GROSSMONT COLLEGE

Official Course Outline

COUNSELING 137 - MAXIMIZE YOUR LEARNING

1. Course Number Course Title Semester Units Semester Hours

COUN 137 Maximize Your Learning .5 8-9 hours lecture

16-18 outside-of-class hours 24-27 total hours

2. Course Prerequisites

None

Corequisite

None

Recommended Preparation

None

3. Catalog Description

An interactive and cooperative learning approach designed to explore, discuss and implement proven strategies to enhance success in college. The course will review study skills and emphasize developing a student educational plan to achieve expected outcomes in college and beyond. This course is offered on a Pass/No Pass basis only.

4. Course Objectives

The student will:

a. Access and evaluate individual needs through self-awareness exercises and journal writing.

b. Explore and identify academic and personal strengths and weaknesses.

c. Evaluate personal and educational priorities.

d. Implement a variety of study techniques.

e. Apply critical and creative thinking to problem solving.

5. Instructional Facilities

Standard classroom

6. Special Materials Required of Student

None

7. Course Content

a. Modality for learning

b. Balancing class and personal schedules

c. Vignettes and role-play for specific challenges

d. Strategies to manage changes and obstacles

e. Critical thinking skills

f. Assumptions about learning and success

g. Responsible choices

h. Expectations and adjustments to succeed on campus and in the classroom

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8. Method of Instruction

a. Lecture and discussion

b. Group and individualized instruction

9. Methods of Evaluating Student Performance

a. Self-assessment questionnaire

b. Final exam: Personal written evaluation

10. Outside Class Assignments

a. Assigned textbook reading

b. Related journal writing exercises

11. Texts

a. Required Text(s):

Downing, Skip. *On Course: Strategies for Creating Success in College and in Life. Boston, MA: Cengage Learning, 2017.*

b. Supplementary texts and workbooks:

None

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

1. Identify study strategies to maximize their success in college.
2. Apply self-empowerment strategies when problem solving.

Date approved by the Governing Board: December 12, 2017