

# MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

## COURSE OUTLINE

DEPT. STSK

COURSE NUMBER: 1110

NUMBER OF CREDITS: 1

Lecture: 1 Lab: 0 OJT: 0

### Course Title:

Freshman Seminar

### Catalog Description:

Freshman Seminar enhances the student's adjustment and success with the college experience. Freshman Seminar course provides first-year students with a general orientation and introduction to resources and skills helpful in the transition to college life and to assist in long term academic and personal success. It is designed to facilitate a successful college experience. Students will develop college-level study skills and will learn about college resources to assist them in their personal and academic adjustment to college life. Strategies for a successful college experience, including: time management, studying smart, taking notes from lecture and textbooks, writing, test taking techniques, stress management, learning and teaching styles, preparing speeches, introduction to online learning, navigating D2L, and ITV/distance learning will be covered.

### Prerequisites or Necessary Entry Skills/Knowledge:

None

### FULFILLS MN TRANSFER CURRICULUM AREA(S) (*Leave blank if not applicable*)

- Goal 1: Communication: By meeting the following competencies:
- Goal 2: Critical Thinking: By meeting the following competencies:
- Goal 3: Natural Sciences: By meeting the following competencies:
- Goal 4: Mathematics/Logical Reasoning: By meeting the following competencies:
- Goal 5: History and the Social and Behavioral Sciences: By meeting the following competencies:
- Goal 6: The Humanities and Fine Arts: By meeting the following competencies:
- Goal 7: Human Diversity: By meeting the following competencies:
- Goal 8: Global Perspective: By meeting the following competencies:
- Goal 9: Ethical and Civic Responsibility: By meeting the following competencies:
- Goal 10: People and the Environment: By meeting the following competencies:

### Topics to be Covered

The Essentials for College Success

Cultivating Motivation, Resilience, and Emotional Intelligence

Managing Time, Energy, and Money

Discovering How You Learn
Getting the Most Out of Class
Reading to Learn from College Textbooks
Studying, Understanding, and Remembering
Taking Tests Successfully
Developing Information Literacy and Communication Skills
Thinking in College
Maintaining Wellness and Relationships in a Diverse World
Making the Right Career Choice

Student Learning Outcome
Demonstrate what is needed to succeed in college.
Understand the importance of motivation, attitude, and mindset.
Understand the importance of developing resilience.
Analyze emotional intelligence.
Understand time management, procrastination, and money management.
Recognize how people learn.
Discern how to get the most out of class.
Apply and practice reading and note taking from college textbooks.
Understand how memory works.
Identify ways to take tests successfully.
Develop information literacy and communication skills.
Evaluate Critical Thinking.
Develop and awareness of how to maintain wellness and relationships in a diverse world.
Understand what can be done in order to make the right career choice.

<b>Is this course part of a transfer pathway: Yes <input type="checkbox"/> No <input checked="" type="checkbox"/></b> <i>*If yes, please list the competencies below</i>
---

Revised Date: 1/25/2022