

Course Overview

Number of Units: 6 Units

Estimated time: 4 - 6 weeks or 12 - 18 hours

OALCF Levels: A1.2-3, A3, B2.2, B3.1b, E.1-3

Suggested Milestones: 3 or 4, 5 or 6 or 7, 14, 28, 57 or 58 or 59

Course Description

This course helps students prepare for college and high school credit courses. Often students move on from work, upgrading or high school without knowing what skills they will need to succeed in college. With this course, students will learn tips and strategies to build their confidence with time management, organization, studying and overcoming obstacles.

Summary of activities: Reading, Quizzes, Journals and Online Forums.

Unit 1: Getting Started

This unit gives an introduction to college learning. You will learn the differences between learning in high school and college, and how to use course outlines, rubrics and instructions.

Unit 2: Time Management and Organization

This unit gives an introduction to time management. You will learn how to manage your time in college, how to organize your schedule, how to use planners and calendars and how to set goals and avoid procrastination.

Unit 3: Preparing to Learn

This unit gives an introduction to textbook reading. You will learn how to read textbooks actively, how to read for meaning and how to create a chapter outline.

Unit 4: Learning in a Classroom and Online

This unit gives an introduction to learning in the classroom and online. You will learn effective listening, note taking strategies and what to expect in an online course.

Unit 5: Memory and Study

This unit gives an introduction to memory and studying. You will learn how to remember what you learn, the difference between long and short term memory and how to study effectively.

Unit 6: Overcoming Obstacles and Next Steps

This unit gives an introduction to overcoming obstacles and taking the next steps toward college success. You will learn some common college fears and how to overcome them, how to get help from learning advisors and tutors, and what college groups you can join.