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Student Success (STSU) 1016 College Survival (1 unit)
[formerly Psychology 48, Psychology 1516]

Advisory: Eligibility for English 1000 and Reading 1005 strongly recommended

Total Hours: 16 hours lecture

Catalog Description: The course focuses on effective strategies and techniques of reading, listening, taking useful notes, planning a time schedule, memory techniques and preparation for examinations. The course also includes an overview of college-community resources available to students as well as the following areas of importance for success in college: critical thinking, relationships, health, money, self-appraisal and the importance of setting future educational and career goals. Not open to students who have successfully completed Psychology 1516 or 48.

Type of Class/Course: Degree Credit

Text: Wilson, M. J. *The Best College Student Survival Guide Ever Written*. Detroit: Createspace, 2014. Print.

Additional Instructional Materials: None

Course Objectives:

By the end of the course, a successful student will be able to

1. read the college catalog and explain rules, regulations and requirements for completion of an academic program,
2. list campus/community resources available to help the student succeed in college career,
3. design a daily/weekly time schedule and monthly calendar to allow for the completion of academic, work, home tasks in a timely manner,
4. analyze textbook formats for quick content overview and recall for examinations,
5. describe selected methods for taking lecture notes,
6. describe selected methods for taking multiple choice, true-false and essay examinations,
7. explain techniques helpful in overcoming test anxiety, and
8. identify health habits that are conducive to a successful academic, social and personal lifestyle.
9. describe selected memory techniques,
10. exhibit basic knowledge of critical thinking process,
11. demonstrate communication skills through interaction with students with disabilities, differing cultures, gender in the process of applying interpersonal skills,
12. demonstrate knowledge of money management techniques,
13. demonstrate knowledge of college survival skills through use of pre and post Discovery Wheel assignment, and
14. exhibit ability to access various resources for career and educational goal setting.



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Course Scope and Content:

- Unit I Introduction
 - A. Syllabus
 - B. Grading system
 - C. Student/instructor responsibilities
 - D. Motivation

- Unit II The College Scene
 - A. Campus/community resources
 - B. Time management
 - C. Library

- Unit III Learning Techniques and Skills
 - A. Reading
 - B. Note taking
 - C. Test taking
 - D. Memory
 - E. Introducing Critical Thinking
 - F. Mindset
 - G. Writing Styles

- Unit IV Self-Appraisal
 - A. Relationships
 - B. Health
 - C. Money Management/ Financial Aid
 - D. Career Planning

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 2 hours per week outside of the regular class time doing the following:

1. Studying
2. Answering questions
3. Skill practice
4. Completing required reading
5. Problem solving activity or exercise

Methods of Instruction:

1. Lectures
2. Class discussion
3. Audio-visual presentation

Methods of Evaluation:

1. Substantial writing assignments, including:
 - a. essay exams
 - b. written homework
2. Skill demonstrations, including:



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- a. class performance
3. Other examinations, including:
 - a. multiple choice
 - b. matching items
 - c. true/false items
 - d. fill in the blank