

Course Description**SLS1930 | Student Life Skills | credits**

This course is designed to provide a foundation of information for incoming college students in the areas of personal development, technology, and academic readiness as they relate to the college experience. Upon successful completion of this course, students will possess applicable knowledge and skillsets necessary to succeed and thrive in college both personally and academically.

Course Competencies:

Competency 1: The student will develop the knowledge and attitudes that provide a general foundation for personal effectiveness, life management, and self-regulation skills in the areas of stress, time, and emotional wellness by:

1. Demonstrating the ability to take initiative, assume responsibility for actions and decisions, give and receive constructive feedback, be cognitively flexible and maintain openness to change
2. Understanding the definition and practical application of an optimistic attitude and proactivity
3. Demonstrating effective self- management skills in the use of resources such as time, money, personal wellness, and the ability to create an effective weekly schedule
4. Demonstrating knowledge about the definition of stress and describing the relationship between health, wellness, and achievement outcomes
5. Applying stress reduction strategies to college experiences

Competency 2: The student will acquire and demonstrate general knowledge of education-based technology, proficient use of electronic email, and online learning management systems by:

1. Demonstrating proficiency using learning resource database, navigating and operating the college LMS (Blackboard/Canvas), and navigating the student portal
2. Demonstrating ability to create and sign into student email account, as well as download and sign into mobile email application
3. Demonstrating proper email etiquette, the ability to create, send, and forward email with and without a file attachment, and respond to an email using reply and reply all techniques

Competency 3: The student will demonstrate knowledge of college matriculation processes, procedures, and student resources 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 personal and academic progress
3. Expressing his/her academic needs to the appropriate support resources
4. Interpreting attendance and grading policies, and student rights and Responsibilities
5. Describing and applying the registration procedures including degree audit, adding and dropping courses, official withdrawal policies, transcripts

Competency 4: The student will develop the knowledge, skills, strategies, and attitudes specific to the college learning environment that provide a general foundation for all academic success by:

1. Identifying and developing a study system that is compatible with preferred study skills, effective strategies, and learning styles
2. Employing effective modes of reading to suit various types of reading material (skimming, scanning, rapid reading, and personal, analytic, study reading)
3. Applying knowledge of efficient note- taking skills, including active listening, organizing, and recording
4. Identifying different study strategies for effective test preparation for a variety of test types and applying test taking strategies for objective and subjective tests
5. Developing problem-solving techniques, conflict resolution skills in decision-making, and critical thinking skills, including organizing information and planning
6. Developing strategies for working effectively with professors in and out of class, and identifying appropriate classroom etiquette.

Competency 5: The student will demonstrate utilization of discipline specific study skills and literal comprehension by: Identifying and using strategies to reduce math anxiety, including using math tutors and math support services

1. Identifying and using strategies to increase reading and writing proficiency, including using reading and writing support services
2. Identifying various discipline-specific study strategies, and selecting and applying a strategy appropriate to a specific content area
3. Visiting and using the campus library and computer facilities to locate discipline-specific information
4. Outlining paragraphs and essays, summarizing paragraphs and essays, and creating a personal narrative essay

Learning Outcomes:

- Communicate effectively using listening, speaking, reading, and writing skills
- Use quantitative analytical skills to evaluate and process numerical data
- Solve problems using critical and creative thinking and scientific reasoning
- Formulate strategies to locate, evaluate, and apply information
- Demonstrate knowledge of ethical thinking and its application to issues in society
- Demonstrate knowledge of diverse cultures, including global and historical perspectives
- Use computer and emerging technologies effectively