

Syllabus for: GS 6 First Year Experience

Spring 2018 Jan. 13 2018 – May 11, 2018

Section Number: 043511 Credits/Units: 3 Day/Time/Location: MW 10:05-11:30 AT 106

Instructors Name: DaVita Fraser

Contact information: Email: [davita-fraser@redwoods.edu](mailto:davita-fraser@redwoods.edu)

Required Text: Required Text: On Course; By Skip Downing, 8ed Edition 2015. Wadsworth-Boston, MA.

Other Required Materials: 1 inch 3 ring binder or section in a larger binder.

Course Description:

A course designed to inform and assist students to obtain the knowledge and skills necessary to reach their educational objectives. Topics covered include: Self-discovery, motivation, memory development, time and stress management, text book reading, note and test-taking skills, healthy living practices, and career and academic planning. Students will be utilizing a wide variety of college resources, study skills, and techniques to support their goals.

**Student Learning Outcomes:**

1. Assess individual Learning preferences which can be applied towards improving lifelong learning skills.
2. Identify college expectations and demonstrate successful navigation within the college system.
3. Develop and complete a formal student education plan.
4. Analyze self-management systems and persistence practices to increase self-motivation and success.

**Special accommodations:** College of the Redwoods complies with the Americans with Disabilities Act in making reasonable accommodations for qualified students with disabilities. Please present your written accommodations document to me as promptly as possible so that necessary arrangements can be made. If you have a disability or believe you might benefit from disability related services and may need accommodations, please see me or contact Disabled Students Programs and Services.

**Academic Misconduct:** Cheating, plagiarism, collusion, abuse of resource materials, computer misuse, fabrication or falsification, multiple submissions, complicity in academic misconduct, and/ or bearing false witness will not be tolerated. Violations will be dealt with according to the procedures and sanctions proscribed by the College of the Redwoods. Students caught plagiarizing or cheating on exams will receive an “F” in the course.

The student code of conduct is available on the College of the Redwoods website at:

<http://redwoods.edu/District/Board/New/Chapter5/AP%205500%20Conduct%20Code%20final%2002-07-2012.pdf> Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the college catalog and on the College of the Redwoods homepage.

College of the Redwoods is committed to equal opportunity in employment, admission to the college, and in the conduct of all of its programs and activities.

Policy on Anticipated Absences

Attendance is important! This is your Job. Most of your assignments will be completed in class therefore you will miss all points when absent. The first day of class you will receive a Get “Three Absence Cards” that can be redeemed for half the points missed in class the day you were absent (excluding test points) up to three unexcused absences. Excused Absences must be documented by a professional related to the absence (Dr, Attorney, Dentist, parole officer). With proper documentation extra credit can be assigned to make up points lost.

## Classroom Etiquette

If we all adhere to the following common sense guidelines our class time together should be a pleasant experience for everyone:

- **Be on time.** If you need to leave early, please let me know before class begins. **Avoid leaving class**, (Please try to take care of your biological needs before class).
- **TURN OFF PHONE and put them in your back pack or purse.** If you use your phone during class I will request you to bring it to my desk until class is over. If you can not comply with this then you will be asked to leave the class for the day and forfeit your points for the day. If this becomes a problem repeatedly (3 times) then you will be asked to drop the class.
- **Do not begin packing your belongings until I have dismissed the class for the day.**
- **Avoid interrupting people when they are talking**, and please do not hold separate conversations during lecture, small-group, or large-group discussion, or when someone else has the floor. Those who continue to violate this norm will be asked to leave the classroom for the remainder of the session and will forfeit any credit for in-class work on that day.
- **Address your fellow classmates respectfully**, whether or not you agree with their particular viewpoints
- **Refrain from disputing a score during Class** that you received on an assignment or an exam. If you have a complaint, wish to dispute your score, or want to discuss a returned assignment, please make an appointment to meet with me.

Electronic learning equipment (laptops, notebooks, smart pads, smart phones, etc.) can only be used after gaining your instructor’s permission and then, only after agreeing to my Rules of Conduct. If you are pre-authorized by Disabled Students Programs & Services (DSPS) to use such devices in class, you may have certain rights of use, but you still must adhere to my Rules of Conduct regarding such use.

## Communication and the Course Website

If you have questions about anything pertaining to the class please come chat with me before class or by appointment. If you need to contact me, the best way to reach me is via email. If/when you email me, please write “GS 6” in the subject heading and include in the body of the email your return email address. Email is always the best way to contact me. I don’t respond to email over the weekend. There is a companion website for this course on the College of the Redwoods virtual educational environment called “Canvas”. You can access it by pointing your browser to the top of the CR website page, logging in, and then clicking on the link for this course. The course website for this class on Canvas contains important resources for the class and a grade book for keeping track of your progress.

Student Email Policy Each of you was given a MyCR email address when you enrolled and/or registered for classes. You’re MyCR email address is the one and only email address that I will be

using when I communicate with students. Therefore, it is a course requirement that you activate your MyCR email account and check it regularly. You can log in to your account directly at: <http://www.google.com/a/mycr.redwoods.edu/>. You will login using your Web Advisor User ID, and the initial password is your six-digit birth date. College of the Redwoods recommends that you change your password. To learn more about your account and other CR online services, visit <http://www.redwoods.edu/CR-Online/mycr-email.asp>.

Special Notes:

- If at any point you personally decide to no longer attend the class it is your sole responsibility to officially withdraw from the course.

The procedures in this course are subject to change at the instructor's discretion

Grading

In Class work.....	30%
Quizzes.....	15%
Journal Entries.....	20%
Student Education Plan.....	15%
Final.....	20%

95-100%.....	A
90-94%.....	A-
86-89%.....	B+
82-85%.....	B
78-81%.....	B-
74-77%.....	C+
70-73%.....	C
60-69%.....	D
0-59%.....	Fail

## Assignment Schedule

### Week 1

### Introduction

Wednesday 1/17

Syllabus

Activity; Introductions

#### Homework

*Budget Worksheet, (pg. 8)*

*Read "Money Matters (pg. 6-14)*

### Week 2

### Chapter 1

### What makes for College success?

Monday 1/22

Come Travel With me

Activity: First week in College

Activity: Budget discussion

Write a Great Life (pg.20)

Journal Entry 1 (pg.21)

#### Homework

*Read "Understanding College Culture" (pg. 14-31)*

*Journal Entry 2 (pg 28)*

Wednesday 1/24

Guest Speaker Financial Aid Activity;

Or "What's going on around here?" (pg 51 FM)

#### Homework

*Read Understanding yourself*

*Complete Self-Assessment*

*Journal Entry 3 (pg.38)*

### Week 3

### Continue Chapter 1

Monday 1/29

Chapter 1 Group Quiz All Chapter

#### Homework

Read Tool Box Reading (pg. 268-273)

Wednesday 1/31

Tool box "Reading"

Journal Entries #1,#2 & #3 due

#### Homework

Read; Adopting a creator Mindset (pg.43-48)

Journal Entry # 4 (pg 48)

Read Mastering Creator Language (pg.50-55)

Journal Entry # 5 (pg 55)

**Week 4 Chapter 2 Personal Responsibility/Notes**

Monday 2/5 You can Grow your Brain Article (handout)

Letter to a Friend

The Late Paper (pg 42)

Recognizing inner Voices

**Homework**

*Read Making wise Decisions and Chang Your Inner Conversation (pg 57-69)*

*Journal Entry's # 6,7*

Wednesday 2/7 Road Not Taken (handout)

Three Scenarios (handout)

Language of Responsibility (handout)

**Week 5 Continue Chapter 2**

Monday 2/12 Revise Stinking Thinking (handout)

Chapter 2 Group Quiz

Journal Entry # 4,#5, #6, #7 Due

**Homework**

*Read Tool Box Notes (pg.274-281)*

Wednesday 2/14 Notes

**Homework**

*Read Creating Inner Motivation (pg.74-79)*

*Journal Entry # 8 (pg.79)*

**Week 6 Chapter 3 Self-Motivation**

Monday 19 Holiday

Wednesday 2/21 Case Study Popson's Dilemma (pg.72)

Formula for Motivation (VXE=M) (handout)

Table 3.1/3.2 (pg 77-78)

Roles and Dreams (handout)

**Week 7 Continue Chapter 3**

Monday 2/26 Guess my Dream (handout)

Affirmations

Chapter three Group Quiz

**Homework**

*Read Tool Box Memory (pg. 290-295)*

Wednesday 2/28

Memory

Mnemonic Devices

**Homework**

*Read "Acting on Purpose (pg.103-106)*

*Journal entry # 12 pg. 106*

*Read "One Student's Story" pg 107*

**Week 8 Chapter 4**

**Self-Management**

Monday 3/5

What Quadrant are you in?

**Homework**

*Read Creating a Leak-Proof Self-Management System pg.108-113*

*Journal Entry # 13 pg 114*

*Embrace Change Handout*

Wednesday 3/7

Taking Control

Time Wasters,

**Homework**

*Read "Developing Self-Discipline" pg 119-132*

*Journal Entry # 14 pg124 (handout 32 day commitment)*

*Journal Entry # 15 pg133*

*Take home test on Chapter Four*

**Week 9**

**SPRING BREAK 3/12-17**

**Week 10 Continue Chapter 4**

Monday 19

Developing Self-Discipline

Language of Responsibility (Handout)

**Homework**

*Read Study Skills "Tests" pg. 297-306*

Wednesday 21

Taking Tests

Quiz on Testing

**Homework**

*Read Case study pg 136 (be prepared to discuss in class)*

*Read Creating a Support System pg.137-144*

*Journal Entry # 16*

*Read Strengthening Relationships with Active Listening pg145-149*

*Journal Entry # 17pg 147*

*Take home Chapter 5 Quiz use as study guide as you read.*

**Week 11 Chapter 5 Employing Interdependence**

Monday 26

Case Study discussion

Activity: Crating a Support System, Ball Toss

Activity: Scavenger Hunt (Prize one free Quiz)

**Homework**

*Read "Respecting Cultural Differences" pg 149-162*

*Journal Entry #18*

Wednesday 28

Activity: Study Team Bingo

Tootsie Pop

Video/ discussion

Chapter 5 Quiz Due end of class.

**Homework**

*Read Case Study pg 164 (be ready to discuss in class)*

*Read Chapter 6*

*Chapter 6 Quiz as a study guide Due on Wed. 4/4*

*Journal Entry's #20 pg. 167, #21pg. 173, #22 pg. 176, #23 pg. 186*

**Week 12 Chapter 6 Gaining Self-Awareness**

Monday 4/2

Activity; What's in your Back Pack

Self-Defeating Habits (handout)

Wednesday 4/4

Rewriting Your Outdated Scripts

Chapter 6 Quiz Due

**Homework**

*Read Chapter Seven*

*Chapter 7 Quiz as a study guide due Wed. 4/11*

*Journal Entry # 24 pg.195, # 25 pg.200, #26 pg.209 #27 pg.217*

**Week 13 Chapter 7 Adopting Lifelong Learning**

Monday 4/9

Preferred ways of Learning

Learning Preference Inventory handout or Book

**Homework**

*Bring to class an item that you are proud of to share with the class. If you can't bring the item, then bring a picture or sketch of it. It needs to be a tangible object.*

Wednesday 4/11

Activity: Symbol of Self-Respect

Chapter 7 Group Quiz

**Homework**

*Read Chapter 8*

*Chapter 8 Quiz use as study guide due Wed. 4/18*

*Read Case Study pg 219 (prepare for in class discussion)*

*Journal Entry # 29, pg 233, #30 pg. 239, #31 pg.245*

**Week 14 Chapter 8**

**Developing Emotional Intelligence**

Monday 4/16

Case study "After Math" pg 219

Understanding Emotional Intelligence

Activity; Resolving In completions

Reducing Stress

Wednesday 4/18

Increase Happiness

Activity; Acts of Kindness

Chapter 8 Quiz Due

**Homework**

*Read Chapter 9*

*Use Chapter 9 Quiz as study guide due Wed. 4/25*

*Journal Entry # 32 pg. 253 Last one*

**Week 15 Chapter 9**

**Staying on Course to your Success**

Monday 4/23

Planning your Next Steps

Wednesday 4/25

Self-Assessment

**Week 16**

**Review/Presentations**

Monday 4/30

To be determined (TBA)

Wednesday 5/2

To be determined

**Week 17**

**FINALS WEEK TBA**

## Assignments Schedule Spring 2018 GS 6<sup>(1)</sup>

Week	Date	Topics	Homework
1	January Wednesday 1/17	Introductions	Read Chapter 1
2 & 3	Mon.22, Wed.24 Mon.29, Wed.31	Ch.1 Getting On Course/ Reading/	Read Chapter 1 JE 1,2,3, Due Mon.29th
4 & 5	February Mon.5, Wed.7 Mon.12, Wed.14	Ch. 2 Personal Responsibility/ Notes	Read Chapter 2 (Prior to class on Mon.5 <sup>th</sup> ) JE 4,5,6,7, Due Wed.14
6 & 7	Mon.19,Holiday, Wed.21, Mon.26,Wed. 28	Ch. 3 Self-Motivation/ Memory	Read Chapter 3 (Prior to class on Wed. 21) JE 8,9,10, Due Wed 28
8 & 10	March Mon.5, Wed. 7 Mon.19, Wed. 21	Ch. 4 Self-Management /Test	Read Chapter 4 (Prior to class on Mon.5) JE 12,13,14,15 Due Wed. 21
9	12th-17th	SPRING BREAK	
11	Mon.26, Wed.28	Ch. 5 Employing Interdependence	Read Chapter 5 4 (Prior to class on Mon.26) JE 16,17,18,19, Due Wed. 28, <b>SEP DUE</b>
12	April Mon.2, Wed. 4	Ch. 6 Gaining Self-Awareness	Read Ch.6 (Prior to class on Mon.2) JE, 20.21,22,23, Due Wed.4
13	Mon. 9, Wed. 11	Ch. 7 Adopting Lifelong Learning	Read Ch 7 (Prior to class on Mon.9) JE 24,25,26,27, Due Wed.11
14	Mon.16, Wed. 18	Ch. 8 Developing Emotional Intelligence	Read Ch. 8 (Prior to class on Mon.16) JE 28,29,30,31, Wed.18
15	Mon. 23, Wed.25	Ch. 9 Staying on Course to your Success	Read Ch. 9 (Prior to class on Mon.23) JE,32, Due Wed. 25
16	Mon. 30, May Wed. 2	Review/Presentations	
17	Date TBA	Final TBA	