

COURSE NUMBER: PSYC 100 **COURSE TITLE:** College Orientation

CREDIT HOURS: 1

INSTRUCTOR: Derek Dick

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OFFICE HOURS: As Posted

PREREQUISITE(S): None

REQUIRED TEXT AND MATERIALS: Student Handbook, Pen or Pencil, Folder, and Notebook paper.

COURSE DESCRIPTION: This required course is designed to help students make a successful transition to the community college. The students will recognize and appreciate the diversity while adjusting to the academic, social, cultural, and civic awareness necessary for college and lifetime success.

EXPECTED LEARNER OUTCOMES: Attending college is truly the chance of a lifetime; thus, the primary purpose of this course is to help the student make the most of this opportunity with a successful transition to community college life. The student will recognize and appreciate the diversity while learning strategies for mastering the academic, social, and civic aspects of community college life. The student will understand the importance of careful preparation for graduation, transfer to the university, or entrance into the work force. Specifically, this course will help the student:

- a. adjust to the policies and procedures at Coffeyville Community College.
- b. identify and use the various campus and community resources.
- c. interact with the diverse population and become a part of the college community as well as the Coffeyville community.
- d. analyze and clarify one's reason for attending college.
- e. learn time and money management strategies.

- f. develop an understanding of his/her personal learning style as it relates to study and test taking skills.
- g. understand and demonstrate critical thinking.
- h. understand the importance of class attendance and good study and note taking skills.
- i. learn some factors that cause stress and how to deal more effectively with stress.
- j. clarify his/her personal value system as it relates to social relationships, cultural awareness, and sexual behavior.
- k. understand the importance of making responsible sexual decisions and increase his or her awareness of the many dangers of irresponsible decisions.
- l. discuss the dangers of drugs and addictions.
- m. develop a tentative career and/or academic plan for the next five years.
- n. form a strong bond with his/her new family at Coffeyville Community College.

**LEARNING TASKS
& ACTIVITIES:**

UNIT ONE: THE THREE C'S: COMMUNITY, COLLEGE, CAMPUS

1. Get acquainted with each other (classroom interviews).
2. Go over *Student Handbook* (especially section on drop/add), wait list procedure, swing Friday, classroom locations, student schedules, student identification cards, mail and package pick-up.
3. Ask questions.
4. Hand out and explain calendars, telephone lists, car registrations, etc.
5. Tour some of Coffeyville, by foot or by map.
6. Tour the campus.
7. Visit the library.
8. Discuss sexual harassment policies.
9. Discuss diversity and culture shock.
10. Analyze and clarify reasons for attending CCC.

UNIT TWO: COLLEGE AND CIVIC ORGANIZATIONS AND ACTIVITIES

1. Discuss the different CCC organizations listed in handbook and catalog.
2. Discuss the different campus activities listed on calendar and on handout.
3. List different activities and organizations of interest.

4. Discuss the importance of attending functions.
5. List reasons why cultural and athletic activities are important to a community college.
6. Attend a cultural and/or academic activity.
7. Discuss the importance of civic involvement, even as a student.
8. Investigate different community groups and service projects.

UNIT THREE: TIME AND MONEY MANAGEMENT AND ACADEMIC SKILLS

1. Discuss the importance of time management.
2. Keep track of time spent for one week.
3. Discuss the importance of money management.
4. Discuss problems that may arise and ways to remedy cash flow problems.
5. Discuss class attendance, class preparation, study skills problems, what to expect in college classes.
6. Discuss different learning styles.
7. Discuss ways to improve study skills.
8. Visit with one's advisor or an instructor about any strategies they have used for note taking and test taking.
9. Figure grade point average.
10. Evaluate how courses at CCC transfer to universities and colleges in Kansas.
11. Find the meaning of Critical Thinking and discuss why it is used more in college.

UNIT FOUR: VALUES, RELATIONSHIPS, AND CULTURAL AWARENESS

1. Read handout dealing with values.
2. Rank the instrumental and intrinsic values.
3. Identify the qualities desired in a friend.
4. Define love.
5. Discuss the problems associated with "falling in love," including loneliness which often prompts "falling in love."
6. Discuss the different reactions when moving to Coffeyville.
7. Define and discuss "non-trads."
8. Discuss all of the different types of culture shock.
9. Brainstorm ideas that will help one deal with culture shock.

UNIT FIVE: WELLNESS

1. Do The Social Adjustment Rating Scale.
2. Discuss factors which cause stress.
3. Examine one's own anxieties and discuss methods.
4. Relaxation activity.
5. Read and discuss the handout on depression.
6. Examine methods of dealing with depression and places to find help.
7. Read and discuss handout on nutrition and college eating habits.
8. List ways to prevent the freshman fifteen.
9. Find statistics on the numbers of deaths from drugs, alcohol, tobacco.
10. Discuss how these problems impact the college freshman and brainstorm for solutions.
11. Identify places where one with an addiction can get help.
12. Read the hand out on the characteristics, treatment and prevention of other Sexually Transmitted Diseases (STD's).
13. Watch "Campus Insecure" video.

UNIT SIX: FUTURE PLANS

1. Discuss the need for good academic advisor.
2. Make an appointment and visit one's advisor to discuss plans for the future.
3. Discuss career options.
4. Goal setting activity.
5. Identify the many items for students to use to help plan for the future.
6. Develop a tentative five year plan.
7. Form a strong bond with one's new family at Coffeyville Community College.

FINAL PROJECT

1. Write a ½-1 page evaluation of this course. Discuss what you liked/didn't like, what you learned, what you expected to learn but didn't, and personal recommendations for future orientation classes. This assignment will be due on the last day of class and will account for 25% of your final grade.

ASSESSMENT OF OUTCOMES:

The student will be assessed in four areas:

Cognitive: Knowledge and understanding of the materials will be assessed through a pre/post-test as well as the course evaluation written by each student.

Skill or Performance will be assessed in the many activities (goal setting, relaxation exercise, etc.) which the student performs to attest to the fact that he/she has mastered the material. These activities will account 35% of the final grade.

Affective: Attendance, attitude, and participation in classroom discussions will be assessed and incorporated into the final grade.

The ultimate grade will be the student's successful completion of his goals at Coffeyville Community College and in his or her future successes.

GRADING POLICY:

This is a class designed to help the student make the transition to the community college, to provide answers to questions, and acquaint the student with a caring advisor and mentor; thus, the student will be expected to complete each activity. Students will be graded on daily attendance (5 pts.), daily activities/assignments (10 pts.), pre/post-test (15 pts.), and the evaluation paper (50 pts.).

The grading scale is as follows:

90% - 100%	A
80% - 89%	B
70% - 79%	C
60% - 69%	D
59% - ↓	F

ATTENDANCE:

Students are expected to be on time and in class each day. An explanation of excused absences can be found in the *Student Handbook*. Students will not be allowed to make up missed assignments or attendance points for unexcused absences.

TARDIES:

Tardies, after the first week of school are handled much like absences; two tardies equal one absence.

PLAGIARISM:

Plagiarism is not allowed. Academic Honesty is addressed in the student handbook and discussed in class.

More detailed explanations of assignments will be provided at the appropriate times. This syllabus is subject to revision by the instructor with prior notice to the student.

COMPETENCIES:

UNDERSTAND COFFEYVILLE, THE CITY, THE COLLEGE, AND THE CAMPUS

1. Discuss the Student Handbook. (Comprehension)
2. Understand CCC calendars, telephone lists, swing Friday, etc. (Comprehension)
3. Identify important offices, activities, and services at CCC. (Knowledge, Comprehension)
4. Discuss diversity. (Comprehension)
6. Demonstrate understanding of above learning tasks by completing the scavenger hunt. (Application)
7. Clarify reasons for attending CCC. (Analysis)

BECOME INVOLVED

1. Discuss the different organizations at CCC. (Comprehension)
2. Identify organizations of interest. (Knowledge, Comprehension)
3. Discuss the different cultural and athletic activities by using the CCC calendar. (Comprehension)
4. Understand the importance of both types of activities. (Comprehension)
5. Identify activities of interest. (Analysis)

LEARN TIME AND MONEY MANAGEMENT, ACADEMIC SUCCESS STRATEGIES

Time Management

1. Discuss time and money management. (Comprehension)
2. Track time spent for five days. (Affective)
3. Evaluate schedule and seek ways to improve time spent. (Evaluation)

Money Management

4. Identify ways to remedy cash flow problems. (Analysis)
5. Understand the pitfalls of charge cards and CD clubs. (Comprehension)

Academic Success Strategies

6. Identify different college success strategies. (Analysis)
7. Analyze individual learning styles and relate these to one's college success. (Analysis and Evaluation)
8. Demonstrate note taking and test taking strategies. (Application)
9. Visit advisor for other ideas for student success. (Application and Knowledge)

DISCUSS VALUES, RELATIONSHIPS, AND CULTURAL AWARENESS

1. Rank one's instrumental and intrinsic values. (Knowledge)
2. Identify qualities of a good friend. (Knowledge)
3. Explain date rape. (Comprehension)
4. List different types of "culture shock." (Knowledge)

5. Generate ideas to help each other deal with culture shock. (Application)
6. Define critical thinking. (Knowledge)

UNDERSTAND THE IMPORTANCE OF A HEALTHY LIFESTYLE

1. Examine one's values and explain how values can cause stresses. (Evaluation)
2. Explain depression and some ways to cope with depression. (Comprehension)
3. Discuss the problems of drug and alcohol abuse and relate these to the new found freedom of college. (Knowledge and Application)
4. Explain why many are willing to "die for sex." (Comprehension)
5. Speculate on how many friends and acquaintances will die of AIDS in the next ten years. (Application)

PREPARE REALISTIC FUTURE PLANS

1. Discuss academic, transfer and career options. (Comprehension)
2. Design one's personal five year plan with realistic goals. (Synthesis)
3. Demonstrate comprehension of the material covered by relating the characteristics of (you) a successful Coffeyville Community College Red Raven. (Knowledge, Comprehension, Application, Analysis, Synthesis, Evaluation)