Reedley Community College

COUN 53: College and Life Management

FALL 2018

**Instructor: Maricela Gutierrez, MSW/PPS**

**Office: M-F 8:00am-4:00pm Schedule a counseling appointment online www.reedleycollege.edu. On Wednesdays I am available at the Writing Center (no appointment needed) from 10:00am-12:00pm.**

**Email:** **maricela.gutierrez@reedleycollege.edu**

**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, UC). **Course Credits: 3**

**Course Objectives**:

|  |
| --- |
| 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.
 |

**Required Text**: *On Course Study Skills Plus Edition*, Skip Downing, 3rd Edition

**Attendance Policy:**

Students are expected to attend all class meetings. Excessive absences, 3 or more, may result in the student being dropped.

**Course Requirements:** All journal entries are expected *to be submitted online,* **Canvas. Journals need to be one page long doubled space**: **Late assignments will not be accepted**. Journals are due, every Monday by 2:00pm, following the Friday class lecture.

**Username**: Your 7-digit student ID number.

**Password**: If you have not previously changed your password, it is:
              *First name initial* (upper case) + *last name initial* (lowercase) + *date of birth* (mmddyy)
              **Example**: John Smith born on July 9th of 1988     Password =Js070988

**Grading Criteria & Scale**:

|  |  |  |
| --- | --- | --- |
| Scavenger Hunt Activity *20 points**Homework (2) 10 Points each* | 20 points 20 Points | A 90-100%269-300 points |
| Academic Success Workshops/Library Tour (2) *5 points each* | 10 points | B 80-89% 239-268 points |
| *Hybrid Journals (8) 5 points each* | 40 points | C 70-79% 209-238 points |
| SEP-C Project  | 50 points | D 60-69% 179-208 points |
| Tests *(4)**40 points each*  | 160 points | F Below 60%below 179 points |

**Americans with Disabilities Act:** Notification of Authorized Services, needs to be submitted to the instructor – preferably within the first two weeks of the semester.

**Course & Homework Schedule:**

**Important Note**: The syllabus provides a general plan for the course. *Deviation from this plan may be necessary.*

|  |  |
| --- | --- |
| **Week/Chapter** | **Topic/Activity** |
| **Week 1 Friday August 17th, 2018**INTRODUCTION  | **TOPICS:** -Syllabus & Canvas Introduction -Class Ice Breaker -Schedule an appointment on eSARS to complete a Student  Educational Plan (**SEPC is due Week 4, September 7th, 2018 at**  **the beginning of class**). A hand out will be handed out with  instructions. **SEPC is worth 20 points.**  |
| **Week 2 Friday August 24th, 2018** | **TOPICS: -**Explore AA/AS/AS-T/AA-T Degrees & CSU, UC GE Pattern (Course #s) -Go over Educational Pyramid (Hand out will be handed out). -Go over Reedley College Catalog. -**Scavenger Hunt Activity Groups of 4 (Hand out will be handed to**  **students)** **worth 20 points. Activity is due next class session at the**  **beginning of class.** **HW:** Create a weekly and or monthly calendar.  -Sign-up for a Career Center Workshop **worth 5 points.** -Sign-up for the Tutorial, Math, Writing Center or all centers.   |
| **Week 3 Friday August 31st, 2018** | **TOPICS: -**Library Tour. We will all meet at the classroom, then head to the  Library/ **worth 5 points.** **-** Write a one page, doubled space on what you learned about the library  Services, due next class at the beginning of class.  -Begin reading Chapter 1  |
| **Week 4 Friday September 7th, 2018** | **TOPICS: -**Chapter 1 Lecture **“Understanding the culture of higher education, the expectations of college and university educators, and yourself.”****-Class Activity****HW: -Journal Entry # 1** Topic: How is high school different than college? -Begin Reading Chapter #2**HW:** Assess Your Soft Skills for College Success |
| **Week 5 Friday September 14th, 2018** | **TOPICS:** Chapter 2 Lecture **“Adopting a creator mindset, mastering creator language, and making wise decisions.”****-Class Activity****HW**: -**Journal Entry #2** Topic: Share the details of a personal experience in which you did or did not take personal responsibility and explain the effects of this choice on your life.  -Study for Test 1 Chapters 1 & 2.  |
| **Week 6, Friday September 21st, 2018** | **TOPICS: TEST #1 Chapters 1 and 2. (Test will be handed in class/Multiple choice questions and True/False).** -Begin Reading Chapter #3  |
| **Week 7 Friday September 28th, 2018** | **TOPICS :** Chapter 3 Lecture “**Creating inner motivation, designing a compelling life plan, and committing to your goals and dreams.”** **-Class Activity** **HW: -Journal Entry # 3** Topic: What is intrinsic and extrinsic motivation? Give a personal example of extrinsic and intrinsic motivation. What is your motivation and why? -Begin reading chapter #4.  |
| **Week 8 Friday October 5th, 2018** | **TOPICS :** Chapter 4 Lecture “**Acting on purpose, creating a leak-proof self-management system, and developing self-discipline.”** **-Class Activity****HW: -Journal Entry #4** Topic: How do you use your time now? And as a result, what will you do that you have not been doing? Effective writing anticipates questions that a reader may have and answers these questions clearly. Answer questions such as the following:1. What exactly did you discover after analyzing your time?
2. If you continue using your time this way, are you likely to reach your goals and dreams? Why or why not?
3. What most often keeps you from taking purposeful actions?

**NOTE**: Begin planning to attend a Financial Aid/Dream Act/Scholarship Workshop.  -Study for Test #2 Chapters 3 &4 Review Notes.  |
| **Week 9 Friday October 12th, 2018** | **TOPICS:** Guest Speaker-Career Center Presentation “What Can I do with this Major?” |
| **Week 10 Friday October 19th, 2018** | **TOPICS: TEST #2** Chapters 3 & 4.**-**Begin reading Chapter #5. |

|  |  |
| --- | --- |
| **Week/Chapter** | **Topic/Activity** |
|  **Week 11 Friday October 26th, 2018** | **TOPICS:** Chapter 5 Lecture **“Creating a support system, strengthening relationships with active listening, and respecting cultural differences.”** **-Class Activity****HW:** **-Journal Entry #5** Topic: Write about two or more choices you could make to create a stronger support system for yourself in college. -Begin Reading Chapter #6 -REVIEW grades with students.  |
| **Week 12 Friday November 2nd, 2018** | **TOPICS :** Chapter 6 Lecture **“ Recognizing when you are off course, identifying your scripts, and rewriting your outdated scripts.”**  **HW: -Journal Entry # 6** Topic: Everyone gets off course at times. Write about a time when you were off course and took affective actions to get back on course. Examples include: Ending an unhealthy relationship, entering college years after high school, changing careers, stopping an addiction (look on page 167 for possible asking and answering questions).  -Study for Test # 3 Chapters 5 & 6 |
| **Week 13 Friday November 9th, 2018** | **TOPICS: Test # 3** Chapters 5 & 6.**-**Begin reading Chapter 7.  |
| **Week 14 Friday November 16th, 2018** | **TOPICS :** Chapter 7 **Lecture “Developing a learning orientation to life, discovering your preferred ways of learning, and employing critical thinking.”****-Class Activity****HW: -Journal Entry # 7** Topic: Describe an important course correction you have made in the past. Explain how you have became aware that you were off course, what you did to change course, and how your efforts turned out. Most important what did you learn from this experience?  -Begin reading Chapter #8 |
| **Week 15 Friday November 23rd, 2018** | **TOPICS: Thanksgiving Holiday! No Class!** |

|  |  |
| --- | --- |
| **Week/Chapter** | **Topic/Activity** |
|  **Week 16 Friday November 30th, 2018** | **TOPICS: Lecture Chapter 8 “Understanding emotional intelligence, reducing stress, and increasing happiness.”****HW: -Journal Entry # 8** Topic: Write about an experience when you felt one of the following emotions: Frustration or anger, Fear or anxiety, sadness or unhappiness. Describe fully the cause (what happened) and your emotional reaction. -Review for Test # 4 Chapters 7 & 8.   |
| **Week 17 Friday December 7th, 2018** | **TOPICS:** Test #4/Final Exam Chapters 7 & 8. |
| **Week 18 Friday December 14th, 2018** | **TOPICS:** Post Final Grades.  |

**Course Outcomes**:

|  |
| --- |
| 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.
 |