

**Spokane Falls Community College**  
**COURSE LEARNING OUTCOMES AND OUTLINE**

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**Prefix and Course Number**      **ECED 103**  
**Course Title**                      **College Success**

**Version Date: 11/6/18**

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**Course Learning Outcomes**

1. Identify, discuss, and evaluate learning systems and study strategies as they apply to the academic environment.
2. Examine personal goals and career plans, utilize college resources, and apply strategies for success.
3. Identify and utilize available technology resources.
4. Examine healthy living and relationship strategies.
5. Participate in academic advising to progress academically, including developing educational goals, career goals, and a learning plan.

**Course Outline:**

- I.        Successful student behaviors
  - A. Essential academic skills and self-management strategies
  - B. Personal responsibility – student code of conduct, self-advocacy
  - C. Study skills – learning strategies & styles, critical thinking, note-taking
- II.      Planning and time management
  - A. Realistic plans based on values, goals, and priorities
  - B. Strategies for distractions, frustration, procrastination, non-academic personal commitments
  - C. Organization and time management
  - D. Financial management – financial aid opportunities
- III.     Technology
  - A. Essential computer skills and software applications
  - B. Available computer labs and technology support offices
  - C. Online tools and resources
- IV.     Self-care and stress management
  - A. Managing responsibilities
  - B. Techniques for managing and reducing stress – transitions, coping skills
  - C. Emotional intelligence
- V.      Interpersonal communication
  - A. Communication skills – sending and receiving messages, effective listening
  - B. Personal and professional interactions
  - C. Collaborative learning and teamwork
- VI.     Building and working toward educational goals
  - A. Personal, academic and career goals
  - B. Academic pathways – certificate and degree
  - C. Effective planning – completion and transfer
  - D. Support systems – organizations and resources