

Counseling 53 (52941): Counseling Life Management Course Syllabus

Term: Spring 2022

Instructor: Javier Renteria

Schedule: On-line
5:00pm

Office: TBA Hours: 10:00am -

Office Hours subject to Change due to the Pandemic.

Zoom student-instructor meetings upon request.

Length: 18 weeks

Phone: 559-494-3594

Transferable Units: 3 units

Email: javier.renteria@reedleycollege.edu

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 Rent the textbook for the semester but not mandatory. See the link below for renting the textbook. Let me know if you have any issues.

<https://www.chegg.com/etextbooks/a-student-athlete-s-guide-to-success-3rd-edition-9781111783457-1111783454> (Links to an external site.) (link to outside source)

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

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 Scale and Points

Grading	Points
A	621-690
B	552-620

Grading Scale and Points

Grading	Points
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:

January 21 - Last day to drop for full refund

January 28 - Last day to register & last day to drop to avoid a "W" in person

March 11 - Last day to drop full term class (letter grades assigned after this date)

May 16-20 - Final Examinations

May 20 - Last day of instruction

Week 1 - January 10 - 14: Chapters 1-2, Balancing Academics and Athletics

Week 2 - January 17 - 21: Chapter 3, Time Management/Procrastination, Learning Styles

Week 3 - January 24 - 28: COVID 19 - Impact on Student Athlete Health and Eligibility

Week 4 - January 31 - February 4: Chapter 4, Motivation and the Process of Change

Week 5 - February 7 - 11: CCCAA Eligibility and Playing Rules

Week 6 - February 14 - 18: Continue with Eligibility

Week 7 - February 21 - 25: Chapter 5, Memory and Concentration

Week 8 - February 28 - March 4: Chapter 6, Note Taking Strategies

Week 9 - March 7 - 11: Chapter 7, Reading and Studying Strategies

Week 10 - March 14 - 18: Chapter 8, Test Taking Strategies

Week 11 - March 21 - 25: Social Media

Week 12 - March 28 - April 1: Drugs and Student Athletes

Week 13 - April 4 - 8: Relationships

SPRING BREAK - April 11 - 15

Week 14 - April 18 - 22: NCAA COVID 19 Changes

Week 15 - April 25 - 29: Stress and Anxiety

Week 16 - May 2 - 6: Money Strategies

Week 17 - May 9 - 13: Mental Toughness

Week 18 - May 16 - 20: Finals Week