Syllabus
COL 101
College Seminar

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Course Outcomes

To successfully complete this course, students will:

1. Expand their knowledge of the SCCC website and the services provided by the College and the extended community.

2. Explore career development and learn how to successfully choose an appropriate career path.

3. Examine the purposes of higher education and understand where you fit in.

4. Explore personal and societal issues faced by college students (i.e. alcohol and drug use and abuse, sexuality, and cultural diversity).

5. Define their short-term and long term goals, within your educational and professional environment (i.e. career development and academic advisement).

6. Understand time, stress and personal resource management.

7. Acquire academic survival skills to promote active learning.

8. Acquire problem solving skills through analysis and critical thinking.

9. Develop interpersonal skills through class interaction in group activities.

10. Become familiar with and learn to use SCCC’s library homepage and resources.

REQUIRED TEXT:

CORNERSTONE 6th Edition, Discovering Your Potential, Learning Actively, And Living Well
Robert M Sherfeld, Rhonda J. Montgomery, Patricia G. Moody
ATTENDANCE POLICY

Students are expected to complete all assigned work on time, to attend class regularly, and to participate in class discussions and activities. Excessive absence is defined by the college as more than one class meeting. Excessive absence or lateness, whether excused or unexcused may result in a grade penalty and/or removal from the class roster.

CLASSROOM CLIMATE

COL 101 is an academic course taught as a seminar where students are expected to share responsibly with the instructor for both the teaching and learning in the course.

As such it is expected that all will:
- Practice personal academic integrity
- Respect the dignity of your instructor and classmates
- Respect the rights and property of other’s opinions
- Demonstrate concern for others, their feelings, and their needs for conditions which support their work and development

WRITTEN ASSIGNMENTS

1) Campus Activity Report: The Campus Activity report is a one page typed synopsis for a scheduled student activity event held on campus (i.e. Campus Lecture, Multicultural Thanksgiving, Joining a Club etc.)

2) Library Research Project: The class will visit the campus library for a presentation given by the librarian. Students will learn how to access the library’s database and complete a related assignment.

3) Cover Letter & Resume: Students are required to create and submit a resume and cover letter, based on prior educational and work experience.

4) Occupational Interview: This assignment will ask students to explore an occupation of interest, interview someone in the field and present your findings to the class.

5) Autobiography: This assignment will allow students to explore and evaluate many aspects of their personal journey. It will also allow students to explore their collegiate goals and career aspirations.

STUDENTS ARE REQUIRED TO ATTEND

** One campus activity event of the student’s choice and write a reaction paper
** Library Orientation – Library – Peconic Building – 2nd Floor
** Computer Center Orientation – Orient Building Room 237
An occupational interview is a powerful assignment that takes place when you interview someone doing the kind of work you have a personal interest in. An occupational interview is one of the best ways to obtain accurate up-to-date information and gain personal insights into a specific occupational area. The occupational interview is often completed as part of a job shadowing experience or may be completed independently on its own.

In order to make the most of completing an on-site occupational interview, it is important to do some research on the occupational area prior to the interview itself. A good career development website is www.nycareerzone.org .

During the occupational interview, the person being interviewed is asked to respond to a standard set of questions on the kind of work they are involved in. However you are also encouraged to develop your own set of questions and add those to the list to ask during the interview.

I hope this interview with real people working in real jobs that reflect your occupational interests will provide you with some of the necessary building blocks needed for a successful career choice.

Assignment:

1) Review the results from the online career inventory.
2) Choose a professional in the field you plan to pursue.
3) Contact that person and ask if you can interview them (the interview will take approximately 20 minutes).
4) Write up the responses to the attached questions, so that you can present them to the class in a concise organized manner.
1) What is your occupational job title?

2) What qualifications are required for entry into this position?

3) Where did you obtain your qualifications and training for this position? How long did it take?

4) What would you say is the starting salary range for this kind of position?

5) Can you briefly describe your duties/responsibilities and what a typical day might be like:

6) Average number of daily and weekly work hours:
7) Does your work schedule leave you with as enough time for your family and/or friends?

8) How did you get into this career, and how did you progress to your present position?

9) What causes you the greatest stress in your job?

10) What are the most rewarding aspects of your job?

11) To what degree do you use technology in your job?

12) Are you required to travel?
13) Are there health and pension benefits with this position?

14) Would you say that positions of this nature are on the increase or decrease?

15) If you could give only one piece of advice to a person interested in your field, what would it be?
AUTOBIOGRAPHY

Purpose of assignment: To explore and evaluate aspects of your personal “journey.” This assignment will give you a structured outlet to report, discuss and reflect on the topics that are covered in this course. It will also allow you to include college goals and career aspirations.

Content: Please do not feel restricted by these suggestions. This is your autobiography, so you could include other aspects of your life that you think are relevant. This assignment should be about 6-8 pages in length (typed, double-spaced).

INTRODUCTION: JUST THE BASICS

PAST TO PRESENT

1. What is most important about your past?
2. How has your family helped you during this journey from past to present?
3. In what ways will you have to adapt from being dependent on your family to a more independent lifestyle?

COURSE EXPECTATIONS

1. What relationships do you anticipate forming while taking this course?
2. What do you think will be beneficial to you in this course?

SUFFOLK COUNTY COMMUNITY COLLEGE

1. Do you think it will be beneficial for you to find a mentor at Suffolk Community College? How will you begin to look for one?
2. What are some of the differences you have already seen between yourself and others at Suffolk Community College? How do you feel about those differences?

GOAL SETTING

1. How important is “goal setting” in your daily life?
2. Identify potential obstacles to setting and achieving your future goals and describe how you plan to manage these obstacles.
1: FROM THERE TO HERE

HIGH SCHOOL BACKGROUND

1. Describe your high school experience. Include in your description the positive and negative aspects of your influential teachers.
2. Who was your favorite teacher and why? What qualities make him/her a good teacher?
3. Were you motivated academically? By what?
4. What extracurricular activities were you involved in?

LEARNING STYLE

1. According to the Learning Styles assessments, what is your preferred style?
2. Were you surprised with the results of this assessment? Why or why not?
3. How will understanding how you think, help you to adapt in the classroom and relate to your peers?

2: REALITY CHECK

I KNOW I'M LISTENING BUT...

1. Is college going the way you thought it would? Explain your answer.
2. Identify your academic strengths and weaknesses.
3. How can you improve on your classroom performance?

CAN I REALLY MAKE IT IN COLLEGE?

1. What is your favorite class and why?
2. What is your most dreaded class and why?

3: VALUES: MY INVISIBLE MOTIVATORS

GOALS

1. What are your short-term goals (for this semester)?
2. What are your long-term goals (for your time at Suffolk Community College and beyond)?

WORDS AND MORE WORDS

1. Give a personal description of the following:
   *.... Education
   *.... Academic Honesty
   *.... Motivation
   *.... Fears
4: REFLECTION ON MY SEMESTER AT SUFFOLK COUNTY COMMUNITY COLLEGE

ABOUT ME

1. What is the most significant thing that you have learned about yourself this semester? How have you changed?
2. What is the one thing that you would not have changed about this semester? Why?
3. What do you want to be?
4. What do you want to do?

ADVICE

What advice would you give to a college freshman that you wish someone had given you?