

UNIV 101: College Success Skills

Students successfully completing this course will be able to articulate and defend strategies and techniques to:

1. Take greater personal responsibility, gaining more control over the outcomes and experiences that they create both in college and in life.
2. Create greater inner motivation by, among other things, discovering their own personally meaningful goals and dreams.
3. Take control of their time and energy, allowing them to move more effectively and efficiently toward the accomplishment of their goals and dreams.
4. Develop mutually supportive relationships with people who will help them achieve their goals and dreams as they assist others to achieve theirs.
5. Recognize and revise their own self-defeating patterns of behavior, thought, and emotion as well as subconscious limiting beliefs.
6. Access and take advantage of key research on how the human brain learns, and apply this knowledge to develop their own learning system, giving them the keys to learning important course content in college as well as becoming more effective life-long learners.
7. Manage their personal emotional life, decreasing stress while increasing their inner sense of well-being.
8. Enhance self-acceptance, self-confidence, self-respect, self-love, and unconditional self-worth.
9. Enhance their writing skills through the extensive writing practice offered by guided journal entries and other writings.
10. Enhance thinking skills essential for analyzing and solving problems in academics, as well as in their professional and personal lives.
11. Develop reasoning skills that will help them to both construct persuasive arguments, and deconstruct illogical arguments intended to persuade them to think or act against their own best interest.
12. Improve essential skills such as reading, taking notes, studying, memorizing and taking tests.