Grossmont College

Official Course Outline

COUNSELING 104 – INTRODUCTION TO COLLEGE SUCCESS STRATEGIES

1. Course Number Course Title Semester Units Semester Hours

 COUN 104 Introduction to College 1 1 hour lecture: 16-18 hours

 Success Strategies 32-36 outside-of-class hours

 48-54 total hours

 Prerequisite

 None

Corequisite

None

 Recommended Preparation

 None

3. Catalog Description

This course is designed to equip students with the skills they need to be successful in college. An overview of college expectations, student responsibilities, successful student behavior, and study skills will be presented. Students will be exposed to strategies for goal setting, educational planning, time management, textbook reading, note-taking, and test preparation. They will also be introduced to degree/transfer programs and campus resources.

4. Course Objectives

 The student will:

 a. Assess and discuss the American system of education, student rights and responsibilities, college and classroom expectations.

 b. Comprehend academic policies, terminology, procedures, and requirements.

 c. Examine and apply successful classroom behavior.

 d. Evaluate his/her study behaviors and identify areas of improvement.

 e. Analyze and practice study strategies such as goal setting, time management, textbook reading, note-taking, and test preparation to improve his/her college success.

f. Investigate an academic goal and construct an educational plan.

 g. Identify and utilize campus resources that will enhance college success including library research.

5. Instructional Facilities

 Standard classroom

6. Special Materials Required of Student

 None

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7. Course Content

1. American system of education, student rights and responsibilities, college policies, terminology, procedures, and requirements
2. College classroom behavior expectations and academic performance
3. Study skills including goal setting, educational planning, time management, textbook reading, note-taking, and test preparation strategies
4. Certificate, degree, and transfer options available at Grossmont College
5. Educational goal and plan
6. Campus resources including but not limited to the Learning Assistance Centers, Financial Aid, Career Center, Transfer Center, Accessibility Resource Center (A.R.C.), Extended Opportunities Programs and Services (EOPS), and Library
7. Library research methods

8. Method of Instruction

1. Lecture
2. Small group discussion
3. Guest speakers
4. Tour of the campus

9. Methods of Evaluating Student Performance

a. Weekly homework assignments, journal entries, quizzes, exams, and papers as determined by the instructor such as self-assessments on academic performance and study skills, a time management assignment that requires the student to use a student planner of his/her choice, an autobiography about the student’s educational/personal background, and a paper about the student’s educational and career goals.

 b. Semester-by-semester educational plan

 c. In-class participation

 d. Final assessment in the form of an exam, paper, or assignment

10. Outside Class Assignments

 a. Campus tour

 b. Instructor generated library research assignment such as an online library tutorial that teaches the student how to research, evaluate, locate, and cite sources he/she may use on a topic of his/her choice.

c. Weekly homework assignments, journal entries, quizzes, exams, and papers as determined by the instructor.

11. Texts

1. Required Text(s)

(1) O’Brien, Linda. *How to Get Good Grades in College*. Dayton, Ohio: Woodburn Press,2015.

(2) Grossmont College Catalog

(3) Grossmont College Class Schedule

(4) Instructor generated handouts

1. Supplementary texts and workbooks:

None

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

1. Demonstrate ability to recognize and locate campus resources and student services.
2. Develop and apply an educational plan consistent with major and career goals.

Date approved by the Governing Board: December 12, 2017