

Syllabus for: GS 6 First Year Experience

Spring 2018 Jan. 30, 2018 – May 11, 2018

Section Number: 043512 Credits/Units: 3 Day/Time/Location: TTH 2:50-4:30 SC 208

Instructors Name: DaVita Fraser

Contact information: Email: 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	Intro./Ch.1	What makes for College success?
Tuesday Jan. 30		Syllabus Activity; Introductions Come Travel With me
	Homework	<i>Budget Worksheet, (pg. 8)</i> <i>Read "Money Matters (pg. 6-14)</i>
Thursday Feb.1		Activity: First week in College Activity: Budget discussion Write a Great Life (pg.20) Journal Entry 1 (pg.21)
	Homework	<i>Read "Understanding College Culture" (pg. 14-31)</i> <i>Journal Entry 2 (pg 28)</i>
Week 2	Continue Chapter 1	
Tuesday Feb.6		Guest Speaker Financial Aid Activity; Chapter 1 Group Quiz All Chapter
	Homework	<i>Read Understanding yourself</i> <i>Complete Self-Assessment</i> <i>Journal Entry 3 (pg.38)</i>
Thursday Feb.8		
	Homework	Read Tool Box Reading (pg. 268-273) 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 3 Chapter 2 Personal Responsibility/Notes

Tuesday Feb. 15 You can Grow your Brain Article (handout)
Letter to a Friend
The Late Paper (pg 42)
Recognizing inner Voices
Road Not Taken (handout)

Homework *Read Making wise Decisions and Chang Your Inner Conversation (pg 57-69)*
Journal Entry's # 6,7

Thursday Feb.13 Three Scenarios (handout)
Language of Responsibility (handout)
Revise Stinking Thinking (handout)

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

Week 4 Continue Chapter 2

Tuesday Feb.20 Chapter 2 Group Quiz /Notes
Journal Entry # 4,#5, #6, #7 Due

Homework *Read Creating Inner Motivation (pg.74-79)*
Journal Entry # 8 (pg.79)

Chapter 3 Self-Motivation

Thursday Feb.22 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)
Guess my Dream (handout)

Week 5 Continue Chapter 3

Tuesday Feb. 27 Affirmations
Chapter three Group Quiz
Homework *Read Tool Box Memory (pg. 290-295)*

Thursday March 1 Memory
Mnemonic Devices
Homework *Read "Acting on Purpose (pg.103-106)*

Journal entry # 12 pg. 106

Read "One Student's Story" pg 107

Week 6 Chapter 4 Self-Management

Tuesday March 6

What Quadrant are you in?

Embrace Change (Handout)

Taking Control

Homework

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

Journal Entry # 13 pg 114

Thursday March 8

Time Wasters,

Developing Self-Discipline

Language of Responsibility (Handout)

Homework

Read "Developing Self-Discipline" pg 119-132

Journal Entry # 14 pg124 (handout 32 day commitment)

Journal Entry # 15 pg133

Week 7 SPRING BREAK 3/12-17

Week 8 Continue Chapter 4

Tuesday March 19

Chapter 4 Group Quiz

Homework

Read Study Skills "Tests" pg. 297-306

Thursday March 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 9 Chapter 5 Employing Interdependence

Tuesday March 27

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

Thursday March 29

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 10 Chapter 6 Gaining Self-Awareness

Tuesday April 3

Activity; What's in your Back Pack

Self-Defeating Habits (handout)

Thursday April 5

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 11 Chapter 7 Adopting Lifelong Learning

Tuesday April 10

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.

Thursday April 12

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 12 Chapter 8

Developing Emotional Intelligence

Tuesday April 17

Case study "After Math" pg 219

Understanding Emotional Intelligence

Activity; Resolving In completions

Reducing Stress

Thursday April 19

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 13 Chapter 9

Staying on Course to your Success

Tuesday April 24

Planning your Next Steps

Thursday April 26

Self-Assessment

Week 14

Review/Presentations

To be determined (TBA)

Wednesday 5/2

To be determined

Week 17

FINALS WEEK TBA

Assignments Schedule Spring 2018 GS 6₍₂₎

Week	Date	Topics	Homework
1	January/February Tu. 30 th Th.1 st	Introductions/ Ch.1	Read Chapter 1
1 & 2	February Tu.6 th ,Th.8 th	Ch.1 Getting On Course/ Reading/	Read Chapter 1 JE 1,2,3,Due Th.8 th
3 & 4	February Tu.13 th ,Th.15 th Tu.20 th	Ch. 2 Personal Responsibility/ Notes	Read Chapter 2 (Prior to class on Tu.13 th) JE 4,5,6,7, Due Th.20
4 & 5	Th.22 nd ,Tu.27 th March Th.1 st	Ch. 3 Self-Motivation	Read Chapter 3 (Prior to class on Th.22 nd) JE 8,9,10, Due Th.1 st
6 & 8	March Tu.6 th ,Th.8 th Tu.19 th ,Th.21 st	Ch. 4 Self-Management Memory	Read Chapter (Prior to class on Tu.6 th) JE 12,13,14,15 Due Th. 21 st
7	12 th -17 th	SPRING BREAK	
9	Tu.27 th ,Th.29 th	Ch. 5 Employing Interdependence	Read Chapter 5 (Prior to class on Tu.27 th) JE 16,17,18,19, Due Th. 29 th SEP DUE.
10	April Tu.3 rd ,Th.5 th	Ch. 6 Gaining Self-Awareness	Read Ch.6 (Prior to class on Tu.3 rd) JE, 20,21,22,23, Due Th.5 th
11	Tu.10 th ,Th.12 th	Ch. 7 Adopting Lifelong Learning	Read Ch 7 (Prior to class on Tu.10 th) JE 24,25,26,27, Due Th.12 th
12	Tu.17 th ,Th.19 th	Ch. 8 Developing Emotional Intelligence	Read Ch. 8 (Prior to class on Tu.17 th) JE 28,29,30,31, Th.19 th
13	Tu.24 th ,Th.26 th	Ch. 9 Staying on Course to your Success	Read Ch. 9 (Prior to class on Tu.24 th) JE,32, Due Th.26 th
14	May Tu.1 st ,Th.3 rd	Review	
15	Date TBA	Final TBA	