Course Objectives/Course Outline
Spokane Community College

Course Title: Freshman Seminar
Prefix and Course Number: GUID 102

Course Learning Outcomes:
By the end of this course, a student should be able to:

- A completed educational plan
- A toolkit for academic success
- Awareness of the resources to support the successful learner

Course Outline

I. Touching all the Bases: An overview of the most Powerful Principles of Community College Success
   A. First Base of Success
      1. Active involvement
      2. Time spent in the class
      3. Time spent on coursework outside of class
      4. Active listening and note taking
      5. Active class participation
      6. Active reading
   B. Second Base of Success
      1. Your key campus resources
      2. Use of campus resources
   C. Third Base of Success
      1. Interpersonal interaction
      2. Student-Faculty interaction
      3. Mentors
      4. Peers
      5. Collaboration
   D. Home Base of Success
      1. Personal reflection/self-awareness
      2. Self-assessment
      3. Self-monitoring

II. Managing Time and Preventing Procrastination
   A. Time Management
      1. Strategies for managing time
      2. Develop a plan
      3. Elements of a good plan
      4. Put your plan into action
   B. Dealing with Procrastination
      1. Define it
      2. Myths that promote it
      3. Causes
III. Learning Strategies
   A. Learning from Listening and Taking Notes
      1. Pre-lecture strategies
      2. During lectures
      3. After lectures
   B. Reading to Comprehend and Retain
      1. Textbooks
      2. Pre-reading strategies
      3. Strategies while reading
      4. Post reading
   C. Higher Level Thinking
      1. Critical thinking
      2. Creative thinking

IV. Study Skills and Test Taking
   A. Study Skills
      1. Focused study
      2. Meaningful study
      3. Find what works
      4. Begin by review
      5. Study group
   B. Test Taking Strategies
      1. Pre-test
      2. During test
      3. Multiple choice
      4. Essay
      5. Post test

V. Career Planning/Goals
   A. Why career planning
   B. Strategies
      1. Self-awareness
      2. Options
      3. Best fit for you
      4. Understand the process