

DEPARTMENT OF ACADEMIC UPGRADING

COURSE OUTLINE Fall 2021

**AD0101 (A2): Study Skills Tutorial 5 (0-0-5) 75 Hours
for 15 weeks**

Grande Prairie Regional College respectfully acknowledges that we are located on Treaty 8 territory, the traditional homeland and gathering place for many diverse Indigenous peoples. We are honoured to be on the ancestral lands of the Cree, Dene/Beaver and Métis, whose histories, languages, and cultures continue to influence our vibrant community. We are grateful to have the opportunity to work, learn, and live on this land.

INSTRUCTOR: Nicoletta Harabor **PHONE:** 780-539-2794
OFFICE: J222 **E-MAIL:** NHarabor@gprc.ab.ca
OFFICE HOURS: As posted on my office door.

CALENDAR DESCRIPTION: This is an individualized program of study skills, planned and supervised study time and tutorial assistance. Components of the course include developing study skills needed for success in college courses, managing and prioritizing study time and working on assignments and projects with supervised tutorial assistance for select courses.

PREREQUISITE(S)/COREQUISITE: Students who meet the admission requirements for entry into

REQUIRED TEXT/RESOURCE MATERIALS: A textbook will be provided. It must be returned at the end of the course.

DELIVERY MODE(S): Classroom instruction and lab. Use of D2L required. This course will consist of seminars, discussion, and self- study tutorials. Daily attendance is required. Each day students must accomplishments section must be completed, and the completed sheet must be handed in every Friday.

COURSE OBJECTIVES: As a result of this course, students will have a better understanding of themselves and the tools they need to be successful in school and the work force. Students will be aware and invested in the idea of becoming lifelong learners.

LEARNING OUTCOMES: Students should be able to:

Differentiate between positive and negative practice self-management skills (time management, priority setting and decision-making)

Appraise individual self-management skills and identify strategies for improvement

Discuss and analyze techniques to organize home and studying around other life/work commitments

Recognize, practice and use high-performance academic skills (including note taking, test taking, memory building)

Analyze decision-making processes and plan for positive/advantageous choices

Explain and discuss emotional barriers that sabotage personal, academic and/or career success

Consider, analyze and discuss the outcomes of present and future choices/decisions

Compare basic education to lifelong learning

Describe and discuss how to access both College and community support services

TRANSFERABILITY: N/A

EVALUATIONS: Regular attendance is required.

