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Date Reviewed: Fall 2021  
C&GE approved: May 19, 2022  
Board approved: November 11, 2022  
Semester effective:

Student Success (STSU) 1016 College Survival (1 unit)  
[formerly Psychology 48, Psychology 1516]

Prerequisite: None

Hours and Unit Calculations:

16 hours lecture.32 Outside-of-class-hours (48 Total Student Learning Hours) 1 Unit

Catalog Description: The course focuses on effective strategies and techniques of reading, listening, taking useful notes, planning a time schedule, memory techniques and preparation for examinations. The course also includes an overview of college-community resources available to students as well as the following areas of importance for success in college: critical thinking, relationships, health, money, self-appraisal and the importance of setting future educational and career goals. Not open to students who have successfully completed Psychology 1516 or 48.

Type of Class/Course: Degree Credit

Text: None

Additional Materials: None

Course Objectives:

By the end of the course, a successful student will be able to

1. read the college catalog and explain rules, regulations and requirements for completion of an academic program,
2. list campus/community resources available to help the student succeed in college career,
3. design a daily/weekly time schedule and monthly calendar to allow for the completion of academic, work, home tasks in a timely manner,
4. analyze textbook formats for quick content overview and recall for examinations,
5. describe selected methods for taking lecture notes,
6. describe selected methods for taking multiple choice, true-false and essay examinations,
7. explain techniques helpful in overcoming test anxiety, and
8. identify health habits that are conducive to a successful academic, social and personal lifestyle.
9. describe selected memory techniques,
10. exhibit basic knowledge of critical thinking process,
11. demonstrate communication skills through interaction with students with disabilities, differing cultures, gender in the process of applying interpersonal skills,
12. demonstrate knowledge of money management techniques,
13. demonstrate knowledge of college survival skills through use of pre and post Discovery Wheel assignment, and
14. exhibit ability to access various resources for career and educational goal setting.



## Course Scope and Content:

- Unit I Introduction
  - A. Syllabus
  - B. Grading system
  - C. Student/instructor responsibilities
  - D. Motivation
  
- Unit II The College Scene
  - A. OnCampus/ Resources and Services
    - i. Library
    - ii. Tutoring
    - iii. Supplemental Instruction
    - iv. EOPS/CARE
    - v. CalWORKs
    - vi. DSPS/ High Tech Center
    - vii. Promise
  - B. Community Resources
  
- Unit III Learning Techniques and Skills
  - A. Reading
  - B. Note taking
  - C. Test taking
  - D. Memory
  - E. Introducing Critical Thinking
  - F. Mindset
  - G. Writing Styles
  - H. Time Management
  
- Unit IV Self-Appraisal and Goal Setting
  - A. Relationships
  - B. Health
  - C. Money Management
  - D. Financial Aid
  - E. Career Planning

## Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 2 hours per week outside of the regular class time doing the following:

1. Studying
2. Answering questions
3. Skill practice
4. Completing required reading
5. Problem solving activity or exercise

## Methods of Instruction:

1. Lectures
2. Class discussion
3. Audio-visual presentation

Methods of Evaluation:

1. Substantial writing assignments, including:
  - a. essay exams
  - b. written homework
2. Other examinations, including:
  - a. multiple choice
  - b. matching items
  - c. true/false items
  - d. fill in the blank

Supplemental Data:

TOP Code:	493014: Study Skills
SAM Priority Code:	E: Non-Occupational
Distance Education:	Online; Offline
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	2: Stand-alone
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	E: Credit By Exam
Eligible for Pass/No Pass:	C: Pass/No Pass

Taft College General Education:	NONE
Discipline	Counseling