1/14/2025　　DATE
☐ REQUIRED COURSE
☑ ELECTIVE COURSE

SSE　DIVISION
☐ NEW COURSE
☑ REVISION

Lake Land College
Course Information Form

COURSE NUMBER:	SFS-101		TITLE: *(30 Characters Max)*		Strategies for Success			
SEM CR HRS:	2	Lecture:		2	Lab:	0		ECH: 2

Course Level:	☐ Gen Ed / IAI ☑ Baccalaureate /Non-IAI	☐ Career/Technical ☐ Dev Ed/ Not in Degree Audit	Clinical Practicum:	0	Work-based Learning:	0	WBL ECH:	0

COURSE PCS #	11 - 24.0102		IAI Code		N/A		Contact Hours (Minutes/Week)	
Repeatable (Y/N):	N	Pass/Fail (Y/N):	N	Variable Credit (Y/N):	N	Min:	Max:	16 Wks 100 / 8 Wks 200

Prerequisites:	None
Corequisites:	None
Catalog Description: (40 Word Limit)	Designed to improve student performance in college and beyond. Topics include: introduction to college resources; identification of college and career goals; implementation of study and test-taking strategies; and development of life management skills, including time and stress management.

List the Major Course Segments (Units)	Contact Lecture Hours	Contact Lab Hours	Clinical Practicum	Work-based Learning
Introduction to college resources	4			
Making the transition to college	10			
Career development	8			
Life management	8			
TOTAL	30	0	0	0

EVALUATION

QUIZZES ☑	EXAMS ☐	ORAL PRES ☑	PAPERS ☑
LAB WORK ☐	PROJECTS ☑	COMP FINAL ☐	OTHER ☐

COURSE MATERIALS

TITLE:	College Success	
AUTHOR:	Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License	
PUBLISHER:	University of Minnesota Libraries Publishing through the eLearning Support Initiative	
VOLUME/EDITION/URL:	ISBN: 978-1-946135-06-3	https://doi.org/10.24926/8668.0301
COPYRIGHT DATE:	2010	

MAJOR COURSE SEGMENT	HOURS	LEARNING OUTCOMES
		The student will be able to:
Introduction to college resources		
College catalog/student handbook	1	1. Find information in college publications. 2. Describe academic policies regarding grade point average, good standing and withdrawals.
Financial aid and budgeting	1	1. Describe the application process for financial aid. 2. Identify types of assistance available.
Academic advisement and registration	1	1. Describe the advisement/registration process.
College offices, resources, and activities	1	1. Locate college offices. 2. Use college resources. 3. Identify activities available to students.
Making the transition to college		
The value of education	2	1. Discuss the difference between high school and college and the benefits of education. 2. Describe the importance of general education.
Study, note-taking, and test-taking strategies	4	1. Evaluate present study, note-taking and test-taking strategies. 2. Identify new study, note-taking and test-taking strategies.

Motivation, decision-making, goal-setting	4	1. Discuss relationship between motivation and achievement. 2. Discuss ways to improve decision-making skills. 3. Develop a personal plan to improve academic performance.
Career development		
Self-assessment (abilities, aptitudes, interests) goal-setting	4	1. Identify and evaluate abilities, aptitudes and interests, relating them to specific majors and careers.
Career exploration	2	1. Identify and use career resources.
Career, academic, and life planning	2	1. Develop personal career goals.
Life management		
Time management	4	1. Evaluate personal use of time 2. Utilize strategies to improve time management.
Establishing rewarding relationships	2	1. Evaluate communication skills. 2. Develop interpersonal relationship skills.
Stress management for a healthy lifestyle	2	1. Identify personal stressors. 2. Explain emotional and physical aspects of stress. 3. Use stress reduction techniques.
	30	

Outcomes*	At the successful completion of this course, students will be able to:
Course Outcome 1	Identify college resources for achieving academic success.
Course Outcome 2	Distinguish academic strengths and weaknesses.
Course Outcome 3	Use career exploration resources.
Primary Laker Learning Competency	Creative Thinking & Problem Solving: Students think creatively to solve problems.
Secondary Laker Learning Competency	Professional Skills & Ethics: Students demonstrate professional skills and ethical accountability.

*Course and program outcomes will be used in the software for outcomes assessment and should include at least 1 primary and 1 secondary Laker Learning Competency. Limit to 3-5.