

COL101 is a theme based three (3) credit college-level course designed to help you develop the skills and confidence necessary to succeed in college, the world of work, and life. This course may be used as a General Education elective and is widely transferable to many colleges. COL101 classes are small and engaging. You'll have the chance to participate in hands-on learning projects, work as part of a team, and get to know a faculty member who really cares about your success.

Prerequisite: ENL025 or satisfactory basic skills assessment score; or Enrollment in ENL025

In this course you will learn to:

- Participate in a variety of self-assessments to determine your learning style, career interests, values and career and life goals.
- Learn to use effective memory, reading, note taking, test taking & time management techniques to prepare for college work.
- Assess stress levels and apply appropriate stress management techniques.
- Access important college technology resources, such as the College web site, student email, Campus Web and Moodle.

Each section of The College Experience (COL101) focuses on a unique topic or theme

It's not just 4C's-it's 4S's--Sustainable Success Strategies To Succeed

COL101-R-03 Mon & Wed 11:00-12:15pm K. Traywick

This seminar is designed to help students develop 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 and personal success. Areas of study include education, career planning, study skills, effective communication, critical and creative thinking, informational 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.

This course is paired with **ENL025-R-03 (Reading and Writing Essentials)**

Stress Busters

COL101-01 Tues & Thurs 9:30-10:45am J. Kershner

Learn simple techniques to reduce stress, increase happiness and focus on achieving realistic goals. In this section of COL101, we will focus on stress-reduction techniques, such as mindfulness meditation combined with mindful consumption and exercise as a means to find joy in college, in careers, in personal lives, and in life in general. The class will include reading, writing, discussions and helping each other develop realistic plans for happiness and success in college and beyond.

Living Life with Purpose

COL101-02 Tues & Thurs 2:00-3:15pm A. Frisbie

Do you live your life with purpose? This seminar is designed to provide you with the opportunity to examine your life, to understand and define your purpose for being in college and to explore your life purpose(s) beyond college. When you know why you are here, your college courses become more meaningful. The more meaning or relevance your courses have for you, the more motivated you become. Motivated students learn, succeed and graduate. Signing up for this class means you are ready and willing to participate in the discovery of your purpose now and in life after college. To accomplish this, you will be required to write, read, communicate, listen, reflect and dare to dream.

Finding Your Focus

COL101-04 (Hybrid) Online & Tues 12:30-1:45pm L. Boragine

Still trying to figure out what you are good at? Wondering which career path is right for you? Or maybe you're overwhelmed by everything that is on your plate. In this section of COL101, you'll learn about yourself and develop strategies for success that build on your personal strengths.

(Hybrid format: class meets on September 3, 10, 17, 24, October 1, 8, 15, 22, 29, November 5, 12, 19, 26, December 3)

Success in STEM

COL101-05 (Hybrid) Online & Thurs 12:30-1:45pm C. Coughlin

Interested in Science? Want to explore what STEM degree tracks are available or get an idea of the courses you may be taking? Need more information on transfer to a 4-year school in Science? Success in STEM is specifically designed to help students make a smooth transition to college, identify programs of interest, and be successful in STEM explorations at 4C's and beyond.

(Hybrid format: class meets on September 5, 12, 19, 26, October 3, 10, 17, 24, 31, November 7, 14, 21, December 5)