

EDU 100 - COLLEGE SUCCESS

Course Description

This course is designed to provide students with the strategies necessary to succeed in college. Participants will examine the characteristics of successful students as well as learn strategies for taking greater responsibility for their own learning. Additionally, the course will provide ways of developing greater intrinsic motivation, increased perseverance, and more effective time management skills, as well as help them discover and revise limiting beliefs and self-defeating behaviors. Practical skills will include a variety of note taking and study strategies as well as confident and effective test preparation. Group 2 course.

Credit Hours

2

Contact Hours

2

Lecture Hours

2

General Education Outcomes supported by this course

Critical Thinking - Direct

Course Learning Outcomes

Knowledge:

- Explain the skills necessary to accept personal responsibility.
- Articulate key concepts of learning science.

Application:

- Analyze self-efficacy and self-management strengths and weaknesses.
- Apply understanding of college culture to modify behavior.

Integration:

- Use self-awareness to make realistic choices and develop healthy habits.
- Integrate self-management skills to further learning.

Human Dimension:

- Communicate with others using effective listening and speaking strategies.
- Collaborate actively and effectively in groups.

Caring - Civic Learning:

- Strengthen their commitment to hard work and effort in order to reach goals.
- Set effective and manageable goals.

Learning How to Learn:

- Select appropriate learning strategies based on an understanding of learning science.
- Use reflection to develop and connect elements of academic and personal learning.