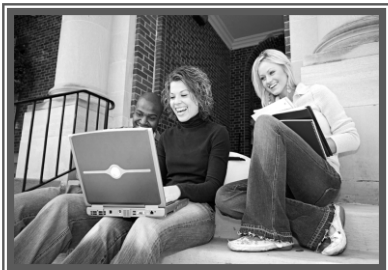




Cape Cod Community College

COL101: The College Experience – Spring 2015



COL101 is a theme based three (3) credit college-level course designed to help you develop the skills and confidence necessary to succeed in college, the world of work, and life. This course may be used as a General Education elective and is widely transferable to many colleges. COL101 classes are small and engaging. You'll have the chance to participate in hands-on learning projects, work as part of a team, and get to know a faculty member who really cares about your success.

Prerequisite: ENL010 or satisfactory basic skills assessment score.

In this course you will learn to:

- Participate in a variety of self-assessments to determine your learning style, career interests, values and career and life goals.
- Learn to use effective memory, reading, note taking, test taking and time management techniques to prepare for college work.
- Assess stress levels and apply appropriate stress management techniques.
- Access important college technology resources, such as the College web site, student email, Campus Web, Starfish and Moodle.

Each section of The College Experience focuses on a unique topic or theme.

Stress Busters

COL101-03 Mon Wed & Fri 1:00-1:50pm J. Kershner
Learn simple techniques to reduce stress, increase happiness and focus on achieving realistic goals. In this section of COL101, we will focus on stress-reduction techniques, such as mindfulness meditation combined with mindful consumption and exercise as a means to find joy in college, in careers, in personal lives, and in life in general. The class will include reading, writing, discussions and helping each other develop realistic plans for happiness and success in college and beyond.

Finding Your Focus

COL101-42 Mon & Wed 11:00-12:15pm L. Andre
Do you find yourself wondering why you are in college? Still trying to figure out what you are good at? In this section of COL101, you'll learn about the learner within you and develop strategies to plan a life that builds on your personal strengths.

Where There Is Willpower, There Is a Way –

COL101-43 Tues & Thurs 11:00-12:15pm P. Allen
Throughout history, people have thought of willpower as a mythic force or mysterious personality trait. Modern science, however, tells us that willpower is rooted in our biology. In this section of COL101, we'll learn how willpower works and how we can harness it to help us reach our goals—for college and for life.

Living Life with Purpose

COL101-40 Tues & Thurs 2:00-3:15pm A. Frisbie
Do you live your life with purpose? This seminar is designed to provide you with the opportunity to examine your life, to understand and define your purpose for being in college and to explore your life purpose(s) beyond college. When you know why you are here, your college courses become more meaningful. The more meaning or relevance your courses have for you, the more motivated you become. Motivated students learn, succeed and graduate. Signing up for this class means you are ready and willing to participate in the discovery of your purpose now and in life after college. To accomplish this you will be required to: write, read, communicate, listen, reflect and dare to dream.

College Experience – (for PACT Students)

COL101-63 Tues 6:30-9:30pm R. Norwood
The purposes of this course are threefold: provide you with a successful transition into the college community by making you aware of all the services and resources that the 4C's offers its students; offer you the opportunity to advance your reading, writing, listening, and speaking; assist you in planning and setting academic and career goals, which 4C's through its many programs can help you achieve.

For more information contact Patty Scialdone at
508-362-2131, x4918