

ST DV101 : Skills for College Success and Life Management

General Information

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Course Code (CB01) :	ST DV101
Course Title (CB02) :	Skills for College Success and Life Management
Department:	ST DV
Proposal Start:	Fall 2024
TOP Code (CB03) :	(4930.10) Career Guidance and Orientation
CIP Code:	(32.0105) Job-Seeking/Changing Skills.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000041947
Curriculum Committee Approval Date:	10/25/2023
Board of Trustees Approval Date:	12/19/2023
Last Cyclical Review Date:	10/25/2023
Course Description and Course Note:	ST DV 101 is dedicated to ensuring students' college success and motivating their journeys toward lifelong learning. Students develop their own plan for personal, academic, transfer, and career success through self-evaluation, application of specific techniques, and classroom activities. Students explore effective study strategies, setting short and long-term goals, time management, metacognitive skills, financial literacy, effective communication skills, identity development, cultural diversity, and strengthening interpersonal relationships. Note: This course is Pass/No Pass only.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">• Credit
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Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">• Counseling
Alternate Discipline:	<ul style="list-style-type: none">• Counseling: EOPS
Alternate Discipline:	<ul style="list-style-type: none">• Counseling: Disabled Students Programs and Services

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Pass / No-Pass Only

Course Support Course Status (CB26)

Course is not a support course

Transferability & Gen. Ed. Options

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

Units and Hours

Summary

Minimum Credit Units (CB07) 1

Maximum Credit Units (CB06) 1

Total Course In-Class (Contact) Hours 18

Total Course Out-of-Class Hours 36

Total Student Learning Hours 54

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	1	2
Laboratory Hours	0	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	18

Laboratory	0
Studio	0
Total	18

Course Out-of-Class Hours

Lecture	36
Laboratory	0
Studio	0
Total	36

Time Commitment Notes for Students

No value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

Advisory

ESL133 - Grammar And Writing III

Objectives

- 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.
- Demonstrate level appropriate mastery of spelling, vocabulary, punctuation, simple perfect tenses, passive voice, gerunds and infinitives, real conditionals, adverb clauses of reason and concession.
- Read multi-paragraph academic passages in textbooks.

Entry Standards

Entry Standards

No value

Specifications

Methods of Instruction

Methods of Instruction Lecture

Methods of Instruction Demonstrations

Methods of Instruction Multimedia

Methods of Instruction

Guest Speakers

Methods of Instruction

Collaborative Learning

Methods of Instruction

Presentations

Methods of Instruction

Discussion

Out of Class Assignments

- Individual projects (e.g. journal entries that demonstrate development of career choices)
- Completion of a Student Educational Plan

Methods of Evaluation

Rationale

Other

Instructor evaluation of completed assignments

Exam/Quiz/Test

Quizzes

Exam/Quiz/Test

Final examination

Other

Case studies

Textbook Rationale

Glendale Community College Catalog

Textbooks

Author

Title

Publisher

Date

ISBN

No Value

No Value

No Value

No Value

No Value

Other Instructional Materials (i.e. OER, handouts)

No Value

Materials Fee

No value

Learning Outcomes and Objectives

Course Objectives

Identify personal values, aptitudes, skills and interests.

Analyze and apply metacognitive strategies to cultivate a growth mindset.

Identify and apply preferred learning styles to increase self-efficacy and study skills.

Select a tentative Learning and Professional Pathway and relate it to career goals.

Evaluate how financial and time management decisions impact college success.

Examine cultural factors and evaluate their impact on educational, career, and life decisions.

Utilize support services to facilitate completion of educational goals.

Explain transfer admission and general education requirements for degree attainment.

Prepare and write a Student Education Plan.

SLOs

Apply preferred learning styles to increase self-efficacy and study skills.

Expected Outcome Performance: 70.0

ST DV Identify important values, aptitudes, personality type, skills, & interests leading to selection of possible college major and career goals.
Core PLOs

Develop strategies to overcome financial and time management challenges that directly impact college success.

Expected Outcome Performance: 70.0

ST DV Identify important values, aptitudes, personality type, skills, & interests leading to selection of possible college major and career goals.
Core PLOs

Develop and utilize student educational plan.

Review and utilize information on certificates, AA/AS, transfer requirements.

Demonstrate knowledge of courses required, with appropriate sequence, to meet educational goal.

Expected Outcome Performance: 70.0

ST DV Develop and utilize student educational plan.
Core PLOs

Review and utilize information on certificates, AA/AS, transfer requirements.

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Navigating the college environment and understanding its culture (2 hours)

- Campus support services, policies, and procedures
- Overview of Post-secondary education
- Classroom etiquette
- Academic Integrity
- Personal conduct

Academic Strategies for Success (5 hours)

- Learning and teaching style preferences
- Effective study techniques
- Effective time management
- Effective test taking techniques
- Memory and concentration
- Managing stress, anxiety, and distractions
- Learning Differences
- Physical and mental health
- Resource navigation/Self advocacy
- Navigating diverse abilities and requesting accommodations in an academic setting

Cognitive and Metacognitive Strategies (4 hours)

- Critical and creative thinking
- Decision making
- Values Clarification
- Goal Setting/Motivation
- Growth Mindset
- Self-efficacy/Locus of control

Understanding How Psychosocial/Sociocultural Influence Impact Academic and Career Success (4 hours)

- Social and Cultural Capital
- Community Cultural Wealth
- Intersectionality/Positionality
- Interpersonal communication across cultures
- Upbringing, familial, and cultural influences on life domains including finances and mental health

Career Decision Making and Designing an Effective Student Educational Plan (3 hours)

- Examination of the career exploration process.
- Career assessments
- Choosing a career and major
- Explore the transfer process
- Finalize Student Educational Plan

Total hours: 18