

# CNSL 275: EOPS: THE ROAD TO COLLEGE SUCCESS-MORE THAN JUST BOOKS

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2022
Units:	1
Hours:	1 lecture per week (12 total per quarter)
Advisory:	Not open to students with credit in CNSL 175.
Degree & Credit Status:	Non-Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Pass/No Pass Only
Repeatability:	Not Repeatable

## Student Learning Outcomes

- Demonstrate the intended level of involvement and commitment to EOPS responsibilities and expectations.
- Demonstrate an understanding of all the EOPS services and their procedures.

## Description

Course will introduce EOPS/CARE students to various EOPS services, policies and requirements governing programs. Course encourages collaborative learning, educational attainment; promotes student retention, persistence, success. Topics included: financial aid/scholarship applications, identifying campus resources, budgeting and managing money, cultural identity and experiences, goal-setting, self-esteem, career options, managing time.

## Course Objectives

The student will be able to:

1. Identify the basic tenets of the EOPS/CARE program, participation requirements, and student responsibilities
2. Complete the FAFSA and scholarship applications accurately
3. Compare and contrast campus resources, defining their advantages for students
4. Identify the challenges in managing money and develop a personal budget
5. Examine and clarify personal and academic goals
6. Describe personal cultural identity and experiences and identify potential hurdles to academic success
7. Differentiate between positive and negative self-esteem and create a plan for increasing self-esteem as appropriate
8. Identify the career life planning resources available at Foothill College
9. Manage time effectively

## Course Content

1. Identify the basic tenets of the EOPS/CARE program, participation requirements, and student responsibilities
  - a. EOPS/CARE services
  - b. EOPS mutual responsibility contract (mandated by Title V)
  - c. Build a supportive community network amongst EOPS students and staff members
  - d. The role of EOPS counselors
2. Complete the FAFSA and scholarship applications accurately
  - a. The FAFSA website
  - b. Tips for successfully completing the FAFSA application
  - c. Other types of government aid to include Pell, Cal grants, loans, scholarships, BOGW, SEOG
  - d. Successful scholarship application: letter of recommendations, personal statements and providing proof of financial background
3. Compare and contrast campus resources, defining their advantages for students
  - a. Overview of 10 most important student services and how to access them
  - b. Visit campus resources
4. Identify the challenges in managing money and develop a personal budget
  - a. Calculate expenses vs. allocated monthly resources
  - b. Prioritize expenses
  - c. Develop a systematic plan to budget expenses
  - d. Understand the cost of higher education
5. Examine and clarify personal and academic goals
  - a. Establish long-term, mid-term and short-term goals
  - b. Design effective goals using SMART, GPA, and WIN
  - c. Identify intrinsic and extrinsic motivational strategies
6. Describe personal cultural identity and experiences and identify potential hurdles to academic success
  - a. Discuss cultural influences
  - b. Share personal cultural experiences
  - c. Understand Foothill's cultural climate
7. Differentiate between positive and negative self-esteem and create a plan for increasing self-esteem as appropriate
  - a. Distinguish between positive and negative self-esteem
  - b. Strategies to enhance self-esteem
  - c. How positive attitudes impact career/life success
8. Identify the career life planning resources available at Foothill College
  - a. Self Directed Search (SDS) career assessment and Major/Minor Finder
  - b. Present career/life planning courses and resources available at Foothill College
9. Manage time effectively
  - a. Define time management techniques
  - b. Time management problems/procrastination
  - c. Creating a master, weekly, and daily schedule
  - d. Establishing daily ABC to-do lists

## Lab Content

Not applicable.

## **Special Facilities and/or Equipment**

When taught via Canvas/Zoom: access to a computer with email capabilities and internet connection.

## **Method(s) of Evaluation**

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

Class participation, including group presentations and activities  
Minimum of two written quizzes and one final examination  
Assigned weekly student journals reflecting upon reading assignments  
Homework assignments  
Class activities and projects

## **Method(s) of Instruction**

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

Lecture presentations and classroom discussion  
Presentations of projects followed by in-class discussion and evaluation  
Tests  
Feedback on tests and assignments

## **Representative Text(s) and Other Materials**

Handouts and worksheets provided by the instructor.

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

Students required to read lecture and assignment handouts.

## **Discipline(s)**

Counseling