

# ALTW 203: LEARNING STYLES & STRATEGIES

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	2
<b>Hours:</b>	2 lecture per week (24 total per quarter)
<b>Degree &amp; Credit Status:</b>	Non-Degree-Applicable Credit Course Basic Skills
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	None
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

## Student Learning Outcomes

- The student will understand his/her learning style and patterns.
- The student will be able to identify personal values and attributes.
- The student will be able to find and understand their work style and developmental needs.
- The student will be able to develop his/her personal profile.

## Description

This course enables students to explore and identify their learning styles, values, personality traits and develop a personal profile that helps them with their vocational choices.

## Course Objectives

The student will be able to:

- Discuss their learning styles and patterns
- Identify personal values and personality traits
- List personal work values and interpersonal skills
- Explain their developmental needs and create an accommodation plan for educational and work environments
- Develop their personal profile
- Utilize compensatory strategies

## Course Content

- Assessments
  - Gerald M. Sturman's Myers-Briggs Work Personality Assessment
    - Understand their personality type relating to work
    - Personal and work values
      - Identify personal values
      - Identify work values
    - Development Needs Assessment
      - Understand developmental needs relating to work
      - Describe personal strengths and weaknesses
    - Holland's Interest Assessment
      - Understand their interests and match job opportunities
      - Explore industry sectors
      - Personal and work values
    - Develop a personal profile
      - Review personal assessments

- Describe personal strengths and weaknesses
- Compile and create oral and written profile
- Explore strategies to improve memory, listening and reading comprehension skills

## Lab Content

Not applicable.

## Special Facilities and/or Equipment

Accessible classroom.

## Method(s) of Evaluation

- Class participation
- Assessment tests
- Assignments and projects
- Journal

## Method(s) of Instruction

- Lecture
- Discussion
- Cooperative learning exercises
- Oral presentations
- Guest speakers

## Representative Text(s) and Other Materials

Johnson-Tyler, Jan. *The CEO of Self: An Executive Functioning Workbook*. Evo Libri Consulting, 2014. ISBN 9781499294934

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

- Writing assignments: Students write in their portfolio about themselves with information from the assessment tests.
- Reading assignments: Students read assessment tests and answer questions.
- Reading textbook and journal.

## Discipline(s)

Developmental Disabilities: Disabled Students Programs and Services