

## **Human Development 110**

### ***Strategies for Creating Success in College and in Life***

*3 unit; 3 hours lecture*

*Recommended Preparation: English 1 or eligibility for English 1A or qualification by appropriate Degree applicable Transfer CSU and UC*

This course provides an exploration of cognitive, psychological, social and physical factors influencing success. Topics include personal responsibility, critical thinking, motivation, self-efficacy, lifelong learning, health and wellness, and interpersonal communication in a diverse world. Students will identify and utilize strategies and resources for success in college, careers, and life.

#### **Course Objectives:**

1. Assess the role of personal responsibility and choice in determining outcomes for success in college, work, and life.
  - Written homework
2. Examine the functions of life roles and apply the goal-setting process to formulate personal and educational goals within primary life roles.
  - Term or other papers
3. Analyze the impact of limiting beliefs and negative emotions on health and propose strategies for maintaining balance, reducing stress, and creating wellness.
  - Written homework
4. Examine the dimensions of diversity and demonstrate the importance of social interaction skills by working effectively in groups.
  - Presentation
5. Compare and contrast individual learning styles and propose appropriate strategies to maximize critical thinking and learning in a variety of academic settings.
  - Presentation
6. Evaluate the consequences of choices within life roles and implement appropriate self-management tools to enhance self-discipline, focus, and persistence.
  - Written homework
7. Identify and describe campus resources and services and assess how these support student success.
  - Other (specify)
  - Group project
8. Analyze the educational planning process by applying the appropriate tools to formulate an educational plan which includes personal, educational, and career goals.
  - Term or other papers
9. Identify and develop career-related skills for success and apply these in experiential service to community organizations.
  - Other (specify)
  - Group project
10. Apply critical thinking skills in utilizing technology as a resource.
  - Presentation

## **Student Learning Outcomes (SLO):**

1. Active Learning & Achieving Goals

Students will utilize active learning and critical thinking to analyze personal qualities, skills and strategies necessary for success in college and demonstrate how to apply these to achieve academic goals.

2. Factors Influencing Success

Students will be able to identify and analyze cognitive, psychological, social and physical factors influencing success in college and in life.

3. Overcoming Obstacles & Creating Success

Students will be able to identify factors that challenge success in college and develop a plan for resolving difficulties and overcoming obstacles.

## **ADA Statement:**

El Camino College is committed to providing educational accommodations for students with disabilities upon the timely request by the student to the instructor. A student with a disability, who would like to request an academic accommodation, is responsible for identifying herself/himself to the instructor and to the Special Resource Center. To make arrangements for academic accommodations, contact the Special Resource Center.

## **Student Code of Conduct**

<https://www.elcamino.edu/administration/board/2019-policies/AP%205500%20Student%20Conduct%20.pdf>

## **Student Rights and Grievances Procedure 5530**

<https://www.elcamino.edu/administration/board/boarddocs/AP%205530%20STUDENT%20%20RIGHTS%20AND%20GRIEVANCES.pdf>