**Mohawk Valley Community College**

**Course Outline**

**Course Title: CF100 College Foundations Seminar C-1, Cr-1**

**Course Description**

This course is an opportunity for students to develop the skills necessary to be successful in college. Students learn the importance of the faculty-student and advisor-advisee relationship, develop time management techniques, apply effective study skill techniques, recognize the implications of living in a diverse society, utilize college resources, and explore career and transfer requirements. Collaborative projects are included. Students matriculated in a degree program must take this course in their first term of study.

**Student Learning Outcomes**

Upon completion of the course, the student should be able to:

* Demonstrate an understanding of the importance of the faculty/student –advisor/advisee relationship
* Develop and implement time management techniques as they relate to semester goals
* Apply study skills and test taking techniques to current classes
* Recognize the facets of living in a diverse society and their implications for daily behavior
* Utilize the MVCC website as well as other campus resources such as the Learning Center, Library, and Computer Labs
* Meaningfully explore and document career and transfer requirements using college resources
* Identify and utilize their own personal learning style preference (CliftonStrengths for Students- formerly known as StrengthsQuest)

**Major topics**

* Understanding college culture and your campus
* Setting goals and staying motivated
* Health and wellness
* Time management
* CliftonStrengths and their application to college
* Active reading, note-taking, and study skills
* Campus resources
* College policies and procedures
* Career and Transfer
* Academic planning
* Cultivating relationships and appreciating diversity
* Financial literacy

Revised: January 2024