Miami Dade College

Course Competencies Template – Form 112

GENERAL INFORMATION	
Course Prefix/Number: SLS1125	Course Title: Student Support Seminar
Number of Credits: 3	
Degree Type	☐ B.A. ☐ B.S. ☐ B.A.S ☒ A.A. ☐ A.S. ☐ A.A.S. ☐ C.C.C. ☐ A.T.C. ☐ V.C.C
Date Submitted: 3/20/2008	Effective Year/Term: 2008-1
☐ New Course Competency ☒ Revised Course Competency	

General Education courses must align with the General Education Outcomes. The above course links to the following outcome(s):

☒ Communication   ☒ Personal/Civic/Social Responsibilities
☐ Quantitative Reasoning   ☐ Ethical Thinking
☒ Critical thinking   ☒ Computer Skills
☒ Information Literacy   ☐ Aesthetic Appreciation
☐ Cultural Knowledge/Global Perspective   ☐ Natural Systems/Environmental Literacy

Course Description (limit to 50 words or less): This course provides a foundation for gaining knowledge, skills, and attitudes necessary for college success. Students will learn specific social, cultural, psychological, and academic considerations that are known to impact student achievement. Students will also assess their competence in each of these areas, and learn strategies that will improve their overall student effectiveness. (3 hour lecture)

Prerequisite(s): None	Co requisite(s): None

Course Competencies: (for further instruction/guidelines go to: http://www.mdc.edu/eppa/curriculum.asp)

Competency 1: The Student will develop the knowledge and skills necessary for success in college by:

1. appraising his/her learning styles, personality traits and analyzing their impact on academic performance and success.
2. understanding the role of emotional intelligence and multiple intelligences in academic performance and success.
3. identifying and applying practices that promote successful learning, including effective skills for studying, reading, note-taking, test-taking, managing time, setting priorities, thinking critically and creatively, communicating, listening, and using internet and library resources.
4. applying methods for improving memory and retention, including dealing with mental blocks and forgetting, practicing mnemonics and other memory enhancing techniques, and increasing memory storage.
5. identifying effective methods for finding, identifying, integrating and synthesizing information.
6. applying techniques for effective test preparation for objective, short answer, and essay formats.
7. acquiring strategies for reducing test anxiety.
8. developing an educational plan to meet graduation requirements and the requirements needed for transfer to upper level institutions.
9. identifying resources available at the College for successful academic progress and lifelong learning.
10. describing and applying the registration procedures including degree audit, adding and dropping courses, official withdrawal policies, transcripts, and the Standards of Academic Progress.

Competency 2: The Student will understand the relationship between attitudes, self-concept, values, motivation, and success by:

1. describing the role of taking personal responsibility in making changes necessary for success and achieving one's goals.
2. developing an awareness of personal values and belief systems, and the impact of values on decision making and overall success.
3. identifying the shaping influences on the self-concept.
4. understanding and applying critical thinking in decision-making.
5. implementing reframing and appropriate behavior changes.
6. recognizing self-defeating thoughts and exploring ways to modify negative cognitions.
7. identifying and using effective problem solving and conflict resolution skills.
8. identifying and using effective methods for managing emotions and anger.
9. exploring and applying knowledge about positive attitudes, taking initiative, motivation, industry, integrity, and ethical principles.

Competency 3: The Student will identify and develop effective interpersonal and multicultural skills by:

1. identifying and applying effective interpersonal skills.
2. identifying positive strategies for developing and maintaining healthy and satisfying relationships.
3. developing strategies for working effectively with professors in and out of class.
4. identifying and applying effective leadership and time management skills.
5. developing cross-cultural awareness and skills for enhancing multicultural relations.
6. developing awareness of and respect for the rights and dignity of every person.
7. analyzing contemporary issues within the context of global perspectives.
8. identifying ways of contributing to a global community through the practices of civility, respect, and civic responsibility.

Competency 4: The Student will demonstrate an understanding of effective life management by:

1. demonstrating the ability to think and react with flexibility.
2. understanding the existence of multiple perspectives and points of view.
3. cultivating a sense of meaning, balance, and purpose.
4. understanding the different social and professional roles required within society and their relationships with authorities.
5. identifying the components of interdependence including mutual negotiation of needs, mutual empathy, and mutual investments in growth.
6. exploring and applying knowledge about health and wellness.
7. developing an understanding of and participating in service learning.
8. developing informational literacy and technology skills effectively.

Competency 5: The Student will demonstrate an understanding of the process of making appropriate career choices by:

1. describing the impact of personal interests, strengths, and values on academic program and career selection.
2. matching knowledge about individual characteristics and abilities to information about job or career opportunities.
3. synthesizing information from self-assessments, career inventories, occupational inventories, and general career information acquired from various sources.
4. identifying preferred careers to select an academic program as part of a career plan.
5. identifying effective employability skills.