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Student Success (STSU) 1500 Strategies for College and Life Management (3 units) CSU:UC

Prerequisite: None

Advisory: Eligibility for English 1500 or 1501 strongly recommended.

Hours and Units Calculations:

48 hours lecture. 96 Outside of class hours. (144 Total Student Learning Hours) 3 Units

Catalog 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, financial literacy, information literacy, diversity and cultural awareness, and maintaining a healthy lifestyle.

Type of Class/Course: Degree Credit

Texts: Baldwin, Amy. *College Success*. OpenStax, 2024.
<https://openstax.org/details/books/college-success>

Additional Required Materials:

Taft College Catalog/Student Handbook, current edition
Schedule of Classes, current term

Course Objectives:

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

1. Articulate their own personal values,
2. Reflect on cultural diversity and personal educational goals,
3. Identify their own learning style,
4. Apply college policies and procedures to educational goal for the purpose of increased college success,
5. Identify values and skills to help determine major and career pathway,
6. Apply strategies to a healthy lifestyle,
7. Apply student specific strategies for financial well-being, and
8. Develop a comprehensive education plan for current education goal and transfer timeline

Course Level Student Learning Outcomes

1. Analyze and distinguish between certificate/degree options for completion of educational goal.
2. Differentiate between the various dimensions of health including nutrition, stress, and diseases.

3. Identify factual information regarding sexual responsibility and behavior.
4. Recognize his/her personal values regarding academic and financial decisions.

Local General Education Learning Outcomes

1. Engage in citizenship skills; engage in college and community activities; knowledge of self; responsibility in groups settings, and work independently.

Course Scope and Content:

- Unit I Personal Growth and Development
 - A. Self-awareness, identity and values
 - B. Transition from high school to college
 - C. Academic values and beliefs
 - D. Assertiveness
 - E. Learning Styles
 - F. Money Management
 - G. Relationship and conflict resolution
 - H. Campus and community involvement

- Unit II Academic Goal Development
 - A. College terms and definitions
 - B. Major and career exploration
 - C. Degree and certificate requirements
 - D. Transfer Requirements
 - E. Student Education Plan

- Unit III Campus Resources
 - A. Accessing student services resources
 - B. Accessing web resources
 - C. Accessing library resources

- Unit IV Academic Success Strategies
 - A. Note taking skills
 - B. Test taking skills
 - C. Organizational skills
 - D. Time Management
 - E. Academic and personal integrity
 - F. Computer Literacy

- Unit V Healthy Lifestyle
 - A. Nutrition and exercise
 - B. Substance abuse
 - C. Social media
 - D. Stress management
 - E. Sexual responsibility

- Unit VI Diversity and Cultural Awareness
 - A. Cross-cultural communication

B. Stereotypes and discrimination

Learning Activities Required Outside of Class

The students in the class will spend a minimum of 6 hours per week outside of the regular class time doing the following:

1. Studying
2. Answering questions
3. Completing required reading
4. Problem solving activities and exercises
5. Written work
6. Observing or participating in activity related to the course content

Methods of Instruction

1. Assigned reading from text and selected references
2. In class and online lectures, demonstrations, and films
3. Self-evaluation of student education plan
4. Self-evaluation of student wellness plan

Methods of Evaluation

1. Journals
2. Written Assignment
3. Chapter quizzes and unit test
4. Reports and/or projects/case study
5. Final Exam

Supplemental Data:

TOP Code:	493013 – Academic Guidance
SAM Priority Code:	E: Non-Occupational
Funding Agency:	Y: Not Applicable
Program Status:	2: Not Program Applicable
Noncredit Category:	Y: Not Applicable, credit course

Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Not Applicable
Prior to College Level:	Y: Not Applicable
Cooperative Work Experience:	N: Course is not a part of a cooperative education program
Eligible for Credit by Exam:	Yes
Eligible for Pass/No Pass:	Yes
Discipline:	Counseling