



Western Technical College

## 10890102 College Success Skills

### Course Outcome Summary

#### Course Information

<b>Description</b>	This course will focus on strengthening student skills on: time management, note-taking, test preparation/test taking strategies, critical thinking, and other skills for promoting college success.
<b>Instructional Level</b>	Associate Degree Courses
<b>Total Credits</b>	1
<b>Total Hours</b>	18

#### Textbooks

Open Educational Resource: *College Success*. Copyright 2015. Publisher: University of Minnesota Libraries Publishing Edition. **ISBN-13:** 978-1-946135-06-3. <https://open.lib.umn.edu/collegesuccess/>

#### Success Abilities

1. Cultivate Passion: Expand a Growth-Mindset
2. Cultivate Passion: Increase Self-Awareness
3. Live Responsibly: Develop Resilience

#### Course Competencies

1. **Involve yourself in the learning community.**

##### Assessment Strategies

- 1.1. written, graphic, or oral product

##### Criteria

*You will know you are successful when*

- 1.1. you explain the benefit of taking part in the campus community.
- 1.2. you explain the value of community and campus organizations.
- 1.3. you define the value of the learning community as applied to your college experience.
- 1.4. you describe one organization or club on campus with which you might become involved.
- 1.5. you detail the value of technology in the learning community.

##### Learning Objectives

- 1.a. Investigate resources that assist students and the community.
- 1.b. Identify the value of being part of the community.
- 1.c. Research campus organizations, clubs, co-circulars, and sports offering available to students on campus.
- 1.d. Observe that technology in the community can be useful but must be used properly.
- 1.e. Explore common technology tools for students: Blackboard, MyWestern, email, web conferencing tools, etc.

## **2. Acquire study skills.**

### **Assessment Strategies**

- 2.1. Demonstration
- 2.2. Self Assessment

### **Criteria**

*You will know you are successful when*

- 2.1. you apply reading techniques to course content.
- 2.2. you describe the importance of efficient notetaking and listening skills in the classroom.
- 2.3. you demonstrate effective notetaking from courses or activities on campus
- 2.4. you explain test taking strategies and how they can be applied to a variety of tests.
- 2.5. you apply study strategies based on your personal learning style.
- 2.6. you navigate the internet and blackboard efficiently.

### **Learning Objectives**

- 2.a. Implement sufficient strategies needed for textbook and coursework reading success.
- 2.b. Identify learning styles and most effective study strategies for self.
- 2.c. Explore the importance of efficient notetaking skills in the classroom and while reading academic materials such as textbook chapters.
- 2.d. Develop successful listening techniques.
- 2.e. Develop a plan for individual test preparation strategies.
- 2.f. Determine different types of tests and different strategies for each test.
- 2.g. Examine how technology is used in coursework.
- 2.h. Improve critical thinking in order to connect ideas and evaluate information logically.

## **3. Explore physical and personal health.**

### **Assessment Strategies**

- 3.1. Self Assessment
- 3.2. Reflection

### **Criteria**

*You will know you are successful when*

- 3.1. You summarize the effects of drugs and alcohol on the body, relationships, and learning.
- 3.2. You describe examples of healthy and unhealthy behaviors.
- 3.3. You locate local resources that can assist with unhealthy behaviors i.e violence, abuse, mental health, etc.
- 3.4. You explore different exercise possibilities and resources.
- 3.5. You explain how being healthy will affect all aspects of being a student.

### **Learning Objectives**

- 3.a. Examine all dimensions of personal wellness.
- 3.b. Examine the effects of drugs and alcohol on the body, relationships, and learning.
- 3.c. Focus on personal health and the importance of maintaining a healthy lifestyle.
- 3.d. Investigate the importance of eating healthy and exercising regularly.
- 3.e. Accept responsibility for personal and physical well-being.
- 3.f. Identify the resources in the community for unhealthy behaviors.
- 3.g. Acknowledge the importance of having good personal relationships.

## **4. Develop personal awareness.**

### **Assessment Strategies**

- 4.1. Self Assessment

## Criteria

*You will know you are successful when*

- 4.1. You define ethics.
- 4.2. You determine how personal ethics can and should be examined regularly.
- 4.3. You explain the value of diversity at school, in the community, and at the workplace.
- 4.4. You explore how diversity has an impact on your life.
- 4.5. You explain Western's Success Abilities and their role in your development.
- 4.6. You explain why self awareness is important as a college student.
- 4.7. You define emotional intelligence.

## Learning Objectives

- 4.a. Assess personal ethics.
- 4.b. Evaluate how personal ethics affects one's choices in life.
- 4.c. Explore the various definitions of diversity.
- 4.d. Explore the value of diversity in school and community.
- 4.e. Identify situations and experiences from a diverse community.
- 4.f. Describe ways to improve emotional intelligence.
- 4.g. Investigate your self-esteem.
- 4.h. Expand your growth mindset by accepting imperfections and seeking opportunities for self-improvement.
- 4.i. Cultivate your passion to find purpose by being curious, practicing self-reflection, and genuinely connecting with others.

## 5. Examine life skills.

### Assessment Strategies

- 5.1. Written, Oral, or Graphic Product

## Criteria

*You will know you are successful when*

- 5.1. you compare/contrast time management tools.
- 5.2. you complete a functional time management tool for the course.
- 5.3. You summarize ways to live responsibly.
- 5.4. You use goalsetting for the semester involving school and personal goals.
- 5.5. You describe a money management technique you will use.
- 5.6. You demonstrate a stress management technique you will use.

## Learning Objectives

- 5.a. Analyze current use of time to identify obstacles in effective time management.
- 5.b. Construct weekly time management schedule to balance work, school, and social or family life.
- 5.c. Research stress and money management tools.
- 5.d. Acknowledge personal habits to be improved.
- 5.e. Examine plans to achieve personal success.
- 5.f. Develop resilience as you learn to anticipate, prepare for, respond to and recover from disruptive change.
- 5.g. Examine accountability, a personal choice to rise above one's circumstances and demonstrate the ownership necessary for achieving desired results.