HIBBING COMMUNITY COLLEGE
COURSE OUTLINE

COURSE TITLE AND NUMBER: College Success Strategies for Health Careers:
STSK 1200
CREDITS: 2 (2 Lec / 0 Lab)
PREREQUISITES: None

CATALOG DESCRIPTION:
College Success Strategies for Health Careers is designed to aid the student considering
health careers to improve success in college and develop study skills. Students will
practice key study strategies such as time management, effective listening, studying a
technically-based text, note-taking and preparing for examinations. In addition to the
instructor, people from various health professions will be invited to share their expertise
and insights. This course is primarily designed for freshmen considering health careers.
Credits may be earned for only one study skills class.

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. Action plans for success
4. Time management
   A. Analyze use of time
   B. Organize study time
   C. Use of 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
1. 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. Annotate and underline texts
   D. Note-taking from texts
   E. Review from markings

8. Reading in natural sciences
   A. The scientific approach
   B. Reading techniques for sciences
   C. Use of text features such as graphs, tables, and diagrams
   D. Study strategies for the sciences
   E. Working with process, cause/effect, classification and problem/solution patterns

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

10. Health career exploration
    A. Career options
    B. Career choice process
    C. Career choice barriers
    D. Career assessment

**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 situation.

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.
8. Students will research a list of educational and occupational options and evaluate whether the level of education needed for career options is realistic according to personal values, goals, and resources.

**MNTC GOALS/OBJECTIVES/OUTCOMES:**
N/A

**HCC COMPETENCIES MET:**
Working Productively and Cooperatively
Thinking Creatively and Critically

**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:** None

*Curriculum Committee Approval Date: February 12, 2018*

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