

# COLL 101 : College Success

**Credits** 2-5

**Quarter Offered** Fall, Winter, Spring, Summer

This course provides support, develops positive connections, and opens learning opportunities to help students identify and pursue their academic and career goals. Through a process of self-discovery, students cultivate a deeper understanding of themselves that highlights their unique strengths and identifies areas for growth. Students will also learn how to navigate college systems and understand its specialized vocabulary and procedures. Throughout, this course reassures students of all backgrounds and abilities that they belong. This class may include students from multiple sections. (Elective)

**Course Outcomes**

1. Create a student success plan that aligns personal, academic, and career interests.
2. Demonstrate an understanding of learning preferences, motivation strategies, and campus resources.
3. Analyze how inequity, power, and privilege impact one's lived experience.
4. Apply personal wellness habits and strategies to maintain balance, manage stress, and improve health.