



EFFECTIVE: SEPTEMBER 2004

	If Revision, Section(s) _____	C, H
	Revised:	
	Date of Previous Revision:	January 2004
	Date of Current Revision:	April 27, 2004
C: STSU 1100	D: Introduction to College Studies	E: 3.0

Subject & Course No.	Descriptive Title	Semester Credits						
F: Calendar Description: This first semester experience course is intended to assist students in their successful transition to Douglas College. The content of the course is designed to help students in becoming more independent learners in order that they can make the most of their educational opportunities. The course will expose students to the numerous resources and services available at Douglas College. Students will learn how to enhance their current study skills toward developing a foundation for lifelong learning and career development.								
G:	H: Course Prerequisites: None							
	I: Course Corequisites:							
	J: Course for which this Course is a Prerequisite							
4 hours per week	K: Maximum Class Size:							
Number of Weeks per Semester: 15 weeks	25							
L: PLEASE INDICATE: <table style="margin-left: 20px; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; width: 30px; height: 20px; text-align: center;"></td> <td style="padding-left: 5px;">Non-Credit</td> </tr> <tr> <td style="border: 1px solid black; width: 30px; height: 20px; text-align: center;">X</td> <td style="padding-left: 5px;">College Credit Non-Transfer</td> </tr> <tr> <td style="border: 1px solid black; width: 30px; height: 20px; text-align: center;"></td> <td style="padding-left: 5px;">College Credit Transfer:</td> </tr> </table>				Non-Credit	X	College Credit Non-Transfer		College Credit Transfer:
	Non-Credit							
X	College Credit Non-Transfer							
	College Credit Transfer:							
SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)								

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)

Education Council / Curriculum Committee Representative

Dean / Director

Registrar