

**Counseling 53: College and Life Management**

**Course Syllabus**

**Fall 2018**

**Instructor:** Jesus J. Hernandez **Email:**jesus.hernandez@reedleycollege.edu

**Course:** 56675 **Days/Times:** M, W, & F 9am-9:50am

**Room:** Music Room 170

**Textbook:** On Course: Strategies for Creating Success in College and in Life 3rd Edition By Skip Downing

**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:*

|  |
| --- |
| 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.

**Lecture Content:** |
|   | A. Personal Growth and Development   1. Self-awareness, identity and values    2. Transition from high school to college   3. Academic values and beliefs   4. Assertiveness   6. Learning styles   7. Money management   8. Relationships and conflict resolution   9. Campus and community involvementB. Academic Goal Development   1. College terms and definitions   2. Degree and certificate requirements   3. Transfer requirements   4. Student Education Plan   5. Major and career exploration C. Campus Resources  1. Accessing campus resources  2. Web resources   3.  Library resources D. Academic Success Strategies   1. Note taking skills   2. Test taking strategies    3. Organizational skills   4. Time management strategies   5. Academic and personal integrityE. Healthy Lifestyle   1. Nutrition and exercise   2. Substance abuse   3. Stress management   4. Sexual responsibility   5. Emotional health F. Diversity and cultural awareness   1. Cross-cultural communication   2. Stereotypes and discrimination |
|   |

**Cancelled Class Policy:**

If a class session is cancelled, I will let you know ahead of time, if possible. Additionally, there will be an official school notice of the cancellation on the door.

**Attendance:**

Attendance will be taken every class period. It is **your** responsibility to make sure you are marked present. Two (2) absences will be considered excessive and may result in being dropped from the class at the discretion of the instructor. In addition, being late to class three (3) times will be equivalent to one (1) absence.

**Drop Policy:**

It is the **student’s** responsibility to officially drop a class in which he/she no longer wishes to be enrolled, however I may drop those students who have missed several classes in a row.

**Late Assignments:**

Students are responsible for turning in all assignments by the time and date they are due. If some emergency prevents you from turning in the assignment on time, you must notify me and get prior approval **in advance of the due date** that your assignment will be late. Otherwise, it will not be accepted. Be prepared to submit written documentation (i.e. doctor’s note) when requesting an extension of the due date.

**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 academics endeavors. Academic dishonesty in any form is a very serious offense and will incur serious consequences. Cheating and plagiarizing are serious academic offenses and can 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:

8 Journals (5pts. each) 40 Pts.

8 Chapter Quizzes (8pts. each) 64

Career Exploration 30

Scavenger Hunt 10

Midterm 40

Project 41

Final 40

Participation 35

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 (40 Possible Points)**

During this semester, you will write 9 journal entries. Journaling provides an opportunity to explore your thoughts and feelings as we learn study strategies and the 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 must be neatly organized and attached neatly together in a composition notebook, folder or neatly stapled. This requirement will assure that none of your entries gets lost.*

Journal Points: Each journal entry will be awarded up to 5 points. Therefore, all 9 journal entries will be worth a possible total of 45 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.

**8 Chapter Quizzes (8 Points Each) (64 total)**

After covering each chapter in textbook, there will be a five question quiz to check for understanding of content.

**Career exploration (30 Possible Points)**

Compare two careers of your interest. Compare levels of education needed for each career, duties, earnings, job outlook, etc. In addition, explain your plan to reach your career goal. Answer questions such as where do you plan to attend school? How long will it take to reach your goal, college major and anything else that you might feel it’s appropriate for this assignment (Assignment must be type 12pt font) (2 pages **(10/19/18).**

**Scavenger Hunt (10 Points)**

Students will go around campus familiarizing themselves with different resources that Reedley College offers. St. will obtain signatures from each of those resources in a form that instructor will provide.

**Midterm (40 Possible Points)**

A midterm will be given in class which will consist of questions regarding material covered in class and textbook readings **(10/10/18).**

**Project (41 Possible Points)**

The class project will include a (1(personal reflection of your life up to this point (philosophy on life). (2)Set up a detail plan of two goals that you plan to reach within the next two to three years and how you plan to reach them. (3) Create Power Point Presentation. (4) Oral Presentation (5 mins). (5) You must meet with RC counselor to create or update your student education plan (**12/5/18 or 12/7/18).**

**Final (40 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 **(TBD)**

**Participation (35 points)**

Student will receive 35 points for attending and participating actively in class.

**Course Schedule**

**Week 1**

8/13-Syllabus/Introductions/Ice breaker

8/15-Chapter 1/**Self-Assessment**

8/17-Cont. Chapter 1

**Week 2**

8/20-Cont. Chapter 1 / **Journal 1 (Pg. 21)**

8/22- Cont. Chapter 1

8/24- Cont. Chapter 1/**Quiz 1**

**Week 3**

8/27- Life Challenge Game

8/29- Chapter 2

**8/31**-Chapter 2/**Journal 2**

**Week 4**

**9/3-Holiday**

9/5- College Resources Scavenger Hunt

9/7-Cont. Chapter 2

**Week 5**

9/10- Cont. Chapter 2

9/12- Cont. Chapter 2 /**Quiz 2**

9/14**-** Chapter 3

**Week 6**

**9/17-** Cont. Chapter 3**/Journal 3**

**9/19-** Cont. Chapter 3

**9/21-** Cont. Chapter 3

**Week 7**

**9/24-** Cont. Chapter 3**/Quiz 3**

**9/26-** Chapter 4

**9/28-** Cont. Chapter 4

**Week 8**

**10/1-** Career Loteria

**10/3-** Chapter 4

**10/5-** Cont.Chapter 4**/Journal 4**

**Week 9**

**10/8-** Cont. Chapter 4/**Quiz 4**

**10/10- Midterm Exam**

**10/12-** Chapter 5

**Week 10**

**10/15-** Cont. Chapter 5**/Journal 5**

**10/17-** Cont. Chapter 5

**10/19-** Cont. Chapter 5/**Career Exploration Paper Due**

**Week 11**

**10/22-** Cont. Chapter5**/Quiz 5**

**10/24-** Chapter 6

**10/26-** Cont. Chapter 6

**Week 12**

**10/29-** Cont. Chapter 6**/ Journal 6**

**10/31-** Cont. Chapter 6

**11/2-** Chapter 6/**Quiz 6**

**Week 13**

**11/5-** Chapter 7

**11/7-** Cont. Chapter 7**/Journal 7**

**11/9** Cont. Chapter 7

**Week 14**

**11/12-** Cont. Chapter 7

**11/14-** Cont. Chapter 7**/Quiz 7**

**11/16-** Chapter 8

**Week 15**

**11/19-** Cont. Chapter 8

**11/21-** Cont. Chapter 8**/Journal 8**

**11/23-Thanksgiving Holiday**

**Week 16**

**11/26-** Cont. Chapter 8

**11/28-**Cont. Chapter 8**/Quiz 8**

**11/30-** Presenter

**Week 17**

**12/3-** Chapter 9

**12/5-Presentation/Project Due**

**12/7-Presentation /Project Due**

**Week 18**

**12/10-Final Exam (Date and Time TBD)**

**12/12**

**12/14**