

# North Hennepin Community College

## ADEV 1051: Academic Learning Strategies

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: ADEV 0951

MnTC Goals: None

This course introduces students to the principles of learning and critical thinking required for academic success. The focus of the course will be the elements of learning related to emotional intelligence including anxiety, attitude, concentration, motivation, and metacognition. The course will provide techniques and strategies to improve self-regulation to include time management and procrastination. The students will be introduced to campus resources that are designed to help students succeed.

**B. COURSE EFFECTIVE DATES:** 05/20/2018 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. Evaluate his/her thinking patterns and personal habits as a way of reflecting about college learning experiences.
2. Analyze the barriers to his/her learning which may interfere in making life choices and decisions.
3. Interact, collaborate, and form positive and supportive interpersonal connections with other members of the college community.
4. Identify barriers to his/her learning and implement techniques to regulate their behavior such as time management planner and/or intrinsic reward system.
5. Implement strategies that will facilitate academic learning and intellectual development, as well as lifelong learning skills.
6. Acquire a sense of what it means to be an independent learner.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

Intellectual and Practical Skills; Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving. Integrative and Applied Learning; Including: Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.