

California State University Channel Islands
University 100
University Life and College Success Seminar

Course Description: This course introduces first-year students to university life, the structure and policies of the University and development of strategies and skills to help insure success in college. Through self-evaluation, lecture, activities and class discussion, students will develop an individualized plan for personal, social, academic and professional success. Students will be introduced to a variety of topics which include the transition to academic and campus life, introduction to campus academic and student resources, major and career exploration, academic expectations and resources and skills necessary for success.

Required Text/Resources:

Becoming a Master Student, Concise. Tenth Edition. Author: Dave Ellis
 CSUCI University Catalog

Student Goals and Objectives:

Students will be able to:

- Describe the role of higher education and the concepts presented in the CSUCI mission, values and vision statement
- Participate in the CSUCI community culture by investigating campus resources and by participation in student life activities
- Demonstrate familiarity with academic policies and programs and show proficiency in locating that information in the university catalog
- Assess strengths and weaknesses in basic academic and communications skills
- Demonstrate knowledge and techniques to increase the effectiveness of their academic and personal skills : Time management, studying including note taking, reading and test taking skills; memory and listening strategies
- Develop career skills through investigation of major and career options
- Examine choices and consequences of college life and attitudes of a healthy lifestyle

Course Syllabus

Week	Topic	Reading
One (August 29)	Intro to Course, Syllabus Ice Breaker – Getting Acquainted Why College - Expectations	Chapter 1
Two (Sept 5)	How you learn – Learning styles – Discovery Wheel	Chapter 1 Pages 7-17 and 29-32
Three (Sept 12)	Time Management Campus Resources Campus Scavenger Hunt	Chapter 2 Chapter 9 Assign Scavenger Hunt Pages 202-203
Four (Sept 19)	Time Management/Goal Setting	Chapter 2 Pages 39, 46-55 and 57-58

Five (Sept 26)	Scavenger Hunt Presentation	
Six (Oct 3)	Note taking	Chapter 5 Pages 108-119
Seven (Oct 10)	Memory/Reading	Chapter 3 Chapter 4 Pages 74-77, 81, 90-93, 95
Eight (Oct 17)	Study Strategies	Chapter 6 Pages 128-133 and 138-141
Nine (Oct 24)	Test Taking Strategies	Chapter 6
Ten (Oct 31)	Values/Diversity	Chapter 8 Pages 186-189 and 190-193
Eleven (Nov 7)	Managing Stress - Personal Wellness – Social relationships/personal health	Chapter 9 Pages 204-209 and 216-222
Twelve (Nov 14)	Finances	
Thirteen (Nov 21)	Academic & Catalog Planning/Advising Project	Assign Advising Project University Catalog
Fourteen (Nov 28)	Self Assessment and Career Development	Chapter 10 Pages 239-240 and 244-248
Fifteen (Dec 5)	Career — Major Exploration	Chapter 10
Sixteen (Dec 12)	Final Essay – Reflecting Back	Presentation

Student Responsibilities:

Class attendance: Attend each class, contribute to class discussions and participate in planned activities.

Discovery Wheel: Complete the Discovery Wheel Assignment in Becoming a Master Student

Worksheets/Class Activities: Complete various assignments given throughout the semester and as assigned in Becoming a Master Student

Three Activity papers/projects:

1. Participate in three campus events: Community, Cultural, Intellectual, Athletic, Political or Outdoor Adventure
2. Complete Advising Project
3. Complete the Career Research and Assessment Paper

Final, Becoming a Master Student Essay: 750 word essay reflecting on how you will become a Master Student

Evaluation	Points	Total Points
Class Attendance	15 @ 30 each	450
Discovery Wheel #1	30	30
Worksheets/Activity	10 @ 10 pts. each	100
Activity Reports/Papers		

• 3 events (40 points each)	120
• Advising Project	100
• Career Project	100
Final: How will I become a Master Student Essay	100
Total Points	1000

Bonus points:

Community Service	per hour 5 points (max 50)
Individualized/group tutoring- Math and University Writing Center	per session 5 (max 50)

Grading Scale:

900-	A
800-899	B
700-799	C
600-699	D
0-599	F

Students with disabilities needing accommodations should make requests to Disability Accommodation Services in the area of Student Life (Bell Tower East, 1769, next to the student lounge) or by calling (805) 437-8510.

Academic Dishonesty

All students are expected to complete assignments in this course as their own work. Plagiarism is defined as to pass off the ideas or words of another as one's own without crediting the source. If the instructors suspect a student has violated the academic honesty guidelines, they will discuss the apparent violation with the student to provide them with an opportunity to explain the situation. If the instructors feel that Academic Dishonesty has occurred, they will report the matter to the Vice President for Academic Affairs. Depending on the severity of the offense, the instructors may assign the responsible student a failing grade on the assignment/ quiz/ exam or an overall course grade of an "F".