

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.

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

Stress Busters

COL101-01

Mon & Wed

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.

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

COL101-R-02

Tues & Thurs

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.

Living Life with Purpose

COL101-04

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.