



### **Course Description**

#### **SLS1505 | College Survival Skills | 1.00 credit**

This is an introductory self-discovery course designed to help students make the transition to college. Students will learn the knowledge and skills necessary for success, including knowledge of academic policies and procedures, effective study strategies, and making sound academic and career choices.

### **Course Competencies**

**Competency 1:** The student will demonstrate the utilization of practical study skills by:

1. Assessing their personal learning style and study skills
2. Applying practical study skills
3. Applying active reading and comprehension skills
4. Developing strategies for critical thinking, memory enhancement, and test-taking
5. Identifying math and test anxiety triggers and applying successful coping strategies

**Competency 2:** The student will demonstrate knowledge of the dynamics of success by:

1. Identifying personal values and interests through selected inventories
2. Examining the role of short, midterm, and long-term goals in success
3. Examining issues critical to life management, including time management, physical and emotional well-being, personal and civic responsibility, and the impact of cultural diversity
4. Developing informational literacy and technology skills effectively

**Competency 3:** The student will demonstrate an understanding of the process of making appropriate career choices by:

1. Matching knowledge about one's characteristics and abilities to information about job or career opportunities
2. Comparing various career choices and related requirements
3. Developing an educational plan for meeting graduation requirements

**Competency 4:** The student will demonstrate knowledge of college matriculation processes and procedures by:

1. Demonstrating knowledge of college procedures, including registration procedures, degree requirements, advisement services, financial aid, and the Standards of Academic Progress
2. Identifying resources available at the college for successful academic progress
3. Developing strategies for working effectively with professors in and out of class
4. Expressing their academic needs to the appropriate support resources

### **Learning Outcomes:**

- Communicate effectively using listening, speaking, reading, and writing skills