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>
<thead>
<tr>
<th>Units</th>
<th>Contact Hours</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Week</td>
</tr>
<tr>
<td>Lecture</td>
<td>3</td>
</tr>
<tr>
<td>Laboratory</td>
<td>0</td>
</tr>
<tr>
<td>Clinical</td>
<td>0.00</td>
</tr>
<tr>
<td>Total</td>
<td>3.00</td>
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<td>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
4. Critical thinking and problem solving
   A. Decision-making strategies
   B. Brainstorming, mind-mapping techniques and other strategies
   C. Creative visualization
   D. Goal setting and re-evaluation
   E. Identify learning style and develop strategies to maximize learning
   F. Accepting personal responsibility (Creator vs. Victim Mindset)

5. College culture, policies and procedures
   A. Navigating the culture of higher education
   B. Embracing and learning about cultural differences on campus and the community
   C. Developing a mindset of persistence
   D. Academic, progress probation and dismissal
   E. Financial aid and scholarships
   F. Grading policies for different classes (importance of class syllabus)
   G. Timely registration and priority numbers

6. Self-awareness and healthy habits
   A. Critical analysis of attitude, motivation, behavior and their impact on academic performance/success
   B. Faculty expectations, assumptions, and availability
   C. Coping with personal problems, relationships, life crisis
   D. Developing stress management and relaxation techniques
   E. Health and its impact on college success
   F. Employing interdependence: creating support systems on campus and at home
   G. Developing Emotional Intelligence

Methods of Presentation
1. Lecture/Discussion
2. Demonstration/Exercise
3. Campus visitations
4. Guest speaker
5. Small group and individual counseling
6. Campus events
7. Presentation
8. Videos

Assignments and Methods of Evaluating Student Progress
1. Typical Assignments
   A. Write a 1-2 page journal entry describing one campus resource discussed in this class. Be sure to include a discussion of how you used that service for your academic success.
   B. Make a list of question formats contained on an objective-style exam versus a subjective test.
   C. Psychologist Albert Ellis said that irrational beliefs cause many of our problems. In a 2-3 page essay for your classmates, report on some of your own irrational beliefs that have gotten you off course and lowered your self-esteem. Offer rational beliefs that you could use to dispute your irrational beliefs.
   D. In 3-4 typed pages, identify 2-3 labels that you have received from your family and peer group and/or society. Explain how each has influenced or limited your academic performance thus far, your self-esteem, and current goals.
   E. Track how you spend your time in a week. Identify ways that you could maximize your time better next week. After a week review your commitment.
   F. Research upper division college culture by identifying 2 potential transfer universities. Write 2-3 typed pages on your selected major and upper division requirements at that specific university.
   G. Identify some of the cultural differences that exist in your classes or in the college community at large. Explain and assess how a better understanding of these different cultures can lead to strengthening your development as a student and in your future career.
   H. Create a stress management plan, including strategies discussed in class such as time management, goal setting, exercise, activity scheduling, mindfulness, and relaxation activities.

2. Methods of Evaluating Student Progress
   A. Home Work
   B. Class Participation
   C. Group Projects
   D. Final Examination
   E. Oral Presentation

3. Student Learning Outcomes
   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:

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