

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

Foothill College Course Outline of Record

Heading	Value
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:

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

Course Content

- Identify the basic tenets of the EOPS/CARE program, participation requirements, and student responsibilities
 - EOPS/CARE services

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

Lab Content

Not applicable.

Special Facilities and/or Equipment

None. Taught in Spanish if needed, for ESL students.

Method(s) of Evaluation

- 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

- A. Lecture presentations and classroom discussion.
- B. Presentations of projects followed by in-class discussion and evaluation.
- C. Tests.
- D. 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