



SYLLABUS

CATALOG DESCRIPTION

Provides an in depth opportunity for students to learn and adopt methods that promote success in college and in life. Course may be applied towards an elective for an AA degree or certificate.

Prerequisite: ENGL-050 and RDNG 050- RDNG 096 or Appropriate ENGL and RDNG scores

Semester Offered: Fall/Spring

Common Student Learning Outcomes

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

BROAD AND SPECIALIZED LEARNING (L)

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

CRITICAL THINKING (T)

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

CULTURAL AND CIVIC ENGAGEMENT (E)

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

EFFECTIVE COMMUNICATION (C)

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

INTEGRATING TECHNOLOGIES (I)

Students will demonstrate fluency in the application and use of technologies, information, or resources 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 Assessment website (www.sanjuancollege.edu/assessment).

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)