

If Revision, Section(s)  
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Subject & Course No.	Descriptive Title	Semester Credits
<b>F:</b>	Calendar Description: This first semester experience course is intended to assist students in	

**M:** Course Objectives / Learning Outcomes

This First Semester Experience Course is intended to:

Assist students in their transition to college.

Encourage students to use many of the college's resources and services.

Assist students in achieving their academic and personal goals.

Increase self-awareness and assist students to realize their academic potential.

Assist students in enhancing their motivation for seeking a post-secondary education.

Encourage students to take greater responsibility for their learning outcomes.

Enhance the self-reliance, self-discipline and self-direction of students.

18. Identifying learning style
19. Aligning personal style to education and career development
20. Understanding the habits of highly effective people

#### Time and Stress Management

21. Identifying priorities
22. Managing time effectively
23. Understanding procrastination
24. Keeping a balance between work, recreation and studies
25. Assessing current lifestyles and priorities
26. Understanding the importance of setting goals.
27. Identifying the symptoms of stress
28. Learning practical techniques for relaxation and health
29. Developing a money management process, reducing financial crises, creating an educational financial plan, learning about funding sources and student loan applications.

#### Introduction to Career Development

30. Learning about the changing labour market and factors that affect it
31. Identifying new occupational trends
32. Researching job futures
33. Career and lifestyle planning

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Course Designer(s)

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Education Council / Curriculum Committee Representative

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Dean / Director

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Registrar