

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



Sault College

COURSE OUTLINE

COURSE TITLE: Personal and Academic Success Strategies
CODE NO. : HDG122 **SEMESTER:** Various
PROGRAM: Various
AUTHOR: Helen Murdoch
DATE: Sept. 2005 **PREVIOUS OUTLINE DATED:** N/A
APPROVED:

	_____	_____
	DEAN	DATE
TOTAL CREDITS:	3	
PREREQUISITE(S):	None	
HOURS/WEEK:	2 + 1 self directed	

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For additional information, please contact the Dean,
School of Health and Human Services
(705) 759-2554, Ext. 603/689

I. COURSE DESCRIPTION:

This course will provide you with the opportunity to both develop academic skills to succeed in post-secondary studies and develop a Personal Profile detailing your learning styles and personality style that will assist you in choosing a suitable career and program. With both independent study and classroom activities, you will develop effective study habits, time and stress management, financial management, problem solving, and collaborative learning strategies. You will also discover how learning, personality, and communication styles influence success and career choices.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

1. Develop skills to adapt to college life.

Potential Elements of the Performance:

- Learn College Customs
- Study effective reading strategies
- Develop effective note taking methods
- Identify effective memorizing techniques
- Develop effective studying methods
- Demonstrate effective test taking techniques
- Complete a study skills inventory
- Demonstrate effective note taking skills

2. Accepting personal responsibility.

Potential Elements of the Performance:

- Develop guided journal writing techniques
- Complete and evaluate a success self-assessment
- Develop self-acceptance through theory and practice
- Differentiate between Victim and Creator choices
- Change and master Creator language
- Understand and make wise decisions

3. Discover self-motivation

Potential Elements of the Performance:

- Develop life roles and dreams
- Apply inner motivation theory
- Understand commitment
- Design a life plan

4. Self-management:

Potential Elements of the Performance:

- Distinguish between time management tools
- Analyse time quadrants
- Construct a personalized time management schedule
- Identify procrastination factors
- Assess personal stress levels
- Formulate a personalized plan to reduce negative stress
- Identify elements of good financial management

5. Developing mutually supportive relationships

Potential Elements of the Performance:

- Identify dependent, co-dependent, Independent, and interdependent relationships
- Create a support network
- Develop listening skills
- Develop assertive communication skills

6. Gaining self-awareness

Potential Elements of the Performance:

- Identify self-sabotaging forces
- Complete a learning style inventory
- Complete a temperament sorter
- Compare learning and personality styles
- Complete communication style inventory
- Analyze the process of learning
- Investigate self-respect factors
- Analyse multiple intelligence
- Assess personal multiple intelligence
- Complete an emotional intelligence inventory
- Produce a Synthesized Personal Profile
- Complete a self-assessment inventory

7. Develop basic computer skills.

Potential Elements of the Performance:

- Operate within windows-based programs
- Demonstrate, through writing assignments, word-processing skills
- Manipulate Internet programs by accessing Personality Tests
- Surf the web to access relevant web sites.

III TOPICS:

1. Getting on course to your success
2. Accepting personal responsibility
3. Discovering a motivating purpose
4. Taking purposeful actions
5. Developing mutually supportive relationships
6. Gaining self awareness
7. Becoming a life-long learner
8. Developing emotional maturity
9. Staying on course

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

1. *On Course* (4th edition) Skip Downing. Houghton Mifflin
2. "My Profile" account from *Queendom.com*. Take \$20.00 to the Accounting Office (across from the Registrar's Office) and ask to sign up for *Queendom.com*. Photocopy your receipt and bring it to class by the due date.
3. Notebook/Duo tang
4. Handouts will be provided by the instructor.
5. Independent study – films will be **on reserve** in the Library.
-- assignments will be handed out in class.

V. EVALUATION PROCESS/GRADING SYSTEM:

1. Guided Journal Writing*	25%
2. Note Taking Test/Mid-term Test	10%
3. Final Exam	15%
4. Chapter Quizzes	20%
5. Synthesized Profile Report	30%
Total.....	100%

NOTE: Assignments are due on the assigned due date at the beginning of class. Late submissions will not be accepted.

*** Guided Journal Writing Assignments**

For each of the journals, follow the directions in the handout and in your text. You will not be evaluated on your opinions as they are personal; however, you will be evaluated on how fully you have addressed the assignment, the organization of your ideas, and the clarity and correctness of your expression. Journals should be typed, double-spaced, with a title page submitted with each journal. Format of journals *must* be followed. See Chapter 1, page 6 for directions as well as the handout.

The following semester grades will be assigned to students in post-secondary courses:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

Note: For such reasons as program certification or program articulation, certain courses require minimums of greater than 50% and/or have mandatory components to achieve a passing grade.

It is also important to note, that the minimum overall GPA required in order to graduate from a Sault College program remains 2.0.

VI. SPECIAL NOTES:

Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your professor and/or the Special Needs office. Visit Room E1101 or call Extension 703 so that support services can be arranged for you.

Retention of Course Outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other post-secondary institutions.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Rights and Responsibilities*. Students who engage in “academic dishonesty” will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Course Outline Amendments:

The professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

VII. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the professor. Credit for prior learning will be given upon successful completion of a challenge exam or portfolio.

VIII. DIRECT CREDIT TRANSFERS:

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.