

GS 199R Syllabus: Fall

Week	Meet	Topics	Requirements
1	1	<p style="text-align: center;">First Steps: Expectations and Responsibilities</p> <p style="text-align: center;">HORIZONS Program's and expectations, review of syllabus and textbook.</p> <p>The Master Student: Students, who are you and why are you here? Benefits of education, what to give and what to expect to receive.</p>	Take Home: LASSI.
	2	<p style="text-align: center;">Making the Transition to College University Structure & Regulations</p>	<p>Due in class, : LASSI.</p> <p>Read: Intro, pp. 1-5</p> <p>Read: Chapter 1</p> <p>Read: <u>University Regulations Handbook</u>, pp.</p>
2	1	<p style="text-align: center;">Time Management/Goal Setting</p> <p style="text-align: center;">Defining values, setting and achieving goals, establishing priorities, managing time, procrastination and other time traps.</p> <p style="text-align: center;">SI: Supplemental Instruction (Wednesday)</p> <p style="text-align: center;">Beginning with the second week, each 2nd lecture session will be devoted to supplemental instruction in math or study table.</p>	Read: Chapter 2
3	1	<p style="text-align: center;">Time Management/Goal Setting: Continue</p>	Due by : Goal Project, Part 1 & time logs, in HORIZONS' office by 4:30 pm. Chapter 2 continue
4	1	<p style="text-align: center;">Self-Awareness, Learning Styles, and Memory</p> <p>Memory How memory works, memory strategies, mnemonic devices, using tape recorders.</p> <p>Metacognition: Learning Styles Inventory, Multiple Intelligences</p>	<p>First Student/Instructor Conferences</p> <p>Read: Chapter 3.</p> <p>Read: Chapter 1, 14-24.</p>

5	1	<p align="center">Information Literacy: <u>Class held in BRNG</u> CORE: Comprehension On-Line Research Education</p>	<p>Read: CORE Packet: Distributed in class. Read Text: Chapter.9, pp. 214-215.</p>

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6	1	<p align="center">Information Literacy: <u>Class held in BRNG</u> CORE: Comprehension On-Line Research Education</p>	<p>Due by : Mentor Interview #1 in HORIZONS' office by 4:30 pm.</p>
7	1	<p align="center">College Reading Reading challenges, improving your reading speed, the PQ3R study technique Test Taking Part 1 Test preparation, test anxiety.</p>	<p>Due by : Research Exercise in HORIZONS' office by 4:30 pm. Read Chapter 4. Read Chapter 6, pp.127-139.</p>
8	1	<p><u>Fall Break</u></p>	
9	1	<p align="center">Note-Taking: Listening and Observing Purpose for taking notes, note-taking systems, Active listening skills</p>	<p>Due by : Goal Project, Part 2 in HORIZONS' office by 4:30 pm. Read: Chapter 5 Second Student/Instructor Conferences</p>
10	1	<p align="center">Test Taking: Part 2 Test taking skills.</p>	<p>Read: Chapter 6, pp. 140-147</p>

11	1	<p align="center">Health and Stress Management: Part 1</p> <p>Healthy mind: identifying causes and consequences of stress</p>	<p>Read: Chapter 9, pp. 216-229 Due by : Mentor Interview# 2 Exercise in HORIZONS' office by 4:30 pm.</p>
12	1	<p align="center">Money Management</p> <p>Strategic planning with money, budgeting, banking, and credit cards.</p>	<p>Read : Chapter 9, 204-210</p>
13	1	<p align="center">Health and Stress Management Part 2</p> <p>Healthy Body, (eating, exercising, sleeping).</p>	<p>Review: Chapter 9, 216-227.</p>
14	1	<p align="center">Critical thinking: Problem Solving</p> <p>Sophomore Co-Presenters: The Second Semester Slide</p>	<p>Due by : Budget spread sheet in HORIZONS' office by 4:30 pm. Read: Chapter 7.</p>
15	1	<p align="center">Moving Ahead</p> <p>Living with change, handling success and failure, giving back to the community, and lifelong learning.</p>	<p>Due by : Mentor Interview# 3 in HORIZONS' office by 4:30 pm. Read: Chapter 10</p>
16	1	<p align="center">Closure</p> <p>Revisiting personal mission and long- term goals (integrity, changes, role models, aiming for a personal best).</p>	<p>Due by: Goal Project, Part 3 in HORIZONS' office by 4:30 pm.. Review: Chapter 10.</p>