

Counseling 53: College and Life Management
Course Syllabus
Fall 2021

Instructor: Gema Ortega

Email: gema.ortega@reedleycollege.edu

Course: 95005

Days/Times: Monday 10:00 a.m. – 11:50 a.m., Hybrid

Room: RC Web-Based Instruction, Room ZOOM

Textbook

[College Success OpenStax](#) Amy Baldwin, Rice University; PDF file.

[Blue Print for in College and Career](#) v 1.3 by Dave Dillon; PDF file.

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.

Objectives

In the process of completing this course, students will:

1. Identify personal values in relation to family, culture, education and community (SLO 1).
2. Examine diversity and inter-cultural barriers (SLO 2).
3. Identify personal learning style and practice college success strategies (SLO 3).
4. Learn college terms, definitions, and student responsibilities (SLO 4).
5. Be introduced to the campus and online resources (SLO 4).
6. Review certificate, degree and transfer requirements to develop a student education plan (SEP) (SLO 4).
7. Complete an educational inventory to identify strengths and skills (SLO 5).
8. Learn the elements and application of a healthy lifestyle (SLO 6).

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
 5. Learning styles
 6. Money management
 7. Relationships and conflict resolution
 8. Campus and community involvement

- B. 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 integrity
- E. 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 awareness
 2. Stereotypes and discrimination

Zoom Room Etiquette

Zoom Meeting will be recorded and available on canvas for students to review. There is no need to record, screenshot any information since meetings will be available for students. To avoid distraction for you and the others on the conference call, find a quiet spot in your house. Be on time. During your zoom meetings with classmates, act as you would be in person. To have better participation and an engaging class, **turn on your cameras**, and mute your microphones when you are not participating.

This is a Hybrid course therefore, you must have an adequate device to complete your work, working from a cell phone won't be as efficient for you to do work. **If you don't have adequate internet access or a computer/laptop/Chromebook please let me know.**

Attendance and Drop Policy

Participation in this course is required to successfully engaged and learned in this course. Students will be dropped from this course if they don't participate and complete work during the first two weeks of instruction. Reminder: This is an online course and simply logging into Canvas is not enough, therefore, schedule time to complete assigned worked at least 3 times a week. Attendance is required to Zoom Meetings, Zoom Meetings will take place every Monday 10:00-1150 a.m. Check your Canvas to access Zoom Link.

Late Work Policy

Late work will not be accepted at all. if any emergency occurs you must communicate with me and all your instructors at your earliest convenience to make course arrangements.

Cancelled Class Policy

If a Zoom Meeting is canceled, I will let you know ahead of time via Canvas Inbox.

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.

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 your work!
3. Participate actively!

Grading Policy

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:

Point System

Course Requirements	Points
Self-Awareness Assessments	30
Discussions	80
Career Assessment (Career Coach)	20
SLO Assignments	30
Student Educational Plan	10
Campus Involvement/Events (5 points each)	20
4 course progress check-point (midterms & exams) <i>Checkpoint 1, 2, 3 & Comprehensive Quiz - Evaluating Student Learning Outcomes.</i>	80
Participation	10
Total Points Possible	280

Grading Scale

A = 280 – 252

B = 251 – 224

C = 223 - 196

D = 195 - 168

F = 167 or below

Course Assignments

Self-Awareness Assessments (30 points)

Students will be assigned three different types of self-assessments activities where they will be required to dive deep in. Self- assessment is the process of looking at oneself to assess aspects that are important to one's identity. We have three assignments this semester where I will ask for you to dive deep in assessing aspects on your life that are important; Who am I?, Learning Styles, and Study Skills Evaluation – Self Assessment.

Discussions in Canvas (80 points)

Students will be responsible for participating in the different discussion topics assigned in Canvas. To receive full credit students will need to respond thoroughly. Discussion Board might consist of YouTube videos, paragraph writing, articles or application readings, etc. Some of the discussions might need peer review, which means that you will need to return to the discussion, read, and provide feedback to your classmates.

Career exploration and Presentation (20 points)

Career Coach Assessment: complete assessment and evaluate based on what your results are and you career option is. If your career is Elementary School Teacher: Create an education road map. Research the career, duties, earnings, job outlook, etc. Also, 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 and anything else that you might feel it's appropriate for this assignment. If you career is different or in the process of career exploration you discover something different make sure you do the same in the major/career of your choice.

Assignments (30 Possible Points)

There will be different assignments during the semester, students are to complete each assignment when assigned. Each assignment is worth 5 points. The following assignments are already scheduled for you and are based in the Student Learning and course objectives. In this course you will be required to dive deep and challenge your own thoughts and values related to your academic purpose.

Student Education Plan (10 points)

Student is required to schedule a counseling appointment with the instructor of this course (program counselor) to complete a Comprehensive Student Educational Plan.

Campus Involvement (20 points)

Students are required to participate in a minimum of four campus events in Reedley College. Ensenamos, ECE Pathway and RC&Me will provide to you a vary of events and workshops that you can participate in during the semester. These events will be announced to you during the semester.

Course Progress-Check (3 – midterm and exams) (20 points each)

We will have four progress checkpoints regarding the topics from the book and course lectures. Students are expected to read each chapter on the course topics on their own. During Zoom Meetings, it is my responsibility as the instructor of your class to provide lectures about the key points of the topics and provide summaries of key points. **It is the student's responsibility to read the chapter before class and prepare for the midterms and exams.**

Comprehensive Quiz (20 Possible Points)

A 20 question Quiz will be administered through Canvas which will consist of questions regarding the six student learning outcomes covered in class and throughout the text readings.

Extra Credit Opportunities

Be aware that they might be more extra credit opportunities, check the course schedule some are already listed. Other opportunities might be given to you as the semester goes by.

Course Schedule

Minor changes may be made by the instructor. If you are unable to stay on track in this course, it is your responsibility to check on announcements and assignments and meet the deadlines of the course.

August 9 – 15: Introduction to College - The Course, The Campus & The Online Resources

*August 16 – 22: Personal Awareness – The Relation with your career goals and objectives. **Who am I Self-Assessment***

*August 23 – 29: Learning – Know your Style and how to apply it. **Due:** Values Assignment.*

*August 30 – September 5 – Time Management; **Checkpoint 1***

*September 6 – 12 – Goal Setting (Labor Day “no Zoom Meeting”) **Due:** Learning Assignment & Learning Styles Inventory Due.*

September 13 – 19: Academic Pathway

September 20 – 26: Reading & Note Taking

*September 27 – October 3 – Studying, Memory and Test Taking. **Due:** Your Actions & Challenges*

*Assignment. **Student Education Plan SEPC Due.***

*October 4 – 10: Communicating with Others: **Checkpoint 2***

*October 11 – 17: Diversity & Cultural Competence. **Studying Skills Evaluation Due.***

*October 18 – 24: Emotional Intelligence. **Due:** Your Culture Assignment*

October 25 – 31: Interdependence

*November 1 – 7: Financial Literacy; **Checkpoint 3***

November 8 – 14: Healthy Lifestyle

*November 15 – 21: Motivation. **Due:** Career Coach Assignment. Career Coach Due.*

*November 22 – 28: Thanksgiving Break. **Due:** Healthy Choices Assignment*

*November 29 – December 5: Planning for your future; **Comprehensive Quiz.***

All work for credit must be submitted by this date, except last discussion.

December 6 – 10: Closing Chapters: Writing a Legacy