HIBBING COMMUNITY COLLEGE
COURSE OUTLINE

COURSE TITLE & NUMBER:  College Success Strategies:  STSK 1001
CREDITS:  2 (2 Lec / 0 Lab)
PREREQUISITES:  None

CATALOG DESCRIPTION:
College Success Strategies is designed to aid the student in improving motivation for
success in college and in developing general study skills.  Students will practice key
study skills such as time management, effective listening, studying a text, note taking,
and preparing for examinations.  In addition to the instructor, people from within and
outside of the college will be invited to share expertise with the students.  This course is
designed for students wishing to improve their study strategies.  Credit may be earned for
only one of the following:  STSK 1000 , STSK 1001, STSK 1100.

OUTLINE OF MAJOR CONTENT AREAS:
1. Strategies for success
   A. New demands and expectations
   B. Warning signals of academic difficulties
   C. Characteristics of active learners
   D. Learning styles
   E. Motivation
2. Orientation to college
   A. An overview of Hibbing Community College
   B. Information sources and college services
   C. Grades and the grading system
   D. Success in the classroom
3. Goal setting
   A. Characteristics of goals
   B. Long term and short term goals
   C. Academic and personal goals
   D. Develop an action plan
4. Time management skills
   A. Analyze use of time
   B. Organize study time
   C. Use time management strategies to stay motivated
   D. Reduce procrastination
   E. Stress and time management
5. Learning and memory
   A. The memory process
   B. Retrieval and forgetting
   C. General memory strategies
6. Note-taking for class lectures
   A. Active listening
B. Preparation for note taking
C. Note-taking systems
D. Edit the notes
E. Use of notes for review

7. College textbooks
   A. Strategies for reading textbooks
   B. Text reading and study systems
   C. Use of text features such as graphs, tables and diagrams
   D. Annotate and underline texts
   E. Note-taking from textbooks
   F. Review from text markings

8. Exams
   A. Systematic review
   B. Strategies for various types of exams
   C. Exam review as method of learning
   D. Test directions
   E. Test anxiety

**COURSE GOALS/OBJECTIVES/OUTCOMES:**

1. Students will identify characteristics of successful college students, services available to help them achieve goals, and early warning signals of academic difficulty.
2. Students will recognize their learning style and select appropriate learning strategies for use in specific situations.
3. Students will describe techniques for stress management, time management and goal setting.
4. Students will learn and apply memory strategies.
5. Students will determine an effective approach to listening and lecture note-taking, recognize various note-taking styles, and edit and review notes.
6. Students will identify strategies for reading textbooks by learning to annotate and underline texts effectively, and taking efficient notes from textbooks.
7. Students will organize reviews for effective test taking, and apply test-taking strategies to control test anxiety.

**MNTC GOALS AND COMPETENCIES MET:**

N/A

**HCC COMPETENCIES MET:**

Working Productively & Cooperatively
Communicating Clearly & Effectively

**STUDENT CONTRIBUTIONS:**
The student will attend class regularly and participate in class discussion, complete all reading and writing assignments, and complete the final examination. The student will spend a minimum of two hours completing assignments for every hour of class. Assignments must meet the minimum grading criteria set by the instructor.

**STUDENT ASSESSMENT SHALL TAKE PLACE USING INSTRUMENTS SELECTED/DEVELOPED BY THE COURSE INSTRUCTOR.**

**ADDITIONAL INFORMATION:**
A three-ring binder is required.

*Curriculum Committee Approval Date: February 12, 2018*

AASC APPROVAL DATE: February 21, 2018
REVIEW DATE: February 2023