



## **COUN 53: College and Life Management**

### **Section 59001**

**Instructor:** Portia Ignacio, M.S.  
**Office Hours:** By Appointment  
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**Days:** Mon/Tues/Fri (01/18/22-5/27/22)  
**Time:** 1:10-2:00pm  
**Location:** RM. 307 (Sanger High School)  
**Term/Units:** Spring 2022/ 3 units

#### **TEXTBOOK is free:**

<https://press.rebus.community/blueprint2/>

Additional readings will be posted on Canvas.

#### **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.

#### **COURSE OBJECTIVES:**

Upon successful completion of COUN 53, students will:

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

#### **COURSE OUTCOMES:**

Upon completion of this course, students will be able to:

- Articulate their own personal values.
- Reflect on cultural diversity and personal educational goals.
- Identify their own learning style.
- Apply college policies and procedures to educational goal to increase chances for success in college.
- Identify values and skills to help determine major and career pathway.
- Apply strategies to a healthy lifestyle.

### **ATTENDANCE AND CLASS PARTICIPATION:**

One of the most important factors of success in any endeavor is consistent and active participation. Therefore, students are expected to attend all class sessions. Attendance will be taken every class period. It is your responsibility to make sure you are marked present. If a student is unable to attend class, it is his/her responsibility to notify the instructor before the class period and get any missed information or assignments from the instructor or other students.

**Note: Late work will receive 50% of whatever grade received! Homework is due at the beginning of each class, no exceptions. If you must miss class, you must email the assignment(s) due that day before the beginning of the given class period. Make up homework and exams will not be permitted.**

### **CHEATING AND PLAGIARISM:**

“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 academic endeavors. Academic dishonesty in any form is a very serious offense and will incur serious consequences.” (RC Catalog 2021-2022 page 46-47).

### **ACCOMMODATIONS:**

Reedley College is committed to providing reasonable accommodations to students with disabilities. Disabled Student Programs & Services (DSP&S) provides the campus with academic support services and specialized assistance to students with disabilities. Individuals with physical, perceptual, or learning disabilities as addressed by the Americans with Disabilities Act should contact DSP&S for information regarding accommodations. Please notify the instructor so that reasonable efforts can be made.

#### **Grading**

<b>Assignments</b>	<b>Due Date</b>	<b>Total Points</b>	<b>Points Achieved</b>
Autobiography		20	
Journals (8) 20 points each		160	
Quizzes (5)		50	
True Colors		30	
Student Education Plan (SEP)		20	
Time Management		20	
Midterm		50	
Career Coach		30	
Final Exam- college and career		100	
Participation 10 points each		180	
<b>Total</b>		660	

Final grades will be based on the following percentages of the total points possible for the course:

A- 90-100%

B- 89-80%

C- 79-70

D- 69-60%

F- 59% and below

## COURSE TOPICS/SCHEDULE

Topics will be covered in approximately the order listed on the syllabus. I will make every effort to cover the topics listed on the dates listed. You will be informed of any changes in the syllabus in class

DATE	TOPIC	Readings	ASSIGNMENTS DUE
<b><u>Week 1:</u></b> 1/18-21	<u>Getting Started</u> Syllabus Review/Course Expectations, Introductions, Intro to Online Learning		
<b><u>Week 2:</u></b> 1/24-1/28	Unit 1: Launch	Ch. 1 & 2	Syllabus Quiz #1
<b><u>Week 3</u></b> 1/31-2/4	Unit 1: Launch	Ch. 6 & 9	Journal #1
<b><u>Week 4</u></b> 2/7-2/11	Unit 2: Time, Tools, and Study Environment	Ch. 17	Time Management
<b><u>Week 5:</u></b> 2/14-2/18	Unit 3: College Level Critical Thinking and Reading	Ch. 21	Journal #2
<b><u>Week 6</u></b> 2/21-2/25	Unit 4: Listening and Note-Taking	Ch. 27	Quiz #2
<b><u>Week 7:</u></b> 2/28-3/4	Unit 5: Memory Principles and Techniques	Ch. 29	Journal #3
<b><u>Week 8:</u></b> 3/7-3/11	Unit 6: Test- Taking Strategies/ Campus Resource Activity	Ch. 30 & 31	Quiz #3
<b><u>Week 9:</u></b> 3/14-3/18	Unit 7: Career Exploration	Ch. 37	Journal #4
<b><u>Week 10:</u></b> 3/21-3/25	Unit 7 continued/ Career Coach Activity	Ch. 40	<b>Midterm</b>
<b><u>Week 11:</u></b> 3/28-4/1	Unit 8: Social Interaction and Diversity	Ch. 46 & 47	Journal #5
<b><u>Week 12:</u></b> 4/4-4/8	True Colors		True Colors
<b><u>Week 13:</u></b> 4/11-4/15	SPRING RECESS-No School	SPRING RECESS- No School	SPRING RECESS- No School
<b><u>Week 14:</u></b> 4/18-4/22	Unit 9: Health	Ch. 54	Journal #6

<b><u>Week 15:</u></b> 4/25-4/29	Unit 10: Finances andResources	Ch. 61	Quiz #5
<b><u>Week 16:</u></b> 5/2-5/6	Unit 11: Conclusion	Ch. 62	Journal #7

<b><u>Week 17:</u></b> 5/9-5/13	Practice Expressing Yourself (in-class)	Elevator Pitch	Journal #8
<b><u>Week 18:</u></b> 5/16-5/20	Final Exam Review		Final on <b>Friday, May 20,2022</b>
<b><u>Week 19:</u></b> 5/16-5/27	Staying on Course/Exit Interview		