College and University Credit, Academic Rigour, and Transferability

CollegeScope™ Student Success Program is an academically rigorous program designed to gain approval by college and university curriculum committees as a post secondary level, credit-bearing course.

The purpose of the course is to facilitate understanding of the human being as an integrated physiological, social and psychological organism. This course applies concepts from these three areas in order to assist students to be successful in their education, the world of work and throughout life.

- Topics included from the physiological perspective include wellness (physical, nutritional, emotional, social, intellectual and spiritual); drug and alcohol abuse; sexually transmitted diseases; the physiology of stress and stress management techniques.
- Topics from the sociological perspective include understanding and appreciating social diversity and recognizing the harmful effects of prejudice and discrimination; adult socialization including life stages and successful aging; and the world of work including job trends of the future, the impact of technology, and work skills for success in the 21st Century.
- Topics from the psychological perspective include personality theory, theories of motivation and principles of learning and memory.

Due to the academic rigour of the course materials and foundations in the social sciences, the course can be submitted to the curriculum committee of any college or university and it is likely to be approved as a post secondary level course in which students receive credit for graduation. It can also be submitted by the articulation officer to local transfer post secondary institutions and obtain transfer agreements to these institutions.

Reading Level

The materials are written at approximately a grade eight level. The concepts in the course are post secondary level, but they are stated in a clear way using shorter sentences, bullet points, definitions of new terms and practical examples so that it can be successfully used with those students who score low on their entering assessments in addition to the general student population.

Practical Application

It is important to emphasize that CollegeScope moves quickly from theory to practical application. As students move through the material they are asked to apply the concepts to their own lives with activities, journalling, planning and discussion. This engages students in learning, helps them to retain the covered material, and grasp the pertinence of the course to their lives and future.

CollegeScope is the ideal resource for any program designed to improve student success, including:

- First-Year Experience programs
- Student Success classes
- High school-to-post secondary school transition courses
- Outreach classes for at-risk populations
- Academic probation initiatives
- Career Development classes

CollegeScope™ Student Success Program

Detailed Course Outline

1) Personal Growth and Life Management

a. Self Assessment
   1. Personality type (Do What You Are)
   2. Learning Style (PEPS Learning Style Inventory)
   3. Interests
   4. Values
   5. Multiple intelligences

b. Life Management
   1. Goal setting
   2. Decision making
   3. Time management
   4. Money management
   5. Techniques for positive thinking
   6. Using behaviour modification to establish successful habits

c. Motivation
   1. Intrinsic and extrinsic motivation
   2. Locus of control
   3. Affiliation motivation
   4. Achievement motivation
   5. Value of a post secondary education

d. Life Stages
   1. Stages of adult development (Erik Erikson, DanielLevinson, Gail Sheehy)
   2. Transitional and stable periods of development
   3. The "mid-life" crisis

e. Interpersonal Communication
   1. Being a good listener
   2. Barriers to effective communication
   3. The language of responsibility: "I" and "you" statements
   4. The "win-win" approach to problem solving

f. Diversity
   1. Understanding and appreciating social diversity
   2. Prejudice and discrimination

2) Career Assessment and Research

a. Assessment of personality, interests, values and multiple intelligences to choose an appropriate major and career and to develop an educational plan

b. Research
   1. Career outlook and salary
   2. Career trends of the future
   3. Work skills necessary for future success
   4. Research techniques utilizing the library, Career Center and the Internet

3) Lifelong Learning

a. Psychological Principles of Learning and Memory
   1. Stages of memory: sensory register, short and long-term memory
   2. Principles of forgetting and memory
   3. Memory techniques
   4. Application of learning principles to effective reading, note-taking and test-taking strategies

b. Learning Style
   1. Visual, auditory and kinesthetic styles
   2. Personality and learning style
   3. Multiple intelligences
   4. Personal learning strategies

c. Writing
   1. Power writing: prepare, organize, write, edit and revise
   2. Writing a resume
   3. Writing a term paper
   4. Dealing with writer's block
   5. Using unbiased language

4) Health and Wellness

a. Wellness
   1. Wellness concepts: physical, nutritional, emotional, intellectual, social and spiritual
   2. Wellness action plan
   3. Strategies for longevity

b. Health
   1. Alcohol and drug abuse
   2. Sexually transmitted diseases, including HIV/AIDS
   3. Nutrition
   4. Exercise

c. Stress
   1. Physiology of stress
   2. Stress management techniques
   3. Test anxiety
   4. Math anxiety
   5. Writer's block

5) Critical and Creative Thinking

a. Critical Thinking
   1. Fallacies in reasoning
   2. The critical thinking process
   3. Application of critical thinking to current events in society

b. Creative Thinking
   1. Sensitivity, synergy and serendipity
   2. Creativity techniques: brainstorming, relaxed attention, idea files, visualization, imagination, comedy

c. Methodology of a Social Science
   1. Describing a psychological experiment
   2. Use of statistics in developing and interpreting vocational assessments

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Unlock your potential

To learn more about CollegeScope visit www.keystosucceed.com
or contact us at info@keystosucceed.com or 1-855-295-1520