

ST 101 – STRATEGIES FOR COLLEGE SUCCESS

Fall 2017

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Course Description: This (1) credit course is designed to promote the individual development of each student with regard to the achievement of academic success combined with a clarification of personal and career goals. Course topics will include study skills, time management, career exploration, grading, stress management, communication skills, healthy relationships and more. In addition, students will have an opportunity to learn to work cooperatively in groups and enhance their appreciation of interacting with a culturally and diverse group of people.

Required Text book: Resources as assigned

Attendance Policy: All students are expected to attend class and arrive on time. Extreme lateness will be considered as an absence. Since this class meets only once a week, three or more absences will constitute a failing grade. Attendance may also impact advisement/registration for the following semester (*to be discussed in class*). **Please see me if there is an extenuating situation or family emergency which is impacting your attendance.**

Grading Policy: Students are expected to attend class, participate, be prepared, respectful to all, and complete all class and homework assignments. Assignments will not be graded with a letter grade (A, B, C etc), but will be marked with a check as completed. The final grade for the course will be a combination of attendance, homework submitted, and the Final Exam. Extra credit can be earned by submission of proof of attendance of campus events apart from those listed in the syllabus. Students may need to repeat the course if they receive a failing grade.

Office Hours: Students who wish to speak to me about ST or academic issues are welcome to schedule an appointment by calling the office number above. Students may also see me during my walk-in hours (to be discussed in class).

If at any time you are struggling with a personal issue, you are encouraged to speak to any counselor in the Counseling Center. If you prefer to speak to someone off campus, you can call 1-800-LIFENET. This is a 24/7 free and confidential multi-lingual hotline you can call to talk to someone or get a referral off campus. Please DO NOT share any personal information about yourself with me through email (tigermail). Email is not confidential, and NOT the appropriate way to communicate any personal feelings you may be experiencing.

Topics: The below topics are expected to be covered this semester. Please note the below is subject to change based on the focus, direction and needs of the class and the campus.

Week	Date	Topic
1		<p>Self-Awareness & College Connections:</p> <ul style="list-style-type: none"> • Students will start to explore their feelings and perceptions about College. • Introduction to classmates and to college • Important dates via the Academic Calendar and Events Calendar • Technology will be introduced • General College questions/concerns <p>Homework 1: Worksheet - Meaning of the days on which there are no classes/the college is closed</p>
2		<p>College Expectations & Grading</p> <ul style="list-style-type: none"> • Classroom conduct, Office of the Dean of Students, Campus Security • Communicating with Professors including proper email etiquette • Retention standards to include grading, withdrawal process, probation and dismissal • Campus Support Services will be reinforced via website links and FAQs. <p>Homework 2: Worksheet – Courses, Professors Names & e-mail addresses</p>
3		<p>Working together/collaboration: students will be taught expectations of group interaction Elements of project presentation: audience, media, content Creation of groups and assignment of topics for end of semester presentation Each group will be assigned a topic with global impact for group presentation in Week 14.</p>
4		<p>Research and Academic Writing: Library Room 302 (enter the library at the second floor behind Starbucks and walk up the stairs to the classroom) Prof. Rick Mako Use the assigned group topic as a guide.</p>
5		<p>Campus Safety</p> <ul style="list-style-type: none"> • Students will become familiar with the resources on the Public Safety website • Visit from Public Safety Officer • Discussion of factors that impact safety • Worksheet: I feel safe/unsafe when ...
6		<p>Goal Setting/Careers Introduction: Students will explore Career options by:</p> <ul style="list-style-type: none"> • Setting realistic short-term and long-term goals • Examining their goals, skills, abilities and values relating to career choices • Consider factors that impact career decision-making • Impact of career of interest on self, family, and wider society • Becoming familiar with the Office of Career Services website • Linking to other occupational resources <p>Visit of Career Services staff Homework 3: Completing Career- Readiness and Self -Assessment sections of FOCUS 2</p>
5		<p>Relationship between career goals and college major: Review of career options and related majors identified in FOCUS-2 Students will become familiar with their Academy, program of study and degree requirements through exploration of their individual Academy site.</p> <ul style="list-style-type: none"> • Introduction to the Academies, their importance and benefits, associated careers and courses required • Introduction to High Impact Learning Activities
6		<p>Study Skills & Learning Styles: Students will consider strategies to enhance their academic performance.</p> <ul style="list-style-type: none"> • Individual learning styles • Effective study strategies <p>Coping with Test Anxiety Homework 4: Tracking use of time for a week - worksheet for use in next class.</p>
7		<p>Time Management/Self-Management: Students will explore barriers to academic success, and discuss how to balance college with their personal life. Balancing time in a healthy, productive way Planning, scheduling, use of technology for organizing responsibilities</p>
8		<p>Stress Management: Students will identify and examine stressors in the lives of college students. They will explore the impact of these stressors on their academic performance, as well as their physical and emotional well-being.</p>

	<p>Students will become familiar with:</p> <ul style="list-style-type: none"> • Mental health issues • Wellness and health strategies • Positive coping strategies to manage stressors and life events • On-and off-campus Support Services • Access and attitudes to mental health services <p>Homework 5: Visit the Counseling Center and pick up a brochure on 3 topics that are important to you.</p>
9	<p>Academic Awareness: Students will be introduced to resources that will assist them with upcoming advisement sessions: (Ms. Doreen Fox)</p> <ul style="list-style-type: none"> • Access their Student Advisement Degree Audit. <p>Graduation and moving on from QCC.</p> <ul style="list-style-type: none"> • Review transfer information linking to the Senior College Transfer Office. • Visit by College Transfer Coordinator
10	<p>Diversity & Campus Enrichment: Students will identify aspects of their identity and consider how they are similar to/different from others.</p> <ul style="list-style-type: none"> • Increase self-awareness using Hays' ADRESSING Framework • Increase awareness of others. Share aspects of your identity with your group. <p>Homework 6: Interview family members of previous generations to explore development of your identity</p>
11	<p>Cross-cultural communication: Guest Lecture</p> <ul style="list-style-type: none"> • The Iceberg • Differences in ways of communication <p>Class group activity: Cultural meaning of words and gestures. International students will be invited to participate in the small group discussions.</p>
12	<p>Students will identify and discuss life situations related to areas of relationships, sexual misconduct, domestic violence, and cyber bullying. They will identify at risk situations and support resources.</p> <ul style="list-style-type: none"> • QCC Policy regarding Sexual Harassment and related support • Building Healthy Relationships • Healthy Relationships & Communication Skills: • Influence of culture on relationship expectations <p>Preventative measures to cyber-bullying</p>
13	<p>Group Presentation</p> <p>In collaboration with your group: make a 10-minute presentation on your assigned group topic.</p> <ul style="list-style-type: none"> • Describe the issue • What is its impact? • What can you do about it? <p>Feedback</p>
14	<ul style="list-style-type: none"> • Report to the class and hand in Holocaust Center Assignment <p>Attend an event at the Holocaust Center. Write a description of the event. Identify one aspect of the event and explain how it affected you. What can you do to reduce the likelihood that the event will happen again, or reduce the impact of the event on the affected group?</p> <p>http://www.qcc.cuny.edu/khrca/</p> <ul style="list-style-type: none"> • Submit Campus Event Attendance Sheet • Review and reflection • Class Evaluation

Final Exam: Date, time and room to be announced