Cape Cod Community College

Prepared by the Department of Learning Support Services
Date of Departmental Approval: February 22, 2017
Date approved by Curriculum and Programs: March 1, 2017   Effective: Fall 2017

1. **Course Number:**   **COL101**
    Course Title: **The College Experience**

2. **Description:** This theme-based seminar is designed to help students develop the skills and confidence necessary to succeed in college, the world of work, and life. In this course, students will examine theories and practices associated with academic success. Areas of study include education and career planning, study skills, effective communication, critical and creative thinking, information literacy, personal management, development of community and awareness of diversity, technology, and leadership.   Modeled on the "workshop format" in which students learn by doing, students will be actively engaged in group activities and team projects.

3. **Student Learning Outcomes:**
    Upon successful completion of this course, students are able to do the following:

    Personal and Academic Growth
    - Assess the influence of self-image, self esteem, motivation, personality types, interests, values, learning styles and emotional intelligences on college and life choices
    - Use problem-solving techniques to address personal, social and political obstacles.
    - Use effective memory, reading, note taking, test taking and time management techniques to prepare for college work
    - Formulate a list of life and career goals and identify priorities based on those goals
    - Assess their level of stress and apply appropriate stress management techniques
    - Articulate the purpose of the general education curriculum and the value of a college education
    - Explain major college policies, including transfer, and demonstrate an understanding of common academic vocabulary

    Foundations of Inquiry
    - Read and discuss a fiction or non-fiction book
    - Apply problem-solving methodology
    - Use metacognitive strategies in their own learning

    Technology
    - Access and use campus information systems and resources, the College web site, and student email.
    - Use online college support systems, including online advising, tutoring, campus web, and the College's Learning Management System (LMS).
    - Use electronic information resources and technology to prepare written assignments.

    Communication
    - Write reflective and objective papers in response to course topics.
    - Articulate ideas and responses to readings in large and small group discussions
    - Present ideas and information to a large group
    - Communicate with a faculty member regarding academic concerns

    Diversity
    - Describe the experience of a member of a diverse population
    - Explain the role of diversity in shaping an individual's experience
    - Acknowledge the challenges and rewards of membership in a diverse community

    Critical and Creative Thinking
    - Approach a topic from multiple viewpoints
    - Identify differences between fact and opinion
    - Identify fallacies in reasoning

- Identify credible sources of information

4. **Credits:** 3 credits

5. **Satisfies General Education Requirement:** General Education Elective (Interdisciplinary Studies)

6. **Prerequisite:** ENL025 (Reading & Writing Essentials) or satisfactory basic skills assessment score

7. **Semester(s) Offered:** Fall, Spring, Summer

8. **Suggested General Guidelines for Evaluation:** Student learning outcomes are assessed through group and individual projects, writing assignments, oral presentations, portfolio development and a final exam.

9. **General Topical Outline (Optional):**

- Reading and discussion of common, theme-based novel or non-fiction work
- Creating a life plan
- Self Assessments, including MBTI, self-esteem, motivation, emotional intelligences, career interest inventory, and learning style inventory, values and life goals
- Realizing that personal success in college, work and life is the responsibility of the student
- Review of reading, note taking, test taking and time management techniques
- Introduction to critical and creative thinking strategies
- Overview of Cape Cod Community College policies and services
- Introduction to general education requirements, academic disciplines, and career pathways
- Stress management techniques
- Introduction to the scientific method and problem-solving strategies
- Introduction to metacognition
- Introduction to college information services and support systems, including online services
- Introduction to Moodle
- Diversity awareness and appreciation