

NCP 400C: STRONG START FOR CHILDREN III: PATHWAYS TO COLLEGE

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2022
Units:	0
Hours:	8 lecture per quarter (8 total per quarter)
Degree & Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability
Formerly:	NCP 400

Student Learning Outcomes

- Students will be able to discuss ages and stages of adolescent and young adult development.
- Students will be able to utilize effective methods of communication and discipline with adolescents and young adults.
- Students will be able to identify family, community and educational resources available in their area.
- Students will be able to identify key strategies to promote school and college readiness.

Description

Introduces families and caregivers to stages of youth and adolescent development and best practices in parenting, and links students to resources focused on high school age development (children ages 15-18+ years). Emphasis placed on child development, effective communication and discipline, and school and college readiness focused on high school aged youth (15-18+ years). Helps prepare students for credit courses in child development. May be offered bilingually.

Course Objectives

The student will be able to:

- discuss stages of youth and adolescent development
- utilize effective methods of communication and discipline of children ages 15-18+ years
- promote school and college readiness
- identify family, community and educational resources

Course Content

This course will encompass several parenting education areas focused on 15-18+ year-old adolescents:

- Adolescent growth and development
 - Cognitive-language, social, emotional and physical development
 - Fundamentals of brain development and the effect on learning
 - Developmental assets for healthy growth and development
- Discipline and communication
 - Positive parental role modeling
 - Developmentally appropriate techniques for positive discipline
 - Effective and respectful methods of talking and listening
- School and college readiness
 - Ways to promote language, cognitive and academic, physical and social and emotional development
 - Routines and transitions
 - Signs of readiness
- Family, community and educational resources
 - Local family resources and social services
 - Domestic violence prevention agencies and services
 - Agencies and services for children with special needs
 - Family resource centers and provider resources
 - Family and community events
 - Foothill College resources
 - Opportunities in the field of education through Foothill College Department of Child Development

Lab Content

Not applicable.

Special Facilities and/or Equipment

When taught online/virtual: students and faculty need internet access with Zoom-capable computer, monitor and speakers.

Method(s) of Evaluation

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

Student participation in discussions and activities
Journal writing and reflections
Individual, team and small group demonstrations and role plays
In-class writing assignments

Method(s) of Instruction

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

Lecture
Discussion
Demonstration
Group work

Representative Text(s) and Other Materials

[Supporting Your High School and College Student](#) toolkit provided by FEI, at no cost to students.

Handouts, pamphlets, journal articles, instructor-developed materials, online open resources, videos, DVDs.

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

- a. Example reading assignments: In Tips To Get Into College For Both Parents and Students:
 - i. "Parents: Meet with your child's high school counselor to go over the classes that will best prepare him/her for high school success (A-G Requirements); Make a plan and learn the necessary steps for college; Help your child explore college and careers."
 - ii. "Students: Fine tune your study and time management skills; Meet with your high school counselor to make sure you are taking the required courses; Visit your counselor regularly for new information, financial aid and scholarship opportunities. Understanding the educational system can help you support your high school child's learning, development and plan and prepare for college."
- b. Example writing assignments:
 - i. Read through pamphlet with your adolescent and highlight the action steps necessary for you both to prepare and plan for high school and college with keeping in mind developmentally appropriate expectations, roles and responsibilities
 - ii. Journal how your communication and discipline around your high school child's behavior has changed over the four weeks of the course

Discipline(s)

Parent Education: Noncredit