

Counseling 53(56189): Counseling Life Management Course Syllabus		
Term: Fall 2001	Schedule: On-Line	Instructor: Javier Renteria
Length: 18 Weeks	Office Location: Athletic Conference Room	Email: Javier.renteria@reedleycollege.edu
Transferable Units: 3	Office Hours: Monday – Thursday 10am-2pm, 5-8pm	Contact Number: 559-494-3594
	Office Hours: Friday 9am-1pm, 3-6pm	

Course Description:

This course is designed to help prepare students for college life and academic success. Topics include personal growth and development, academic goal development, campus resources, student success strategies, diversity and cultural awareness, and maintaining a healthy lifestyle. (*COUN-53 meets a CSU Area-E general education requirement; is UC/CSU unit transferable and meets a graduation requirement for the Reedley College Associates Degree*).

Additionally, this course addresses the unique transitional needs of intercollegiate student-athletes and focuses on the following topics as they pertain to student athletes: educational planning, goal setting, time management, career decision making, stress management, personal and social responsibility, and NCAA/NAIA transfer rules and requirements.

Textbook:

A Student Athlete's Guide to Success, 3rd Edition Trent A. Petrie/Douglas M. Hankes/Eric L. Denson

Students will be able to purchase the textbook from the Reedley College bookstore OR students can rent the textbook for the semester. See the link below for renting the textbook.

<https://www.vitalsource.com/referral?term=1111783454> (Links to an external site.)

Attendance & Participation:

Your attendance and participation are important. Students missing eight (8) or more on-line assignments the first two weeks of the semester may be dropped for non-attendance. Success in this course depends on your active participation. Your participation and homework is worth a portion of your grade.

Assignments can only be made up if prior arrangements have been made with the instructor or under extenuating circumstances.

Statement on Cheating and Plagiarism/Student Conduct:

Each student is expected to exert an entirely honest effort toward attaining an education. Every instructor has the authority and responsibility for dealing with such instances of cheating and/or plagiarism as may occur in class. The online classroom is a formal educational setting and an environment conducive to learning will be enforced.

Grading:

Your overall course grade will be based on completion of all class assignments. The following assignments are required for this course:

Assignments	Possible Points
Exams – 3 exams worth 50 points each	150 points
On-Line Assignments/Discussions/Quiz	390 points
Weekly Planners	150 points
Total	690 points

Grading	Points
A	621-690
B	552-620
C	483-551
D	414-482
F	000-413

Reasonable Accommodations:

If you have a verified need for an academic accommodation 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, please contact the instructor as soon as possible.

Student Learning Outcomes:

1. Upon completion of this course, students will be able to:
2. Reflect on cultural diversity and personal educational goals.
3. Apply strategies to meet NCAA/CCCAA academic and athletic eligibility.
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.
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, online resources, and NCAA/CCCAA requirements.
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.

IMPORTANT DATES:

August 20-last day to drop for full refund

August 27-last day to register & last day to drop to avoid a "W" in person

October 8-last day to drop full term class (letter grades assigned after this date)

December 3-last day of instruction

December 6-10-Final Examinations

Week 1 - August 9-13: Chapters 1-2, Balancing Academics and Athletics

Week 2 - August 16 -20: Chapter 3, Time Management/Procrastination, Learning Styles

Week 3 - August 23 -27: COVID 19 - Impact on Student Athlete Health and Eligibility

Week 4 - August 30 - Sept. 3: Chapter 4, Motivation and the Process of Change

Week 5 - September 6 -10: CCCAA Eligibility and Playing Rules

Week 6 - September 13 - 17: Continue with Eligibility

Week 7- September 20 - 24: Chapter 5, Memory and Concentration

Week 8 - September 27 -Oct. 1: Chapter 6, Note Taking Strategies

Week 9 - October 4 - 8: Chapter 7, Reading and Studying Strategies

Week 10 - October 11 - 15: Chapter 8, Test Taking Strategies

Week 11 - October 18 -22: Social Media

Week 12 - October 25 -29: Substance Abuse and Athletic

Week 13 - November 1 - 5: College Athletes and Relationships

Week 14 - November 8 - 12: Nutrition and Student Athletes

Week 15 - November 15 - 19: On-Line Course Group Projects - Communication

Week 16 - November 22 - 26: Money Strategies While in College

Week 17 - November 29 - Dec. 3: Career Exploration

Week 18 - December 6 - 10: Finals Week