

Course Information

Semester & Year: Fall, 2021

Course ID & Section #: GS-1-D-2429 & 052429

Instructor's name: Danielle Carmesin

[if synchronous] Day/Time of required meetings: CORRESPONDENCE

[if in-person] Location:

[if needed] Number of proctored exams: 0

Course units: 3

Instructor Contact Information

Office location or *Online: CORRESPONDENCE

Office hours: CORRESPONDENCE

Phone number: 707-496-5665

Email address: danielle-carmesin@redwoods.edu

Catalog Description

This is a course that will introduce students to lifelong learning and self-development from sociological, physiological and psychological perspectives. Topics include emotional intelligence, social connections, health and wellness, and cognitive development. Students will be introduced to a wide variety of skills and concepts that are relevant to success in college, career, and life.

Course Student Learning Outcomes *(from course outline of record)*

1. Students will demonstrate the importance of lifelong learning as it applies to college, career and relational fulfillment.
2. Students will develop interpersonal communication skills and greater self-awareness.
3. Students will develop a career and academic plan.

Prerequisites/co-requisites/ recommended preparation

[If applicable]

Accessibility

College of the Redwoods is committed to making reasonable accommodations for qualified students with disabilities. If you have a disability or believe you might benefit from disability-related services and accommodations, please contact your instructor or [Disability Services and Programs for Students](#) (DSPS). Students may make requests for alternative media by contacting DSPS based on their campus location:

- Eureka: 707-476-4280, student services building, 1st floor
- Del Norte: 707-465-2324, main building near library
- Klamath-Trinity: 530-625-4821 Ext 103

If you are taking online classes DSPS will email approved accommodations for distance education classes to your instructor. In the case of face-to-face instruction, please present your written accommodation

request to your instructor at least one week before the needed accommodation so that necessary arrangements can be made. Last minute arrangements or post-test adjustments usually cannot be accommodated.

Student Support

Good information and clear communication about your needs will help you be successful. Please let your instructor know about any specific challenges or technology limitations that might affect your participation in class. College of the Redwoods wants every student to be successful.

Evaluation & Grading Policy

Each assignment has been given an equal amount of points value with all assignments weighted the same. This means that a journal assignment has the same amount of weight value as the midterm exam. The midterm exam is worth more points (It's equal to 5 journal assignments).

Course Assignments

Exploring your career and academic experiences and planning for the future: (100 points)

This assignment will ask you several questions about college and career interests and plans. It will help me know what tools and resources I can provide to help you get the most out of your college experience.

You cannot FAIL this assignment unless you do not answer the questions!

Tests: (250 points) Students may earn up to **50** points for tests 1, the Final Exam, and the Mid-term.

Test 1 will cover Chapters 1-3.

Mid-Term (Test 2) will cover Chapters 1-5.

Test 3/Final Exam see description below.

Final Exam: (50 points) Students will complete a final exam in class. It will be an exam that asks students to think critically about each of the topics we've covered in the class and to reflect on those topics. The format of the final exam will be a letter the students younger self describing all they have learned and really just reflecting on how this learning has changed your life.

Journal: (100 points) Journaling is a great way to reflect on one's learning, and set personal and academic goals. Students will complete a minimum of 10 (1 page each).

These journals should be about how you are feeling with what you are learning and how this learning makes you reflect on your past. It can be anything you want to write about with what you are learning during the reading. _

Each journal must be labeled with the the number journal it is and your name and your section number clearly stated on the page. Ex: (Journal #1 , Danielle Carmesin, Section # 051490)

Reading Quizzes: (90 points) Students will complete one reading quiz per chapter (up to 10 points each).

Vision Board Project: (60 points) Students will demonstrate the knowledge of the 4 life roles that they have, and create personal goals with timelines about accomplishing their goals. The purpose of this activity is to reinforce a growth mindset and that in order to accomplish our goals, we must be specific, evaluate how our goals are different with each of our different roles, and that if we see a visual reminder that we've set specific goals, we can achieve them. The mind is the most powerful tool that we possess.

Personal Reflection Essay: (100 pts)

Paper Format:

Paper is to be 2 pages, uses MLA format and has correct grammar and punctuation, and complete sentences.

20 points possible

Paper Content:

All questions are answered and there is a clear introduction and conclusion.

30 points possible

Paper Style:

Paper shows a deep reflection and contains interesting and relevant personal insights. The paper is easy to reach and interesting.

50 points possible

GRADING SCALE – Maximum Points =600

A	95%	570 points	B+	87%	522 points
A-	90%	540 points	B	83%	498 points
			B-	80%	480 points

			C+	77%	462 points
			C	73%	438 points
			D	63%	378 points
			F	Less than 63%	0-377 points

Your instructor reserves the right to make changes to the above schedule, as needed.

Admissions deadlines & enrollment policies

Fall 2021 Dates

- *Classes begin: 8/21/21*
- *Last day to add a class: 8/27/21*
- *Last day to drop without a W and receive a refund: 9/03/21*
- *Labor Day Holiday (all campuses closed): 09/06/21*
- *Census date: 9/07/21 or 20% into class duration*
- *Last day to petition to graduate or apply for certificate: 10/28/21*
- *Last day for student-initiated W (no refund): 10/29/21*
- *Last day for faculty-initiated W (no refund): 10/29/21*
- *Veteran's Day (all campuses closed): 11/11/21*
- *Fall Break (no classes): 11/22/21 – 11/26/21*
- *Thanksgiving Holiday (all campuses closed): 11/24/21 – 11/26/21*
- *Final examinations: 12/11/21 – 12/17/21*
- *Last day to petition to file P/NP option: 12/17/21*
- *Semester ends: 12/17/21*
- *Grades available for transcript release: approximately 01/07/22*

Academic dishonesty

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated academic dishonesty, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct ([AP 5500](#)) is available on the College of the Redwoods website. 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 website](#).

Disruptive behavior

Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include, but is not limited to: unwarranted interruptions; failure to adhere to instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the

educational process, a disruptive student may be temporarily removed from class. In addition, the student may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct ([AP 5500](#)) is available on the College of the Redwoods website. 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 website](#).

Inclusive Language in the Classroom

College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It therefore encourages instructors and students to use language that is inclusive and respectful.

Setting Your Preferred Name in Canvas

Students have the ability to have an alternate first name and pronouns to appear in Canvas. Contact [Admissions & Records](#) to request a change to your preferred first name and pronoun. Your Preferred Name will only be listed in Canvas. This does not change your legal name in our records. See the [Student Information Update form](#).

Canvas Information

If using Canvas, include navigation instructions, tech support information, what Canvas is used for, and your expectation for how regularly students should check Canvas for your class.

Log into Canvas at <https://redwoods.instructure.com>

Password is your 8 digit birth date

For tech help, email its@redwoods.edu or call 707-476-4160

Canvas Help for students: <https://webapps.redwoods.edu/tutorial/>

Canvas online orientation workshop: [Canvas Student Orientation Course \(instructure.com\)](#)

Community College Student Health and Wellness

Resources, tools, and trainings regarding health, mental health, wellness, basic needs and more designed for California community college students, faculty and staff are available on the California Community Colleges [Health & Wellness website](#).

[Wellness Central](#) is a free online health and wellness resource that is available 24/7 in your space at your pace.

Students seeking to request a counseling appointment for academic advising or general counseling can email counseling@redwoods.edu.

Emergency procedures / Everbridge

College of the Redwoods has implemented an emergency alert system called Everbridge. In the event of an emergency on campus you will receive an alert through your personal email and/or phones. Registration is not necessary in order to receive emergency alerts. Check to make sure your contact

information is up-to-date by logging into WebAdvisor <https://webadvisor.redwoods.edu> and selecting 'Students' then 'Academic Profile' then 'Current Information Update.'

Please contact Public Safety at 707-476-4112 or security@redwoods.edu if you have any questions. For more information see the [Redwoods Public Safety Page](#).

In an emergency that requires an evacuation of the building anywhere in the District:

- Be aware of all marked exits from your area and building
- Once outside, move to the nearest evacuation point outside your building
- Keep streets and walkways clear for emergency vehicles and personnel

Do not leave campus, unless it has been deemed safe by the campus authorities.

Del Norte Campus Emergency Procedures

Please review the [Crescent City campus emergency map](#) for campus evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information, see the [Redwoods Public Safety Page](#).

Student Support Services

The following online resources are available to support your success as a student:

- [CR-Online](#) (Comprehensive information for online students)
- [Library Articles & Databases](#)
- [Canvas help and tutorials](#)
- [Online Student Handbook](#)

[Counseling](#) offers assistance to students in need of professional counseling services such as crisis counseling.

Learning Resource Center includes the following resources for students

- [Academic Support Center](#) for instructional support, tutoring, learning resources, and proctored exams. Includes the Math Lab & Drop-in Writing Center
- [Library Services](#) to promote information literacy and provide organized information resources.
- [Multicultural & Diversity Center](#)

Special programs are also available for eligible students include

- [Extended Opportunity Programs & Services \(EOPS\)](#) provides services to eligible income disadvantaged students including: textbook award, career academic and personal counseling, school supplies, transportation assistance, tutoring, laptop, calculator and textbook loans, priority registration, graduation cap and gown, workshops, and more!
- The TRiO Student Success Program provides eligible students with a variety of services including trips to 4-year universities, career assessments, and peer mentoring. Students can apply for the program in [Eureka](#) or in [Del Norte](#)
- The [Veteran's Resource Center](#) supports and facilitates academic success for Active Duty Military, Veterans and Dependents attending CR through relational advising, mentorship, transitional assistance, and coordination of military and Veteran-specific resources.
- Klamath-Trinity students can contact the CR KT Office for specific information about student support services at 530-625-482