

Virginia Western Community College

SDV 101

Public Skills

Prerequisites

None

Course Description

Introduces students to the skills that are necessary to achieve their academic goals, to services offered at the college and to the discipline in which they are enrolled. Covers topics such as services at the college including the learning resources center; counseling, and advising; listening, test taking, and study skills; and topical areas that are applicable to their particular discipline.

This course will assist students in developing a greater understanding of options and expectations within their chosen field of study. The course also helps students to achieve their educational goals by addressing both the academic and personal/social skills necessary for college success. It will cover topics such as communication skills, mindfulness, preparation skills; substance abuse, culture/diversity, financial management, and personal growth and development. Finally, the course will acquaint students with the college's available services and resources that enhance students' success. Lecture 1 hour per week.

Semester Credits: 1

Lecture Hours: 1

Required Materials

1. Internet Access
2. Blackboard
3. Composition Journal

Textbook:

Goldstein, Elisha; *The Now Effect*; Atria Book. ISBN: 9781451623895.

The following supplementary materials are available:

Student Handbook

Other Required Materials:

None

Course Outcomes

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

- A.** The student will be familiar with the contents of the college catalog, including the following specific information:
- The student will utilize the Virginia Education Wizard
 - 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 program of study
 - The student will identify all courses required for completion of program and understand both course and program pre and co-requisites
- B.** The student will identify career options within their chosen field, and personal qualities and skills that are imperative within their program of study
- Identify and articulate 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)
 - Identify and articulate 3 elements of professional personal presentation

- C. The student will be able to list, describe, and demonstrate specific methods of:
- preparing for and taking tests
 - time management
 - note taking skills
 - career planning
- D. The student will have a better understanding of social and personal issues that affect college and occupational success including health concerns, substance abuse, financial management, life balance, ethics, goodness of fit, and interpersonal relationships.
- The student will identify 2 personal strengths and 2 weaknesses that impact their college success and development within their respective field
 - The student will identify the impact of socioeconomic status on perspective, interpersonal actions and behavior

Topical Description

None

Notes to Instructors

None