

A. This course is intended to support the development of cognitive and non-cognitive skills for students who have demonstrated deficits in one or both areas via poor academic records in prior semesters.

B. Transferability:

1. This course is non-transferable.

IV. Place of Course in College Curriculum

A. Developmental, non-credit

B. This course serves as a requirement for students who have appealed their Academic Suspension.

C. This course does not meet a program requirement for any program.

D. This course is non-transferable.

V. Outline of Course Content

A. Managing Priorities

1. Short-term and long-term goal setting

a. academic goals

b. career goals

2. Time Management

a. identifying the four quadrants of time

3. Stress Management

a. Understanding the different characteristics of stress

B. Developing Academic Skills

1. Learning Styles

a. VARK learning styles inventory

b. adjusting learning styles to teaching styles

2. Notetaking

a. Cornell Method

b. Outlining

c. Mind mapping

d. Summarizing

3. Reading

a. SQ5R

b. reading in content areas

i. math and science texts

ii. social science and humanities texts

4. Studying

a. Memorizing

i. short-term memory

ii. working memory

iii. long-term memory

C. Career Exploration

1. Values and interests inventories

2. Decision making process

VI. General Education and Course Learning Outcomes

A. By the completion of this course, students will be able to improve their personal, professional and academic successes by...

1. Managing and prioritizing responsibilities through problem solving and critical thinking (GE-ERA)
2. Outlining, applying and evaluating the implementation of effective research, studying and test-taking skills in their coursework (GE-IL, GE 4)
3. Approaching diverse collegiate and life experiences with mature and realistic perspectives (GE-ERA, GE-8)
4. Using effective interpersonal and intrapersonal communication skills (GE-1, GE-8)

B. Assessment Instruments

1. Written Reflections (LOs #1-#4)
2. Oral Presentations (Los #3-#4)

VII. Grade Determinants and Modes of Instruction

- A. Grade Determinants
1. Class participation
 2. Attendance
 3. Written reflections
 4. Oral presentations

- B. Modes of Instruction
1. lecture/discussion
 2. student collaboration
 3. guest speakers
 4. student oral presentations
 5. individual meetings with instructor

VIII. Texts and Materials

- A. OER in print/digital format
- B. journals
- C. film and video
- D. audio sources
- E. web sources
- F. other

IX. Resources

What specific or unusual resources (such as library, computer, or laboratory resources) does the College presently have that will be necessary for the course? What additional resources will be needed? List the resources.

A. Priority scheduling in computer lab space for all sections

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)