



*Experience. Success.*

## Wisconsin Indianhead Technical College

# 10890100 Success Strategies 1

## Course Outcome Summary

### Course Information

<b>Alternate Title</b>	previously 10890100 College Success Strategies 1
<b>Description</b>	This course is designed to facilitate greater learner success affecting the academic, professional, and personal lives of students.
<b>Instructional Level</b>	Associate Degree
<b>Total Credits</b>	1.00
<b>Total Hours</b>	16.00

### Types of Instruction

Instruction Type	Credits/Hours
Classroom Presentation	1/16

### Course History

<b>Revised By</b>	Andrea Schullo (andrea.schullo)
<b>Last Approval Date</b>	8/11/2014

### Course Competencies

- Accept personal responsibility.**  
*Status Active*

#### Assessment Strategies

- 1.1. by completing the "On Course" self assessment
- 1.2. in classroom activity

#### Criteria

*Learner performance will be successful when:*

- 1.1. 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

- 1.a. Become aware of the areas for growth related to the eight "On Course" principles
- 1.b. Identify victim language/actions in your life and convert them to creator language/actions

## **2. Improve creative and critical thinking skills.**

*Status Active*

### **Assessment Strategies**

- 2.1. by completing the wise choice worksheet and journal

### **Criteria**

*Learner performance will be successful when:*

- 2.1. 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**

- 2.a. Adopt/adapt the wise choice decision-making process in life activities and decisions

## **3. Increase self-awareness and build self-esteem.**

*Status Active*

### **Assessment Strategies**

- 3.1. in classroom activity
- 3.2. through self-reflection journal entries

### **Criteria**

*Learner performance will be successful when:*

- 3.1. learner understands how to create the foundation for enhancing self-acceptance, self-confidence, and self-respect.
- 3.2. learner understands and revises self-defeating patterns of behavior, thought, and emotion.

### **Learning Objectives**

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

## **4. Maximize your learning and master effective study skills.**

*Status Active*

### **Assessment Strategies**

- 4.1. with the completion of the Barsch Learning Style Inventory
- 4.2. with the completion of the "On Course" Learning Inventory

### **Criteria**

*Learner performance will be successful when:*

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

### **Learning Objectives**

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

## **5. Increase self-motivation.**

*Status Active*

### **Assessment Strategies**

- 5.1. in classroom activity
- 5.2. through self-reflection and journaling

### **Criteria**

*Learner performance will be successful when:*

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

**Learning Objectives**

- 5.a. Identify what motivates you to achieve your goals
- 5.b. Define a personal and educational goal using DAPPS

**6. Improve personal self-management.**

*Status Active*

**Assessment Strategies**

- 6.1. outside classroom activity
- 6.2. in classroom activity

**Criteria**

*Learner performance will be successful when:*

- 6.1. learner explores numerous strategies for taking control of his/her time and energy, allowing him/her to move more effectively and efficiently toward the accomplishments of their goals and dreams.

**Learning Objectives**

- 6.a. Evaluate your time related to Covey's Quadrants
- 6.b. Identify and adapt/adopt self-management tools that enhance how you use your time

**7. Develop interdependence.**

*Status Active*

**Assessment Strategies**

- 7.1. in classroom exploration
- 7.2. by completing the scavenger hunt

**Criteria**

*Learner performance will be successful when:*

- 7.1. learner learns how to develop mutually supportive relationships with people who will help them achieve their goals and dreams as the learner assists them to achieve theirs.

**Learning Objectives**

- 7.a. Investigate services/individuals that can support you in reaching your goals
- 7.b. Strengthen relationships with active listening

**8. Develop emotional intelligence.**

*Status Active*

**Assessment Strategies**

- 8.1. through self-reflection and journaling
- 8.2. in classroom activity

**Criteria**

*Learner performance will be successful when:*

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

**Learning Objectives**

- 8.a. Understanding of emotional intelligence and how emotions affect daily life activities
- 8.b. Identify and adopt/adapt strategies that support healthy emotional intelligence

**Course Learning Plans and Performance Assessment Tasks**

Type	Title	Source	Status
LP	(No Title)	Course	Active

LP	responsibility 1	Course	Active
LP	Creative Thinking Skills	Course	Active
LP	Increasing self awareness and building self-esteem	Course	Active
LP	maximizing learning and master effective study skills	Course	Active
LP	Increasing self-motivation	Course	Active
LP	Improving personal self-management	Course	Active
LP	Develop interdependence	Course	Active
LP	Develop emotional intelligence	Course	Active