EOPS 210: EOP&S SUMMER BRIDGE

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Summer 2022
Credits:	3
Total Contact Hours:	54
Lecture Hours :	54
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	108
Strongly Recommended:	For current high school graduates who have been admitted into the EOP&S Summer Bridge program.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter

Catalog Course Description

As the main component of the EOP&S Summer Bridge Program, this course centers around creating a successful transition from high school to college. Students will create their own plans for college success and beyond by exploring student development theories, issues relevant to first-generation college students, college success skills, and more. This course may require field trips to local universities. Field trip dates will be given in advance. 54 lecture hours.

Course Objectives

- Develop working knowledge of the Citrus College campus and Citrus College platforms: Wingspan, Degree Works, student portal, student email and Canvas
- Understand appropriate email communication and how to read a college course syllabus
- Identify the different systems of higher education and analyze transfer requirements for each system
- Understand Guided Pathways including CAPS and support teams
- Analyze the history, mission, and foundation of EOP&S/CARE
- Examine the first-generation college experience
- Apply study skills to ease transition from high school to college such as developing strategies to set attainable academic, career, and personal goals
- Explore learning styles and how to apply them to their courses
- Understand time commitments required for college success
- Apply the P.L.R.S. Learning Cycle to enhance their college study skills
- Develop a weekly schedule that reflects effective study time for college success
- Increase awareness and sensitivity to the uniqueness among all individuals
- Develop a sense of belonging to the college culture & community
- Identify values and skills as they relate to career development
- Develop a career network to gain internship and employment opportunities
- Gain a better understanding on the importance of social media and develop a professional profile
- Understand the components of a successful resume
- Understand the preparation needed for a successful interview
- Gain competency in identifying resources on campus that will aid completion of academic and career goals
- Establish a strong commitment to self-care and mental well being
- Understand transfer options and requirements
- Develop self-efficacy for college success and beyond
- Proficiency in understanding college terminology, policies, procedures, dates and deadlines
- Effectively utilize the live class schedule
- Apply classroom knowledge to life beyond Summer Bridge
- Create a custom action plan for college success

Major Course Content

1. Introductions
   a. Icebreaker
   b. Explore course syllabus
   c. Using Canvas and the Citrus Student Portal
   d. Activating Citrus email
   e. Emailing your professors/ email etiquette
   f. Classroom norms and thought cards
2. Intro to College
   a. Citrus College campus tour
   b. High School vs College
   c. Guided Pathways overview
3. History of Higher Education and EOP&S
   a. Systems of Higher Education
   b. Graduation and transfer requirements
   c. History and purpose of EOP&S
4. Growth Mindset
   a. Victim vs Creator
   b. Setting SMART Goals
5. 1st Generation Student Experience
   a. Validation Theory
   b. Impostor Syndrome
6. Study Skills
   a. Learning styles project
   b. Time management project
   c. Procrastination
   d. PLRS Learning Cycle
   e. Making a weekly planner
7. Diversity
   a. Embracing others
   b. Building community
8. Getting involved
   a. Student Engagement Theory
   b. Internships & volunteering
   c. Leadership
   d. Student Life presentation
9. Professionalism (4 day series)
   a. Career Development Theory
   b. Library Resources

    c. Exploring Majors/Careers & Values – Using Focus 2

    d. Resumes

    e. Use of Social Media

    f. Interview techniques

    g. Dress for success

    h. Elevator Pitch

    i. Mock interviews

10. Campus Resources Presentations

    a. Financial Aid & Scholarships

    b. Honors

    c. DSPS

    d. Study Abroad

    e. Basic Needs Resources

    f. STEM/TRiO

    g. Summer Research Experience

    h. Other programs as available

11. Mental Health and well-being

    a. Student Health Services presentation

    b. Managing stress

    c. The importance of self-care

12. Transfer 101 presentation

13. Summer Bridge Alum student panel

14. Academic Policies

    a. Using the course catalog

    b. Live class schedule search

    c. Important dates and deadlines

15. Life after Summer Bridge

    a. Using your "toolbox"

    b. Seeking help

Suggested Reading Other Than Required Textbook

Assigned Readings

Examples of Required Writing Assignments

1. Scholarship Essay 2. UC Personal Insight Questions

Examples of Outside Assignments

1. 2-3 page "About Me" paper 2. Time management Project 3. Career Development Research Paper 2-3 pages 4. Life Map Presentation and 2-3 page paper

Instruction Type(s)

Lecture, Online Education Lecture