible Points)**

This is a course for students who choose to be successful in college and in life. One of the most important factors of success in any endeavor is consistent and active participation. If you have read the assigned text and completed your journal entry, you should have no trouble earning the maximum points (10) for each quiz.

**Campus Community Activity (15 Possible Points)**

This assignment will be a scavenger hunt to find resources and locations of on campus student services. Students will need to visit each resource to obtain the required information. Full points will be given for fully completed worksheets.

**Do One Different Thing This Week (25 Possible Points)**

The creation of each Study Skills Activity will provide an opportunity to do one different thing for a week, something you have never done before. This experiment will help you determine the most effective way for you to deepen your learning in college and beyond, as well as raising your grades. Each is worth 5 points. To complete each plan, simply choose one new study skill with which you will experiment, track your choices for a week, and then answer the three questions provided, diving deep to gain the most value.

**Midterm (40 Possible Points)**

A midterm will be given in class which will consist of questions regarding material covered in class and throughout the text readings.

**Presentation (20 Possible Points)**

In a small group, a class presentation will be presented on one of the assigned study skills topics. More information will be provided in class.

**Project (30 Possible Points)**

The class project will involve a portfolio which will include components of personal reflections, personal goals, a personal essay and a short presentation. Detailed instructions will be handed out in class.

**SEP (10 Possible Points)**

Complete a Student Education Plan (SEP) with an academic counselor and submit a copy to receive full credit.

**Final (60 Possible Points)**

A final will be given, which will consist of questions regarding material covered in class and throughout the text readings, as well as a short essay.

**COURSE OUTLINE**

*Instructor reserves the right to make changes to the schedule as deemed necessary.*

Week 1:

8/15: Welcome, syllabus review, and ice breaker activity.

8/17: Intro to College PowerPoint. **Homework**: Assignment 1

8/19: Campus Resources activity and lecture.

Week 2:

8/22: Academic Goal Development: Degree/Certificate, Transfer, SEP, Major/Career **Assignment 1 due.**

 8/24: Ch. 1 introduction. Journal 1.

8/26: Ch. 1 continued. Study Skills Self-Assessment. **Quiz 1.**

Week 3:

8/29: **Quiz 2.** Ch. 2 introduction. Activity.

8/31: Ch. 2 continued. Journal 2.

9/2: Study Skills: Reading. **Group presentation**.

Week 4:

9/5: Labor Day: No class.

9/7: SEP Overview. Question and answer period.

9/9: Ch. 3 introduction. Journal 3. **Reading: Do One Different Thing This Week (p. 282) due**.

Week 5:

9/12: Goals activity. **Quiz 3.** Ch. 3 conclusion.

9/14: Study Skills: Taking Notes. **Group presentation.**

9/16: Library Activity.

Week 6:

9/19: Ch. 4 introduction.

9/21:Ch. 4 continued. Journal 4.

9/23: **Quiz 4**. Ch. 4 conclusion**. Taking Notes: Do One Different Thing This Week (p. 296) due.**

Week 7:

9/26: Diversity lecture.

9/28:Study Skills: Organizing Study Materials. **SEP due. Group presentation.**

9/30: Ch. 5 introduction. Journal 5.

Week 8:

10/3: Ch. 5 continued.

10/5: Activity.

 10/7: Activity. **Organizing Study Materials: Do One Different Thing This Week (p. 312) due.**

Week 9:

10/10:Healthy Living Lecture.

10/12:Midterm review.

 10/14: **Midterm**.

Week 10:

10/17: Midterm review. Ch. 6 introduction.

10/19: Ch. 6 continued. **Quiz 5**.

10/21: Study Skills: Rehearsing and Memorizing Study Skills. **Group presentation.**

Week 11:

10/24: Ch. 6 continued. Journal 6.

10/26:Life Challenge Game.

10/28: Workshop/Guest Speaker. **Rehearsing and Memorizing Study Skills: Do One Different Thing This Week (p. 322) due.**

Week 12:

 10/31: Ch. 7 introduction. Journal 7.

11/2:Ch. 7 continued.

11/4: Ch. 7 continued. Study Skills: Taking Tests. **Group presentation.**

Week 13:

11/7: Ch. 8

11/9:Ch. 8 continued. Journal 8.

11/11: **Veterans Day**: No class

Week 14:

 11/14: Ch. 8 continued. **Taking Tests:** **Do One Different Thing This Week (p. 338) due.**

11/16: Ch. 9 introduction. **Quiz 6**.

11/18: Ch. 9 continued.

Week 15:

11/21**:** Ch. 9 continued. Study Skills: Writing. **Group presentation.**

11/23: Activity. Journal 9.

 11/25: **Thanksgiving Holiday**: No class.

Week 16:

 11/28: Project review time. **Extra Credit: Writing: Do One Different Thing This Week (p. 351) due.**

 11/30: Study Skills Assessment.

 12/1: Study Skills Assessment conclusion. **Project due**.

Week 17:

12/5: Course overview.

12/7:Activity*.*

12/9: Final Review

Week 18: Finals

 5/12: **Final** 8 – 9:50 am