Course Outline for Psychology-Counseling 23
CREATING SUCCESS IN COLLEGE AND LIFE

Catalog Description:
PSCN 23 - Creating Success in College and Life 3.00 units
A course designed to equip students for lifelong learning and developing critical thinking that will facilitate their adjustment to the college environment and the successful pursuit of their educational and career goals. This course provides an introduction to academic skills and strategies, campus resources and activities, decision making and planning, college policies and procedures, interpersonal communication, stress management techniques, self-exploration and goal setting, and student rights and responsibilities.

Requisites: none

Grading Option: Optional

Discipline:

<table>
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<tr>
<th>Units</th>
<th>Contact Hours</th>
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<td></td>
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<tr>
<td>Lecture</td>
<td>3 52.50</td>
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<tr>
<td>Laboratory</td>
<td>0 0</td>
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<tr>
<td>Clinical</td>
<td>0.00 0.00</td>
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<tr>
<td>Total</td>
<td>3.00 3.00 52.50</td>
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Prerequisite Skills:
None

Measurable Objectives:
Upon completion of this course, the student should be able to:
1. utilize academic skills, including note-taking, principles of learning, test taking strategies, and time management;
2. examine and utilize curricular options and institutional resources that directly support the student's educational plan;
3. demonstrate knowledge of college policies (including students' rights and responsibilities) and procedures for academic and progress probation, course repetition guidelines, educational planning, financial aid, grading, registration, withdrawal from classes, and other pertinent information for academic success;
4. analyze the psychology of student attitudes, motivation and behaviors and their impact on college success;
5. establish academic and personal goals for the first year in college;
6. employ critical thinking skills as they relate to the ability to succeed in college level coursework;
7. acknowledge relationship dynamics and their impact on academic goals, including student-instructor relations, diversity issues and family influences;
8. apply techniques to improve physical and mental well-being, including stress management.

Course Content:
1. Academic skills
   A. Reading techniques (SQ3R)
   B. Note-taking techniques (Cornell Method)
   C. Effective writing and academic research techniques (Outline, Concept Map, Essay Blueprint, Thesis Statement, Support Paragraphs, Incubate, Revise, Edit)
   D. Test taking techniques (Test-smart plan, strategies to answer multiple choice questions and essay questions)
   E. Time management (Quadrants Time Management System)
   F. Identify learning styles and develop strategies to maximize learning
   G. Memory and concentration
   H. Information competency and how to cite sources using APA/MLA
   I. Collecting, organizing, rehearsing & memorizing study materials
   J. Hardware and technology for college
   K. Financial Literacy
2. Campus resources
   A. Career/Transfer Center
   B. Counseling Center
   C. Financial Aid Office
   D. Admissions and Records
   E. Library
   F. Student Life
   G. Learning Connections
   H. STEM Center
   I. WRAC Center
   J. Health Center
   K. Computer labs on campus
   L. Language and Communication Labs
3. Decision making and planning as it relates to life and career
   A. Student education plan
Upon the completion of this course, the student should be able to:
A. Identify a minimum of 3 study skill techniques or strategies which can be used to maintain or improve the student's academic success.
B. Identify and apply 3 career or personal characteristics that can be used in their future educational planning.
C. Identify four resources on campus that will assist them in becoming successful students.

Textbooks (Typical):
8. Chabot College Catalog 2016-2018

Special Student Materials
Abbreviated Class Schedule Description:
A course designed to equip students for lifelong learning and developing critical thinking that will facilitate their adjustment to the college environment and the successful pursuit of their educational and career goals. This course provides an introduction to academic skills and strategies, campus resources and activities, decision making and planning, college policies and procedures, interpersonal communication, stress management techniques, self-exploration and goal setting, and student rights and responsibilities.

Requisites: none