

# COUN V01: COLLEGE SUCCESS

**Originator**

tisa\_medrano1

**College**

Ventura College

**Discipline (CB01A)**

COUN - Counseling

**Course Number (CB01B)**

V01

**Course Title (CB02)**

College Success

**Banner/Short Title**

College Success

**Credit Type**

Credit

**Start Term**

Fall 2019

**Catalog Course Description**

This course helps students evaluate the social, psychological and physiological factors that influence developing essential life management skills. The course encourages self-exploration of personal responsibility, self-motivation, health and well-being, self-awareness, interdependence, self-management, lifelong learning, as well as learning different resources on campus. Students will explore the history and philosophy of higher education in the U.S education systems and will learn to create a student education plan. Includes an introduction to financial, time and stress management, and communication skills. Requires research papers and problem-solving exercises.

**Taxonomy of Programs (TOP) Code (CB03)**

4930.10 - Career Guidance and Orientation

**Course Credit Status (CB04)**

D (Credit - Degree Applicable)

**Course Transfer Status (CB05) (select one only)**

A (Transferable to both UC and CSU)

**Course Basic Skills Status (CB08)**

N - The Course is Not a Basic Skills Course

**SAM Priority Code (CB09)**

E - Non-Occupational

**Course Cooperative Work Experience Education Status (CB10)**

N - Is Not Part of a Cooperative Work Experience Education Program

**Course Classification Status (CB11)**

Y - Credit Course

**Educational Assistance Class Instruction (Approved Special Class) (CB13)**

N - The Course is Not an Approved Special Class

**Course Prior to Transfer Level (CB21)**

Y - Not Applicable

**Course Noncredit Category (CB22)**

Y - Credit Course

**Funding Agency Category (CB23)**

Y - Not Applicable (Funding Not Used)

**Course Program Status (CB24)**

2 - Not Program Applicable

**General Education Status (CB25)**

Y - Not Applicable

**Support Course Status (CB26)**

N - Course is not a support course

**Field trips**

Will not be required

**Grading method**

(L) Letter Graded

**Alternate grading methods**

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

**Does this course require an instructional materials fee?**

No

**Repeatable for Credit**

No

**Is this course part of a family?**

No

**Units and Hours**

**Carnegie Unit Override**

No

**In-Class**

**Lecture**

**Minimum Contact/In-Class Lecture Hours**

52.5

**Maximum Contact/In-Class Lecture Hours**

52.5

**Activity**

**Laboratory**

**Total in-Class**

**Total in-Class**

**Total Minimum Contact/In-Class Hours**

52.5

**Total Maximum Contact/In-Class Hours**

52.5

**Outside-of-Class**

**Internship/Cooperative Work Experience**

**Paid**

**Unpaid**

**Total Outside-of-Class**

**Total Outside-of-Class**

**Minimum Outside-of-Class Hours**

105

**Maximum Outside-of-Class Hours**

105

**Total Student Learning**

**Total Student Learning**

**Total Minimum Student Learning Hours**

157.5

**Total Maximum Student Learning Hours**

157.5

**Minimum Units (CB07)**

3

**Maximum Units (CB06)**

3

**Student Learning Outcomes (CSLOs)**

**Upon satisfactory completion of the course, students will be able to:**

- 1 Students will formulate (Synthesis) a comp. ed plan based on academic and career goals.
- 2 Students will transform (evaluate) their academic skills including time-management, effective studying, test-taking, critical thinking, problem solving and weigh (evaluate) their importance in other academic courses.
- 3 Students will choose (evaluation) personal, academic and career goals, and design plans for their attainment.

**Course Objectives**

**Upon satisfactory completion of the course, students will be able to:**

- 1 Discuss the purposes and processes of higher education and identify Ventura College policies and procedures as they relate to academic persistence.
- 2 Identify and utilize campus and community resources which support academic and career plans.
- 3 Assess abilities, interests, and values as a foundation for career and educational planning.
- 4 Evaluate the role of personal, family, cultural, and societal assumptions and expectations.
- 5 Identify the principles of analytical and critical thinking skills necessary to make the academic and personal decisions faced by college students.
- 6 Assess the role of personal responsibility and choices in determining outcomes for success in college, work, and life.
- 7 Define effective communication skills necessary to attain academic success.
- 8 Identify academic paths available to first-year college students.
- 9 Identify degree objective and/or transfer institution based on an understanding of the systems of higher education.
- 10 Analyze and test time management strategies.
- 11 Identify effective learning strategies.
- 12 Formulate a comprehensive education plan.

## Course Content

### Lecture/Course Content

1. Accepting personal responsibility
  - a. Beliefs, attitudes, and values
  - b. Effects of beliefs, attitudes, and values on behaviors and outcomes
  - c. Choices and consequences
  - d. Wise choice process
  - e. Qualities of successful students
2. Discovering self-motivation
  - a. Life roles
  - b. Values and life expectations
  - c. Goal setting and decision making
  - d. Visualization of ideas and goals
  - e. Life planning and organization
3. Health and well-being
  - a. Physiological implications of stress
  - b. Impact of limiting beliefs and negative emotions on health
  - c. Strategies for maintaining physical, cognitive, and socio-emotional well being
  - d. Emotional intelligence
  - e. Mental and sexual health issues
4. Self-awareness
  - a. Core beliefs and attitudes
  - b. Identification of inner scripts
  - c. Individual cognitive, emotional, and behavioral patterns
  - d. Self-defeating choices and habits
  - e. Unconscious influences on cognitive, emotional, and behavioral patterns
  - f. The career research process
5. Interdependence
  - a. Awareness and appreciation of diversity
  - b. Collaborative work processes
  - c. Support networks
  - d. Development of mutually supportive relationships
  - e. Active listening
  - f. Assertive communication
6. Lifelong learning
  - a. Human brain and learning
  - b. Critical thinking and strategies for active learning
  - c. Assessment of individual learning styles
  - d. Adapting learning styles to educational environments
7. Self-management
  - a. Concepts of urgency and importance, and their influence of self-management strategies
  - b. Tools and strategies for effective time management
8. Campus resources
  - a. Understanding the educational setting
  - b. Adjusting to the culture of college
  - c. Introduction to and identification of college resources
  - d. Identification and understanding of student support services
  - e. Introduction to technology literacy
9. Educational planning
  - a. Introduction to the history and philosophy of higher education
  - b. Prerequisites
  - c. General education
  - d. Major requirements
  - e. College catalog
  - f. Understanding educational options at the community college level
  - g. Process for developing an educational plan

## **Methods of Evaluation**

### **Instructional Methodology**

## **Representative Course Assignments**

### **Writing Assignments**

Structured journals and other writing assignments.

### **Reading Assignments**

Chapters in assigned text and selected readings.

## **Outside Assignments**

## **Articulation**

### **Comparable Courses within the VCCCD**

COL M01 - College Strategies

## District General Education

**A. Natural Sciences**

**B. Social and Behavioral Sciences**

**C. Humanities**

**D. Language and Rationality**

**E. Health and Physical Education/Kinesiology**

**F. Ethnic Studies/Gender Studies**

## CSU GE-Breadth

**Area A: English Language Communication and Critical Thinking**

**Area B: Scientific Inquiry and Quantitative Reasoning**

**Area C: Arts and Humanities**

**Area D: Social Sciences**

**Area E: Lifelong Learning and Self-Development**

**Area F: Ethnic Studies**

**CSU Graduation Requirement in U.S. History, Constitution and American Ideals:**

## IGETC

**Area 1: English Communication**

**Area 2A: Mathematical Concepts & Quantitative Reasoning**

**Area 3: Arts and Humanities**

**Area 4: Social and Behavioral Sciences**

**Area 5: Physical and Biological Sciences**

**Area 6: Languages Other than English (LOTE)**

## Textbooks and Lab Manuals

### Resource Type

Textbook

### Description

Downing, S. (2017). *On Course: Strategies for Creating Success in College and in Life* (8th). Cengage Learning. 9781305397477

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### Resource Type

Textbook

### Description

Gardner, J.N. Barefoot, B.O. (2012). *Your College Experience: Strategies for Success* (10). Bedford/St. Martin's. 0312602545

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### Resource Type

Software

**Description**

Degree Works. Ellucian Company L.P.

**Resource Type**

Manual

**Description**

Ventura College Executive Vice President of Student Learning. *Ventura College General Catalog and Announcement of Courses*. Ventura County Community College District.

**Resource Type**

Other Instructional Materials

**Description**

N/A.

**Library Resources****Sufficient Library Resources exist**

Yes

**Primary Minimum Qualification**

COUNSELING

**Additional Minimum Qualifications****Minimum Qualifications**

COUN

**Review and Approval Dates****Department Chair**

MM/DD/YYYY

**Dean**

MM/DD/YYYY

**Technical Review**

MM/DD/YYYY

**Curriculum Committee**

11/06/2018

**DTRW-I**

MM/DD/YYYY

**Curriculum Committee**

11/06/2018

**Board**

MM/DD/YYYY

**CCCCO**

11/27/2018

**Control Number**

CCC000561122

**DOE/accreditation approval date**  
MM/DD/YYYY