

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