

SDV 100

College Success Skills

COURSE OUTLINE

Prerequisites: No prerequisites are necessary.

Course Description:

Assists students in transition to college. Provides overviews of college policies, procedures, and curricular offerings. Encourages contacts with other students and staff. Assists students toward college success through information regarding effective study habits, career and academic planning, and other college resources available to students. May include English and Math placement testing. Strongly recommended for beginning students. Required for graduation.

Semester Credits: 1

Lecture Hours: 1



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Course Outcomes

At the completion of this course, the student should be able to:

A. Career Exploration and Development:

- The student will articulate three potential careers based on their interests, values and abilities.
- The student will select or confirm their preferred program of study based on their career exploration.
- The student will articulate the step(s) they need to take in order to achieve their career goal(s).
- The student will utilize the Virginia Education Wizard.

B. College Resources:

- The student will activate their Student Information System (SIS)/My VWCC username and password.
- The student will demonstrate competence in using the Student Information System (SIS).
- The student will activate their college email account.
- The student will access Blackboard.
- The student will identify where they can access the College Catalog in print and/or electronic format.
- The student will identify where they can access the Student Handbook in print and/or electronic format.
- The student will identify three resources/services available in the college library.
- The student will identify and describe three offices/services that are available to them.

C. College Policies:

- The student will identify three of their responsibilities as members of the college community.
- The student will identify at least two policies that affirm their rights as members of the college community.
- The student will articulate Virginia Western's criteria for good academic standing.

D. Academic Planning:

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- The student will be able to distinguish between university parallel/transfer and applied programs.
- The student will select the appropriate curriculum and electives within that curriculum based on their career goal(s).
- The student will identify all courses required for completion of program and understand both course and program prerequisites.
- The student will develop an academic plan.

E. Academic Skills:

- The student will review multiple learning styles and identify their preferred learning style.
- The student will review two note-taking strategies and identify their preferred method of note-taking.
- The student will identify three strategies for test taking.
- The student will identify their optimal time, place, and setting for studying.
- The student will identify three memory strategies.
- The student will identify three strategies for managing reading.
- The student will articulate three aspects of critical thinking.

F. Life Management:

- The student will review two strategies and tools for managing time and will articulate their preferred method.
- The student will articulate the benefits and risks of the three aspects (credit, savings, and budgeting) of money management.
- The student will develop a personal budget.
- The student will articulate the steps in developing and implementing personal goals.

G. Social/Interpersonal:

- The student will articulate three ways individuals are diverse and how diversity impacts society.
- The student will identify three elements of effective communication.

H. Wellness:



- The student will identify three techniques/strategies for managing anxiety/stress.
- The student will identify three challenges to making healthy life decisions and develop three to five strategies on how to manage each challenge.
- The student will identify symptoms of distress and mental illness and articulate two to three resources they can access for assistance.
- The student will identify three strategies to achieve and/or maintain a healthy physical lifestyle.

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Required Materials:

This course utilizes Open Educational Resources (OER). Materials for this class will be at low-cost or no cost to the student. Please check Blackboard for required materials used for this course. Internet access is required.

The following supplementary materials are available:

1. College Catalog
2. Student Handbook

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| Subject | Topics |
|-------------------|--|
| WELCOME | Distribution of Course Syllabus Introductions Course Expectations & Goals |
| Beginning College | Academic Calendar Campus Directory Campus Resources Campus Clubs and Organizations Campus Police/Safety College Catalog Student Handbook Academic Regulations College Policies & Procedures Student Information System (SIS)/My VWCC Instructional Technology/Services |
| Change | Creating Success Guiding Change Goal Setting |
| Persist | Understanding the Culture of Virginia Western Curricular Offerings Course Offerings Academic Planning |
| Think | Critical Thinking Skills Emotional Intelligence Problem Solving/Test Taking Skills Diversity Classroom Skills |
| Prioritize | Time Management Stress Management Financial Literacy Goal Setting Decision Making Mental Health Physical Health |
| Learn | Learning Styles-VARK Review and Exercise Dominant Intelligence Personality Types Academic Preparation |
| Plan | Focusing on the Future Transfer Options Communication Skills |



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Notes to Instructors

1. How to Navigate Technology: Using PeopleSoft and Blackboard
2. Social Media Topics
3. How to Calculate Your GPA
4. Transfer Information – Guaranteed Admissions Agreements
5. Academic Success: How to Improve Grades and GPA
6. Various Methods of Exams: Online Quizzes, Mid-terms, or Tests Throughout the Course

