

CNSL 5

INTRODUCTION TO COLLEGE

Advisory: Advisory: ESSL 236 & 237; maximum UC credit awarded for completion of CNSL 1 and CNSL 5 is 4.5 quarter units; not open to students with credit in CNSL 50.

Grade Type: Letter Grade, the student may select Pass/No Pass

Not Repeatable.

FHGE: Non-GE **Transferable:** CSU/UC

1 hour lecture. (12 hours total per quarter)

Student Learning Outcomes -

- Create a tailored educational plan by listing appropriate English and math sequence, major prerequisites, and general education courses based on the student’s academic goal.
- Discern the requirements for obtaining an AA/AS degree, ADT, Certificate of Proficiency, and transfer to CSU/UC Campus including minimum g.p.a, unit count, GE patterns, and major courses.

Description -

Introduction to Foothill College academic policies, resources, programs and services; tools for career exploration, determination and decision making; choosing the right classes based on career/academic goals, the transfer process; study skills; time management and formulation of computer based educational plans.

Course Objectives -

- The student will be able to:
- A. Demonstrate knowledge of Foothill's policies, programs, resources, and services.
 - B. Demonstrate information competency from appropriate sources requisite to success as a college student.
 - C. Create an educational plan consistent with individual values and interest indicating an educational goal using instructor guidance, decision-making support tools, and related internet information systems.
 - D. Discuss the use of study management and test preparation.
 - E. Clarify career and educational goals.

Special Facilities and/or Equipment -

- A. When taught on campus: computer supported classrooms.
- B. When taught via Foothill Global Access: access to a computer with email capabilities and internet connection.

Course Content (Body of knowledge) -

- A. Discuss Foothill College policies, programs, resources and services
 - 1. Policies:
 - a. The petition process
 - b. Grading system and grade point average
 - c. Add, drop, withdraw policies and ramifications of each
 - d. Course repetition
 - e. Articulation
 - f. Academic integrity
 - 2. Programs:
 - a. Degrees, certificates, and course offerings and requirements for:
 - 1. Biological and Health Sciences
 - 2. Business and Social Sciences
 - 3. Counseling
 - 4. Fine Arts and Communication
 - 5. Kinesiology and Athletics
 - 6. Language Arts
 - 7. Non-Credit
 - 8. Physical Sciences, Mathematics and Engineering
 - 3. Resources and services:

- a. Admissions
- b. Assessment/Testing Center
- c. Campus Abroad
- d. Campus Safety
- e. Career Resources
- f. Computer Center
- g. Counseling and Matriculation
- h. EOPS
- i. Evaluation
- j. Financial Aid
- k. Foothill Global Access
- l. Health Services
 - 1. Psychological Services
 - 2. Preventive health/immunizations/screenings
 - 3. Title IX: Harassment and violence interventions
 - 4. Drugs, drinking and the college "party" culture
 - 5. STD awareness/Planned Parenthood
- m. Honors
- n. International Students
- o. Internship and Career Services
- p. Learning Communities/Special Programs
 - 1. Puente Program
 - 2. Umoja Program
 - 3. First Year Experience
 - 4. STEM Core
- q. Learning Resources Center, Library, Teaching and Learning Center (TLC)
- r. Off-campus sites: Sunnyvale Center
- s. Owl Scholars Program
- t. Pass the Torch
- u. STEM Center
- v. Student Affairs and Activities
 - 1. Appropriate vs. inappropriate classroom behavior
- w. Student Resource Center
 - 1. Veterans' Office

B. Demonstrate information competency from appropriate sources as a requisite to success as a college student:

- 1. Understand the use of college catalogs and class schedules
 - a. The college calendar, important dates
 - b. Course listings, department codes, unit values, course numbering system
 - c. Fees
 - d. Final exam schedule
- 2. Understand how to read a syllabus
- 3. Demonstrate, in an educational plan or other documents, knowledge of California's public, private, and out of state higher education institutions
- 4. Understand the interrelationship of high school, community colleges, and universities
 - a. Discuss demographics of UC, CSU, CC and other campuses
 - b. Understanding degrees offered at various institutions
 - c. Understanding lower vs. upper division courses
 - d. Understand the differences in general education and major requirements for various institutions
 - e. Utilize strategies for transfer
 - f. Recognize importance of college visitations
 - g. Understanding semester vs. quarter system
 - h. Identify the cost of UC, CSU and private universities
 - i. Distinguish between the various associate degree vs. transfer requirements
 - j. Understand the benefits of transfer agreements and priority enrollment

C. Create an educational plan consistent with individual values and interest indicating an educational goal using instructor guidance, decision-making support tools, and related internet information systems

- 1. Develop an educational plan
 - a. Prepare a written and computer-based plan of course selections to meet career/educational goals
 - b. Understand options available in the community college
 - c. Understand graduation requirements for AA/AS/AA-T/AS-T (ADT) degrees
 - d. Understanding and use IGETC, CSU GE, and campus-specific patterns of general education
 - e. Compare and contrast program and major requirements
 - f. Use college catalogs to determine program and major requirements
 - g. Review reading materials, complete exercises, and discuss the topic of major selection, to include:
 - 1. The difference between majors and minors
 - 2. Compare STEM, Liberal Arts, and CTE majors
 - 3. Identify the steps in the selection of major
 - 4. Exploring majors as they relate to careers
 - 5. Match majors to universities
 - 6. Compare lower division course choices for specific majors
 - 7. Describe the differences between certificates, credentials and degrees
 - h. Use computer based educational planning tools
 - 1. Create an academic plan for an education goal
 - 2. Use computerized educational planning platform
 - 3. Eureka System and related tools for career exploration
 - 4. FAFSA, scholarship and internship sites
 - 5. Assist website for major articulations and GE transfer courses
 - 6. Transfer application programs (CSU mentor, Common app., etc.)

D.

Discuss the use of study management and test preparation

- 1. Awareness of the importance of time management
- 2. Preparation of time budget

- E. Clarify and articulate values, career, life and educational goals
 - 1. Complete and discuss a goal setting exercise
 - 2. Understand the role of self-awareness in goal setting
 - 3. Describe the interrelatedness of academic, personal, and career goals
 - 4. Identify short-term objectives that lead to long term goals
 - 5. Identify books and other goal setting materials and aids
 - 6. Use the SMART model to clarify goals

Methods of Evaluation -

- A. Class participation
- B. Assignment completion
- C. Educational plans
- D. Quizzes and exams
- E. Projects
- F. Writing assignments

Representative Text(s) -

Current Foothill College Catalog

When taught via Foothill Global Access: supplemental lectures, reading materials, web-based resources and assignments accessible via internet; class discussion may be delivered in chat rooms

Disciplines -

Counseling

Method of Instruction -

- A. Lecture presentations and classroom discussion
- B. In-class activities
- C. Instructor-guided interpretation and analysis
- D. Group activities, presentations of projects; in-class discussion and evaluation

Lab Content -

Not applicable.

Types and/or Examples of Required Reading, Writing and Outside of Class Assignments -

- A. Review of handouts and relevant reading material.
- B. Research and planning of individual student educational plans utilizing Degree Works system or current methodology of the institution.
- C. Completion of a Time Management Grid reflecting in 1/2 hour blocks of a 24/7 analysis of time usage noting time in class vs. time studying and doing homework.

FOOTHILL COLLEGE - 12345 EL MONTE ROAD, LOS ALTOS HILLS, CA 94022-4599 - foothill.edu
