

Reaching Your Academic Potential *

COURSE DESCRIPTION: Students learn essential academic skills within the context of their learning style, individual learning environment, and long-term goals. This course helps students develop habits for more successful reading, writing, studying, communication, collaboration, time management, and concentration. It also provides insights into how the brain works when it is learning, and ways to maximize its potential.

PREREQUISITES: None

COURSE LENGTH: One Semester

REQUIRED TEXT: No required textbook for this course

MATERIALS LIST: No required materials for this course

COURSE OUTLINE:

Unit 1: Reaching Your Academic Potential

- Course Introduction: Reaching Your Academic Potential
- Thinking About Thinking
- You Have Strengths

Unit 2: Your Mind and Your Mindset

- Defining Intelligence
- Urban Legends of Intelligence and Identity
- Choice and Consequence

Unit 3: Learning as Process and Preference

- How the Brain Learns
- Your Own Learning Preferences
- Learning Preferences Go To Work

Unit 4: Effective Work Habits

- Do Not Disturb! Avoiding Distractions

- Work Habits for Life
- Design Time: Your Space

Unit 5: Memory and Studying for Tests

- Memory
- What Testing is For
- Taking a Test? Take a Breath.

Unit 6: Taking Tests

- Your Strategy for Tests
- Academic Integrity on Tests
- Your Own Test Case

Unit 7: Making Decisions and Setting Goals

- Making Decisions 101
- Setting Goals 101
- Making Goals Real

Unit 8: The Career Ahead

- Career Choices and the Brain
- Career Choices and Rewards
- Career Interest Profiler

Unit 9: Focus on Reading

- Reading and the Brain
- Reading and You
- Remembering What You Read
- Reading in Action

Unit 10: Focus on Writing

- Writing and the Brain
- Getting Ready to Write
- The Writing Process
- Writing in Action

Unit 11: Focus on Math

- Math and the Brain
- Succeeding at Math
- Math and the Real World

Unit 12: Communication

- Communication and the Brain
- Communication Styles
- Listening and Body Language
- Capturing What You Hear
- You in Front of Others

Unit 13: Research

- Research and Valid Resources
- Orderly Research Means Usable Research
- Research, Plagiarism, and Academic Integrity
- Research for Your Future

Unit 14: Creativity and Collaboration

- Creativity 101
- Collaboration and Criticism
- Teams and Leaders
- Collaboration and Careers

Unit 15: Academic Potential and You

- The Test Case Who Is You

* = One semester (.5 credit) course