Success Strategies 1

Course Outcome Summary
Wisconsin Indianhead Technical College

Information

Alternate Title previously 10890100 College Success Strategies
Course Number 10890100
Credits 1
Instructional Area General Studies
Instructional Level Associate Degree
Division General Studies
Developers John Swenson, Mary Leggate, Dick Rohde
Development Date 09/22/2004
Revision Date 06/01/2006
Revised By Anne Freagon
Revision History revised title, description, text, competencies and all associated components

Types of Instruction

<table>
<thead>
<tr>
<th>Type of Instruction</th>
<th>Contact Hours</th>
<th>Outside Hours</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classroom Presentation</td>
<td>16</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Totals</td>
<td>16</td>
<td></td>
<td>1</td>
</tr>
</tbody>
</table>

Description
This course is designed to facilitate greater learner success affecting the academic, professional, and personal lives of students.
Course Level Learning Outcomes

Competencies

1. Accept personal responsibility.
   
   **Performance Standards**
   
   The learner will demonstrate his or her competence
   
   o by completing the On Course self assessment
   
   o in classroom activity
   
   Learner performance will be successful when:
   
   o learner learns to take greater personal responsibility, gaining more control over the outcomes that he/she creates both in college and in life.

   **Learning objectives**
   
   What you will learn as you master the competency:
   
   a. Become aware of the areas for growth related to the 8 On Course principles
   
   b. Identify victim language/actions in your life and convert them to creator language/actions

2. Improve creative and critical thinking skills.
   
   **Performance Standards**
   
   The learner will demonstrate his or her competence:
   
   o by completing the wise choice worksheet and journal
   
   Learner performance will be successful when:
   
   o learner learns how to enhance the thinking skills essential for analyzing and solving problems in his or her academic, professional, and personal lives.

   **Learning objectives**
   
   What you will learn as you master the competency:
   
   a. Adopt/adapt the wise choice decision-making process in life activities and decisions

   
   **Performance Standards**
   
   The learner will demonstrate his or her competence:
   
   o in classroom activity
   
   o through self-reflection journal entries
   
   Learner performance will be successful when:
Learning objectives
What you will learn as you master the competency:

a. Recognize old scripts that influence your actions
b. Create/identify strategies to rewrite old scripts

4. Maximize your learning and master effective study skills.

Performance Standards
The learner will demonstrate his or her competence:

o with the completion of the Barsch Learning Style Inventory
o with the completion of the On Course Learning Inventory

Learner performance will be successful when:

o learner maximizes learning by improving essential skills like reading, note taking, memorizing, studying, and test taking.

Learning objectives
What you will learn as you master the competency:

a. Identify preferred ways of learning and doing that enhance learning and life activities
b. Adopt/adapt a variety of study techniques such as reading a textbook, test taking, memorization, note taking

5. Increase self-motivation.

Performance Standards
the learner will demonstrate his or her competence:

o in classroom activity
o through self-reflection and journaling

Learner performance will be successful when:

o learner learns to create greater inner motivation by discovering their own personally meaningful goals and dreams.

Learning objectives
What you will learn as you master the competency:

a. Identify what motivates you to achieve your goals
b. Define a personal and educational goal using DAPPS
6. **Improve personal self-management.**

   **Performance Standards**
   
   *The learner will demonstrate his or her competence:*
   
   o outside classroom activity
   o in classroom activity

   **Learner performance will be successful when:**
   
   o learner explores numerous strategies for taking control of his/her time and energy, allowing them to move more effectively and efficiently toward the accomplishments of their goals and dreams.

   **Learning objectives**
   
   *What you will learn as you master the competency:*
   
   a. Evaluate your time related to Covey's Quadrants
   b. Identify and adapt/adopt self-management tools that enhance how you use your time

7. **Develop interdependence.**

   **Performance Standards**
   
   *The learner will demonstrate his or her competence:*
   
   o in classroom exploration
   o by completing the scavenger hunt

   **Learner performance will be successful when:**
   
   o learner learns how to develop mutually supportive relationships with people who will help them achieve their goals and dreams as you assist them to achieve theirs.

   **Learning objectives**
   
   *What you will learn as you master the competency:*
   
   a. Investigate services/individuals that can support you in reaching your goals
   b. Strengthen relationships with active listening

8. **Develop emotional intelligence.**

   **Performance Standards**
   
   *learner will demonstrate this or her competence:*
   
   o through self-reflection and journaling
   o in classroom activity
Learner performance will be successful when:

- Learner will learn effective strategies for managing their emotional life, decreasing stress and distress while increasing their inner sense of well-being.

**Learning objectives**

**What you will learn as you master the competency:**

a. Understanding of emotional intelligence and how emotions affect daily life activities

b. Identify and adopt/adapt strategies that support healthy emotional intelligence