SECTION HEADING

STSK 1110: Freshman Seminar

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.

Credits

1

Prerequisite

None

Corequisite

None

Topics to be Covered

1. The Essentials for College Success
2. Cultivating Motivation, Resilience, and Emotional Intelligence
3. Managing Time, Energy, and Money
4. Discovering How You Learn
5. Getting the Most Out of Class
6. Reading to Learn from College Textbooks
7. Studying, Understanding, and Remembering
8. Taking Tests Successfully
9. Developing Information Literacy and Communication Skills
10. Thinking in College
11. Maintaining Wellness and Relationships in a Diverse World
12. Making the Right Career Choice

Learning Outcomes

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

Credit Details

Lecture: 1

Lab: 0

OJT: 0

MnTC Goal Area(s): None