

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Counseling 101 – Introduction to College

.5-1 hour lecture, .5-1 unit

Catalog Description

This course is designed to give an overview of student responsibilities, college expectations, academic regulations and policies. Students will discover the wealth of specialized student support services, examine requirement for certificate programs, associate degrees and transfer pathways, confidently navigate the college campus and website, and understand how they are part of a diverse campus community. Emphasis is placed on the transition to college learning and college life, self-reflection, and self-advocacy. Students will develop a preliminary educational plan to achieve personal and academic goals and apply critical analysis skills, information literacy, and successful attitudes in joining a college community. **Pass/No Pass only.**

Prerequisite

None

Course Content

- 1) Introduction to College
 - a. Overview of Higher Education
 - b. College Terminology
 - c. Academic policies, procedures and requirements through the use of various resources such as college catalogs, class schedules and websites.
- 2) Introduction to Campus Resources, Programs and Services, including but not limited to:
 - a. Counseling Center, Career Center, Transfer Center, Health & Wellness Center, Library and Tutoring Centers
 - b. EOPS, CalWORKs, DSPS, Rising Scholars, Puente and Umoja
- 3) Personal Growth and Life Management
 - a. Decision-making and goal-setting
 - b. College experiences as part of the process of growth
- 4) Educational Programs & Options
 - a. CTE and Certificate programs
 - b. Associate Degrees
 - c. Transfer programs leading to Baccalaureate degrees
- 5) Education Planning
 - a. Prerequisites
 - b. Major coursework
 - c. General Education
 - d. Electives
 - e. Course sequencing
- 6) Building Connections for Success
 - a. Involvement with student organizations and clubs
 - b. Communication skills for interacting with faculty, academic counselors, and college support services to foster on-going relationships.
 - c. Engagement activities, events, and workshops

Course Objectives

Students will be able to:

- 1) Distinguish the difference between requirements for certificates, associate degrees and transfer pathways.
- 2) Identify academic resources, student services and campus programs available to support student success.
- 3) Examine college catalog, schedule and other information presented to make informed decisions about educational plans.
- 4) Demonstrate college readiness by engaging in behavior and strategies to maximize the college experience and be a successful student.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in the subject matter determined by multiple measurements for evaluation, one of which may be essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Independent project that demonstrates students' ability to apply college policies and procedures to academic success, and academic progress requirements.
- 2) Written assignment in which students assess their academic goals and employ strategies to reach goals.

Special Materials Required of Student

None

Minimum Instructional Facilities

Smart classroom and computer lab

Method of Instruction

- 1) Lecture and discussion
- 2) Guest speaker(s)

Out-of-Class Assignments

- 1) **Reading:** Review course materials
- 2) **Writing:** Reflection, goal setting
- 3) **Other:** Virtual or onsite tour of the college student services and academic departments

Texts and References

- 1) Required (representative example) None
- 2) Supplemental: Various online career and counseling resources, including the college catalog, LMS platform, and campus academic and student services support websites.

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Identify and appropriately use campus resources, programs, and student services to support their academic, personal and career goals.
- 2) Develop and individualized educational plan that demonstrates understanding of certificate, associate degree, and transfer requirements.