

COUN 160: STRATEGIES FOR COLLEGE SUCCESS

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Spring 2024
Credits:	3
Total Contact Hours:	54
Lecture Hours :	54
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	108
Total Student Learning Hours:	162
Strongly Recommended:	ENGL 101.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter

Catalog Course Description

A course designed to give students the opportunity to create and change their habits and vision in order to have a rich, full, and rewarding scholastic life through adoption of positive attitude and critical thinking techniques. The course integrates the intellectual, physiological, social, and psychological aspects of being a college student. Learning strategies will be introduced that can be immediately and continuously applied so that students leave the course with confidence, enthusiasm, and a passion to succeed. 54 lecture hours.

Course Objectives

- Personal Growth and Values
- develop study skills required to comprehend and synthesize college level assignments
- appraise principles of learning and forgetting and practice mnemonic devices and concentration techniques
- apply lecture notetaking technique to lectures from the current semester
- assess textbook studying techniques and employ them to current textbooks
- compare and contrast study techniques for math, science, and liberal arts courses
- formulate test taking strategies for both objective and essay exams prepare practice exams and practice exams questions
- employ the use of computers to library research
- Critical and Creative Thinking
- examine critical analysis techniques and demonstrate those techniques using problem solving and decision making models
- apply decision making skills on an individual basis related to long and short term academic goals
- analyze personal growth and values, assess study strategies and critical and creative thinking methods
- analyze motivations and examine interactions within local college and world communities with respect to developing intercultural awareness

- develop attitudes necessary for success emphasizing personal responsibility
- develop decision-making skills related to long and short-term personal goals
- assess wellness concepts, including stress, diet, sleep and exercise and develop a personal health assessment and action plan
- evaluate learning styles including multiple intelligence's and apply them to life-long learning
- examine personal and educational values and compare those values to those of diverse cultures
- develop and implement effective communication techniques that promote academic success including effective instructor student relationships
- Academic Study Strategies

Major Course Content

1. **Personal Growth and Values**
 - a. Life Management
 - i. Setting goals and priorities, making decisions
 - ii. Time and energy management
 - iii. Motivation and procrastination
 - iv. Taking responsibility and overcoming fear
 - v. Self-esteem and self-awareness
 - vi. Application of management skills to current classes
 - vii. Organization
 - b. Learning Styles
 - i. Active and passive learning
 - ii. Brain dominance: left and right brain learning
 - iii. Learning styles
 - iv. Self-directed and collaborative learning
 - v. Visual, auditory, kinesthetic, and tactile learning modes
 - vi. Application of learning styles theory to current classes
 - vii. Multiple intelligences
 - c. Personal and Educational Values
 - i. Personal values, identity, and cultural
 - ii. Taking responsibility for educational goals
 - iii. Educational and intellectual values
 - iv. Life span transitions and how this effects decision making
 - v. Exploration of college majors and careers
 - d. Communication Strategies and The College Environment
 - i. Instructor requirements and student responsibilities
 - ii. Assertive and passive behaviors
 - iii. Speaking and listening in the classroom
 - iv. Networking with other students
 - v. Communication and academic freedom
 - e. Maintaining Health
 - i. Healthy, balanced lifestyle and the mind/body interplay
 - ii. Managing stress and relaxation techniques
 - iii. Dietary, sleep, and exercise requirements
 - iv. Drug and alcohol usage
 - v. Academic Study Strategies
2. **Academic Study Strategies**

- a. Strengthening Memory and Concentration
 - i. Principles of learning and forgetting
 - ii. Short and long term memory
 - iii. Recognition and recall techniques
 - iv. Concentration techniques and self-discipline
 - v. Mnemonic devices
 - vi. Application of memory and concentration to current classes
 - b. Lecture Notetaking
 - i. Active listening
 - ii. Key lecture notetaking techniques
 - iii. Class participation
 - iv. Application of lecture notetaking to current classes
 - c. Textbook Study Systems
 - i. Survey of textbooks and chapters
 - ii. SQ5R, SOAR and other textbook study techniques
 - iii. Textbook reading techniques: topic sentences, main ideas, summarizing
 - iv. Textbook notetaking techniques: lists, cards, mapping, outlining, summarizing
 - v. Textbook marking
 - vi. Application of textbook study systems to current classes
 - d. Subject-Specific Study Techniques
 - i. Math
 - ii. Science
 - iii. Liberal Arts
 - iv. Application of subject-specific study techniques to current classes
 - e. Text Taking
 - i. Test-taking anxiety; visualization and relaxation techniques
 - ii. Text preparation and test-taking strategies
 - iii. Objective exams
 - iv. Essay exams
 - v. Application of test taking to current classes
 - f. Using the Library
 - i. Research materials and techniques
 - ii. Use of computers for library research (the library's two hour orientation is highly recommended)
 - g. Exploring Higher Education at Citrus College
 - i. Philosophies of higher education and the higher education systems
 - ii. Exploration of Citrus College support systems
 - iii. Formulating a student educational plan
 - iv. Degree requirements
 - v. Transfer issues and requirements
 - vi. Career and transfer centers tour
 - vii. ASSIST and what it can do for you
 - viii. EUREKA
- 3. Critical and Creative Thinking**
- a. Critical Analysis and Problem Solving
 - i. Qualities of a critical thinker
 - ii. Problem solving and decision making strategies
 - iii. Analytical and systematic approaches to problem solving
 - iv. Assumptions, evidence, arguments, judgment, evaluation, explanation
 - v. Application of critical analysis and problem skills to academic classes
 - b. Creative and Visual Thinking
 - i. Relational, affective, lateral thinking style
 - ii. Idea generation, intuition, imagination, puzzles, patterns, curiosity
 - iii. Mind mapping
 - iv. Application of creative and visual thinking skills to academic classes
 - v. Brainstorming, collaboration, risk-taking

Suggested Reading Other Than Required Textbook

Assigned Readings

Examples of Required Writing Assignments

Write UC Personal Statement.

Examples of Outside Assignments

1. A 2-3 page educational profile 2. Written reflection on long term, mid term, short term educational and personal goals 3. 2-3 page outline of educational research 4. 5 page term paper on educational path

Instruction Type(s)

Lecture, Online Education Lecture