

\_\_\_\_\_ SOUTH SEATTLE COMMUNITY COLLEGE \_\_\_\_\_

Student Services/Counseling Department

### COURSE OUTLINE

Revision: Stephen Coates-White, February 2008

DEPARTMENT: Counseling  
CURRICULUM: Human Development  
COURSE TITLE: Independent Study  
COURSE NUMBER: HDC 199  
TYPE OF COURSE: Academic Transfer/Elective  
COURSE LENGTH: 1 quarter  
CREDIT HOURS: Variable 1 - 3  
LECTURE HOURS: 11 - 33  
LAB HOURS: 0  
CLASS SIZE: 1 - 5  
PREREQUISITES: Instructor permission

#### COURSE DESCRIPTION:

This course is designed to increase each student's success in college by assisting the student in obtaining skills and attitudes necessary to reach his/her educational goals. The course material is presented through consultation, individual self-assessment, journal writing and record keeping, participatory small group exercises, and assignments out of class. Topics in this course are relevant to personal and professional development as well as academic achievement. Emphasis is on setting realistic, relevant goals and developing the means and ways to accomplish them.

#### STUDENT LEARNING OUTCOMES ADDRESSED:

1. Communication – Read and listen actively to learn and communicate.
2. Human Relations – Use social interactive skills to work in groups effectively. Recognize the diversity of cultural influences and values.

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STUDENT LEARNING OUTCOMES ADDRESSED: (cont.)

3. Personal Responsibility – Be motivated and able to continue learning and adapt to change. Value one's own skills, abilities, ideas, and art. Take pride in one's work. Manage personal health and safety.
4. Information Literacy – Access and evaluate information from a variety of sources and contexts, including technology. Use information to achieve personal, academic, and career goals, as well as to participate in a democratic society.

GENERAL COURSE OBJECTIVES:

1. Teach students to set learning objectives, create benchmark systems, and design and implement tools for self-evaluation.
2. Connect theoretical knowledge with practical applications.
3. Study asset-based inventories, self-reflective analysis, and collaborative learning methods.
4. Students will learn techniques for problem solving, planning and accomplishing goals.
5. Students will develop strategies for coping with obstacles (internal and external), increase self-confidence, improve motivation to succeed, expand their current zone of performance, improve relationships and learn to share and access support.

TOPICAL OUTLINE:

- I. Identifying Goals and Obstacles
- II. Understanding Motivation/Accountability
- III. Planning techniques to overcome obstacles
- IV. Skills for working cooperatively
- V. Turning plans into schedules
- VI. Taking goal-directed actions
- VII. Asset-based decision-making
- VIII. Experiencing success at school, work and home

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DATE: February 2008

HDC 199

Course Prefix and Number: HDC 199

Course Title: Independent Study

SLO #	Included in Course Objective Number	SSCC Student Learning Outcomes
SLO 1.1	1-5	Communication - Read and listen actively
SLO 1.2		Communication - Speak and write effectively
SLO 2.1		Computation - Use mathematical operations
SLO 2.2		Computation - Apply quantitative skills
SLO 2.3		Computation - Identify, interpret, and utilize higher level mathematical and cognitive skills
SLO 3.1		Human Relations - Use social interactive skills to work in groups effectively
SLO 3.2	2,4,5	Human Relations - Recognize the diversity of cultural influences and values
SLO 4.1		Critical Thinking and Problem Solving -
SLO 5.1		Technology - Select and use appropriate technological tools
SLO 6.1	1,3,5	Personal Responsibility - Be motivated and able to continue learning and adapt to change
SLO 6.2	1,5	Personal Responsibility - Value one's own skills, abilities, ideas and art
SLO 6.3	1,5	Personal Responsibility - Take pride in one's work
SLO 6.4	2,5	Personal Responsibility - Manage personal health and safety
SLO 6.5		Personal Responsibility - Be aware of civic and environmental issues
SLO 7.1	2,3	Information Literacy - Access and evaluate information
SLO 7.2	2,5	Information Literacy - Use information to achieve personal, academic, and career goals, as well as to participate in a democratic society

PREPARED BY: Stephen Coates-White

DATE: July 17, 2008