



ALS 101 College Success

Course description: This course is designed to assist the student in obtaining skills and knowledge necessary to reach his/her educational objectives. Topics to be covered include memory development, time/priority management, test-taking, communication skills, study techniques, critical thinking, wellness management, understanding diversity, and career issues that face many college students. This course is recommended for all new students, returning students, and others who may benefit.

Course learning outcomes: After successfully completing ALS 101, students will be able to:

1. Discuss how they are responsible for creating their own successful college experience,
2. Practice positive behavioral changes,
3. Locate and utilize campus and community resources,
4. Identify and employ specific active learning strategies such as:
 - a. Setting realistic and attainable goals
 - b. Managing priorities effectively
 - c. Reducing stress
 - d. Discovering and using one's dominant learning style to best advantage
 - e. Reading texts with improved focus, comprehension, and retention
 - f. Listening and comprehending lectures
 - g. Taking effective, useful notes
 - h. Improving memory and recall techniques
 - i. Preparing for and taking tests successfully
 - j. Presenting clear oral and written reports
 - k. Improving creative and critical thinking skills
5. Locate and utilize a variety of library and technical resources,
6. Implement plans to effectively manage financial resources,
7. Understand personal health and wellness issues,
8. Recognize and understand the value and complexity of a diverse society,
9. Develop stronger and healthier relationships, and
10. Develop a personal, unique career development plan.

Required Textbook: *Cornerstones for Community College Success* (2nd edition) by Sherfield and Moody (ISBN# 978-0-321-86059-0)

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