

**CUYAMACA COLLEGE**  
**COURSE OUTLINE OF RECORD**

**COUNSELING 101 – INTRODUCTION TO COLLEGE**

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

**Catalog Description**

An introductory course designed to assist students with a successful transition to college. An overview of student responsibilities, college expectations, college and career success strategies will be discussed. Students will learn about the college; campus, services, academic regulations, general education requirements, and certificate, degree and transfer options. Students will receive education planning.

**Pass/No Pass only. Non-degree applicable.**

**Prerequisite**

None

**Course Content**

- 1) Academic policies, procedures and requirements through the use of various resources such as college catalogs, class schedules and websites.
- 2) Student support programs, services and campus resources such as the Library, Counseling, Tutoring Centers, Transfer Center, and Career Center
- 3) Personal growth and life management.
- 4) Elements of a successful education plan.

**Course Objectives**

Students will be able to:

- 1) Identify academic options at the college; i.e. certificates, degrees and transfer options.
- 2) Navigate the college campus, academic resources and student services and programs.
- 3) Identify strategies needed to 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**

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 academic and student support resources.
- 2) Develop an educational plan aligning with personal needs and goals.