Minnesota State College Southeast

FYEX 1000: College Success Strategies

A. COURSE DESCRIPTION
   Credits: 1
   Lecture Hours/Week: 1
   Lab Hours/Week: *.*
   OJT Hours/Week: *.*
   Prerequisites: None
   Corequisites: None
   MnTC Goals: None

   Strategies for success in college and career for lifelong learning, including using learning styles, managing
   motivation and stress, developing personal, career and financial goals and plans, improving time
   management and prioritization, applying study, test-taking and critical thinking skills, and exploring
   college policies, resources, and technologies. (Prerequisite: None) (1 credit: 1 lecture/0 lab)

B. COURSE EFFECTIVE DATES: 05/16/2019 - Present

C. OUTLINE OF MAJOR CONTENT AREAS
   1. Personal Responsibilities
   2. Personal Finances
   3. Academic Strategies
   4. Educational Planning

D. LEARNING OUTCOMES (General)
   1. Utilize self-analysis (learning styles, personality types, and strengths/weaknesses)
   2. Develop active listening strategies
   3. Increase concentration and memorization
   4. Apply active learner techniques and test taking skills
   5. Explore support services to include LRC, tutoring, disability services, student services, student life
   6. Apply critical thinking and problem solving skills
   7. Improve time management, combat procrastination, and develop a daily schedule
   8. Manage stress and test taking anxiety
   9. Improve physical and mental wellness
   10. Apply goal setting, academic priorities and explore motivation
   11. Develop transferability of skills including to post-secondary learning
   12. Practice personal responsibility, self-advocacy, and self-discipline
   13. Explore community resource to include daycare, emergency funds, health services, food shelf
   14. Identify and cultivate appropriate academic and personal relationships
   15. Understand Academic Integrity
   16. Create a college and personal finance plan

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None
F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted