

FYEX-1110 FIRST YEAR SEMINAR 3 CREDITS

SYLLABUS

CATALOG DESCRIPTION

This course is designed to help students achieve greater success in college and in life. Students will learn many proven strategies for creating greater academic, professional, and personal success. Topics may include career exploration, time management, study and test-taking strategies to adapt to different learning environments, interpersonal relationships, wellness management, financial literacy, and campus and community resources.

Formerly LRNS-111

Prerequisites: None

Semester Offered: All

COMMON STUDENT LEARNING OUTCOMES

Upon successful completion of San Juan College programs and degrees, the student will demonstrate competency in...

BROAD AND SPECIALIZED LEARNING

Students will actively and independently acquire, apply, and adapt skills and knowledge with an awareness of global contexts.

CRITICAL THINKING

Students will think analytically and creatively to explore ideas, make connections, draw conclusions and solve problems.

CULTURAL AND CIVIC ENGAGEMENT

Students will act purposefully, reflectively, and ethically in diverse and complex environments.

EFFECTIVE COMMUNICATION

Students will exchange ideas and information with clarity in multiple contexts.

INFORMATION LITERACY

Students will be able to recognize when information is needed and have the ability to locate, evaluate, and use it effectively.

INTEGRATING TECHNOLOGIES

Students will demonstrate fluency in the application and use of technologies in multiple contexts.

Student work from this class may be randomly selected and used anonymously for assessment of course, program, and/or institutional learning outcomes. For more information, please refer to the Dean of the appropriate School.

COURSE LEARNING OUTCOMES

Upon successful completion of the course, the student will be able to...

1. Develop self-awareness and life skills that increase success in college and beyond
 - a. Accept SELF-RESPONSIBILITY, seeing themselves as the primary cause of their outcomes and experiences. (L,T)
 - b. Discover SELF-MOTIVATION, finding purpose in their lives by discovering personally meaningful goals and dreams (L,T)
 - c. Master SELF-MANAGEMENT, consistently planning and taking purposeful actions in pursuit of their goals and dreams. (L,T)
 - d. Employ INTERDEPENDENCE, building mutually supportive relationships that help them achieve their goals and dreams (while helping others to do the same). (L,T,E,C)
 - e. Gain SELF-AWARENESS, consciously employing behaviors, beliefs, and attitudes that keep them on course. (L,T)
 - f. Adopt LIFE-LONG LEARNING, finding valuable lessons and wisdom in nearly every experience they have. (L,T)
 - g. Develop EMOTIONAL INTELLIGENCE, effectively managing their emotions in support of their goals and dreams. (L,T)
 - h. BELIEVE IN THEMSELVES, seeing themselves capable, lovable, and unconditionally worthy as human beings. (L,T)
2. Develop and apply various academic skills such as:
 - a. Study and test taking strategies (L,T)
 - b. Note taking strategies (L,T)
 - c. Collaborative learning principles (L,T,C,A)
 - d. Critical thinking skills (L,T,C,A)
 - e. Time management principles (L,T,A)
 - f. Campus resource utilization (T,A,I)
3. Evaluate talents and interests to seek a major as part of a larger career plan
 - a. Examine and clarify personal values (L,T,C,E)
 - b. Research majors and careers (L,T,I)
 - c. Create specific goals for college and beyond (L,T,E)