



COURSE OUTLINE : ST DV 141
D Credit – Degree Applicable
COURSE ID 002115
Cyclical Review: August 2020
Revision: May 2021

COURSE DISCIPLINE : ST DV
COURSE NUMBER : 141
COURSE TITLE (FULL) : Improving College Performance and Study Skills
COURSE TITLE (SHORT) : College Perform/Study Skills
ACADEMIC SENATE DISCIPLINE: Counseling

CATALOG DESCRIPTION

ST DV 141 is designed to help students develop effective academic study skills and critical thinking strategies to reach desired educational goals. The completion of this course prepares students to learn academic success strategies, such as principles of memory and learning, motivation and concentration, effective note-taking, textbook study methods, efficient time management, test-taking strategies, stress management, and develop knowledge of campus resources.

CATALOG NOTES

Note: This course is Pass/No Pass only.

Total Lecture Units:1.00

Total Laboratory Units: 0.00

Total Course Units: 1.00

Total Lecture Hours:18.00

Total Laboratory Hours: 0.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 18.00

Total Out-of-Class Hours: 36.00

Recommended Preparation: ESL 133.



ENTRY STANDARDS

| | Subject | Number | Title | Description | Include |
|---|----------------|---------------|-------------------------|---|----------------|
| 1 | ESL | 133 | Grammar and Writing III | Compose a 300 to 350-word composition which: (a) includes a clear thesis statement; (b) shows clear organization into an introduction, body, and conclusion; (c) provides supporting details; (d) meets division criteria for fluency, clarity and accuracy; | Yes |
| 2 | ESL | 133 | Grammar and Writing III | demonstrate level appropriate mastery of spelling, vocabulary, punctuation, simple perfect tenses, passive voice, gerunds and infinitives, real conditionals, adverb clauses of reason and concession; | Yes |
| 3 | ESL | 133 | Grammar and Writing III | read multi-paragraph academic passages in textbooks. | Yes |

EXIT STANDARDS

- 1 Evaluate personal, academic, and professional goals;
- 2 evaluate social settings in a college context;
- 3 analyze demands on personal time and create structured, organized schedules for efficient use of limited time;
- 4 select learning theories and determine which apply to particular learning styles and adapt to various teaching methods
- 5 describe, select, and apply strategies for reading and comprehension, listening to lectures, and effective note taking techniques for improving test performance;
- 6 identify the elements of academic intellectual activity described in Bloom's Taxonomy and in decision-making models;
- 7 apply personal management skills to student life;
- 8 demonstrate goal setting strategies for student success.

STUDENT LEARNING OUTCOMES

- 1 Identify and apply health and wellness attitudes to increase positive personal habits for educational success;
- 2 evaluate and apply college academic and behavioral standards;
- 3 analyze the diverse values and benefits of multiple cultures on a college campus.



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COURSE CONTENT WITH INSTRUCTIONAL HOURS

| | Description | Lecture | Lab | Total Hours |
|---|---|---------|-----|-------------|
| 1 | <p>Self-Evaluation</p> <ul style="list-style-type: none"> • Review placement/assessment results • Review previous course work • Learning styles • Students self-assessment • Analyze and evaluate the student’s present financial situation and review possible financial aid options • Analyze grade point balance and develop strategies for clearing probation or improving Grade Point Average (GPA) | 5 | 0 | 5 |
| 2 | <p>Personal Management and Responsibility</p> <ul style="list-style-type: none"> • Managing stress and maintaining a healthy, balanced lifestyle • Self-motivation (growth mindset), interdependence, emotional maturity, assertiveness • Goal setting, personal values, identity, decision-making, and self-awareness • Creative and critical thinking • Instructor-student relations • College academic and student conduct regulations • Time management • Procrastination | 4 | 0 | 4 |



| | | | | |
|---|--|---|---|-----------|
| 3 | <p>Campus Student and Instructional Services</p> <ul style="list-style-type: none"> • Academic Counseling • Career Services, Transfer Center, Center for Students with Disabilities, Extended Opportunity Program and Services, CalWORKS, Student Equity Learning Communities (Black Scholars, Guardian Scholars, La Comunidad) • Multicultural & Community Engagement Center (Pride Center/Dream Resource Center), Veterans Resource Center, Center for Academic Success in Athletics • Welcome Center • Canvas Support • Placement and Assessment Center • Student Clubs and Organizations • Learning Center, Writing Lab, Math Discovery Center, Online Tutoring, Learning Commons • Center for Assistance, Resources and Educational Success (CARES) • Bookstore • Financial Aid • Health Center • Library services and workshops | 4 | 0 | 4 |
| 4 | <p>Academic Study Strategies</p> <ul style="list-style-type: none"> • Active Listening • Note taking • Textbook study systems • Strengthening memory and concentration • Test-taking • Studying Environment • Bloom's Taxonomy • Individual and Group Studying | 5 | 0 | 5 |
| | | | | 18 |

OUT OF CLASS ASSIGNMENTS

- 1 time management plan;
- 2 journal writing;
- 3 discussion posts



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METHODS OF EVALUATION

- 1 quizzes;
- 2 final examination.
- 3 oral presentation
- 4 class assignments and activities

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

| Title | Type | Publisher | Edition | Medium | Author | ISBN | Date |
|---------------------------|--------------|------------------|----------------|---------------|---------------|-------------------|-------------|
| Becoming a Master Student | Supplemental | Wadsworth | 16 | print | Ellis, Dave | 9781337097109 | 2018 |
| College Success | Supplemental | OpenStax | | digital | Baldwin, Amy | 978-1-951693-17-6 | 2020 |