

ALTW 203: LEARNING STYLES & STRATEGIES

Foothill College Course Outline of Record

Heading	Value
Units:	2
Hours:	2 lecture per week (24 total per quarter)
Degree & Credit Status:	Non-Degree-Applicable Credit Course Basic Skills
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	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

Methods of Evaluation may include but are not limited to the following:

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

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

- 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