Prepared: General Arts and Science Department
Approved: Karen Hudson, Chair, Community Services and Interdisciplinary Studies

Course Code: Title	HDG122: PERSONAL AND ACADEMIC SUCCESS STRATEGIES
Program Number: Name	
Department:	GENERAL ARTS & SCIENCE
Academic Year:	2023-2024
Course Description:	This course will prepare you for the rigours of academic life and enable you to develop a personal profile for college and career success. The main focus of this course will include accepting personal responsibility, discovering self-motivation, mastering self-management, employing interdependence, gaining self-awareness, adopting lifelong learning and developing emotional intelligence. In addition,you will identify your personal learning style, communication style, and personality style to enable you to achieve success in learning about, understanding, and choosing the courses and careers that will lead to personal and professional satisfaction.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	There are no pre-requisites for this course.
Corequisites:	There are no co-requisites for this course.
Substitutes:	HDG111
Essential Employability Skills (EES) addressed in this course:	EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience. EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication. EES 4 Apply a systematic approach to solve problems. EES 5 Use a variety of thinking skills to anticipate and solve problems. EES 7 Analyze, evaluate, and apply relevant information from a variety of sources. EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others. EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals. EES 10 Manage the use of time and other resources to complete projects. EES 11 Take responsibility for ones own actions, decisions, and consequences.
General Education Themes:	Personal Understanding
Course Evaluation:	Passing Grade: 50%, D A minimum program GPA of 2.0 or higher where program specific standards exist is required

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	for graduation.
Books and Required Resources:	No textbook is required

Course Outcomes and Learning Objectives:	**Course Outcome 1**	**Learning Objectives for Course Outcome 1**
	1. Develop skills to adapt to college life	1.1 Learn college customs i.e. expectations, policies, formats 1.2 Explore college resources 1.3 Demonstrate improvement in academic skills (oral presentation skills, reading strategies, note-taking, memory techniques, etc.).
	Course Outcome 2	**Learning Objectives for Course Outcome 2**
	2. Explore and understand personal responsibility	2.1 Develop guided-journal writing techniques 2.2 Identify students` past patterns of behavior and choices 2.1 Show self-acceptance through theory and practice 2.2 Complete and understand individual locus of control 2.3 Differentiate between victim and creator choices 2.4 Master creator language 2.5 Make wise choices
	Course Outcome 3	**Learning Objectives for Course Outcome 3**
	3. Analyze internal and external factors that contribute to student development	3.1 Explore self-esteem 3.2 Understand the role of mentors 3.3 Commit to one`s success
	Course Outcome 4	**Learning Objectives for Course Outcome 4**
	4. Discover students` academic and personal potential	4.1 Explore one`s life roles and dreams 4.2 Apply inner motivation theory 4.3 Design a life plan 4.5 Examine attitudes and the major contributors to one`s life roles and dreams 4.6 Reflect on one`s multiple intelligences and learning styles
	Course Outcome 5	**Learning Objectives for Course Outcome 5**
	5. Discover and apply self-management techniques to increase personal well-being	5.1 Examine time management tools 5.2 Analyze time quadrants 5.3 Identify procrastination factors 5.4 Construct a personalized time management schedule 5.5 Assess personal stress level 5.6 Formulate a plan to reduce stress 5.7 Identify elements of good financial management 5.8 Explore available financial opportunities
	Course Outcome 6	**Learning Objectives for Course Outcome 6**
	6. Explore interdependent relationships	6.1 Identify dependent, co-dependent, independent, and interdependent relationships 6.2 Investigate interdependence in the community 6.3 Improve listening skills 6.4 Develop assertive communication skills

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Course Outcome 7	Learning Objectives for Course Outcome 7
7. Gain Self-Awareness	7.1 Identify self-sabotaging forces 7.2 Investigate self-respect factors and integrity 7.3 Understand emotional intelligence theory 7.4 Assess individual emotional intelligence
Course Outcome 8	Learning Objectives for Course Outcome 8
8. Adopt life-long learning	8.1 Differentiate the processes of learning 8.2 Complete learning styles assessments 8.3 Explore opportunities of adapting teaching and learning strategies
Course Outcome 9	Learning Objectives for Course Outcome 9
9.0 Develop a personal portfolio	9.1 Use computers to generate readable, well formatted, college-level material for all assignments 9.2 Navigate the internet to find appropriate materials for various assignments 9.3 Produce a personal portfolio with personal and academic reflective activities that shows: 9.4 Student`s identification of previous and current behaviour patterns and life choices, 9.5 Student`s exploration of future and new academic and personal possibilities.

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments/In-class Assignments	30%
Presentation	20%
Test(s)	50%

Date: June 27, 2023

Addendum: Please refer to the course outline addendum on the Learning Management System for further information.