



Experience. Success.

Wisconsin Indianhead Technical College

10890101 Success Strategies 2

Course Outcome Summary

Course Information

Alternate Title	previously College Success Strategies 2
Description	This course is designed to facilitate greater learner success affecting the academic, professional, and personal lives of students.
Instructional Level	Associate Degree
Total Credits	1.00
Total Hours	16.00

Types of Instruction

Instruction Type	Credits/Hours
Classroom Presentation (Lecture/Demonstration/Discussion)	1/16

Course History

Revised By Erin Winesburg (15237468)

Pre/Corequisites

Prerequisite 10890100 Success Strategies 1

Course Competencies

- Accept responsibility for your life. You will learn how to take greater personal responsibility, gaining more control over the outcomes that you create in college and the workplace.**

Domain Affective Level Valuing Status Active

Assessment Strategies

- 1.1. by completing the On Course self assessment.
- 1.2. by participating in classroom activities.

Criteria

Your performance will be successful when:

- 1.1. you take personal responsibility over the outcomes that you create in college, at work, and in life.

Learning Objectives

- 1.a. become aware of the areas for growth related to the eight on-course principles.
- 1.b. identify victim language/actions in your life.
- 1.c. convert victim language/actions to creator language/actions.
- 1.d. explore career paths and match requirements to self.

2. Improve creative- and critical-thinking skills. You will learn how to enhance the thinking skills essential for analyzing and solving problems in your academic, professional, and personal life.

Status Active

Assessment Strategies

- 2.1. by completing the wise choice worksheet.
- 2.2. by completing journal assignments.
- 2.3. in classroom activities.

Criteria

Your performance will be successful when:

- 2.1. you learn how to enhance thinking skills essential for analyzing and solving problems in academic, professional, and personal life.

Learning Objectives

- 2.a. adapt the wise choice decision-making process in career and personal decisions.

3. Increase self-motivation. You will learn to create greater inner motivation by discovering your own goals and dreams.

Status Active

Assessment Strategies

- 3.1. in classroom activities.
- 3.2. by self-reflection journal assignments.

Criteria

Your performance will be successful when:

- 3.1. you define personal and career goals using the DAPPS method.

Learning Objectives

- 3.a. identify what motivates you to achieve goals.
- 3.b. define a career goal using DAPPS method.

4. Improve personal self-management. You will learn strategies for taking control of your time and energy, allowing you to move toward the accomplishments of your goals and dreams.

Status Active

Assessment Strategies

- 4.1. in classroom activities.
- 4.2. with outside classroom activity.

Criteria

Your performance will be successful when:

- 4.1. you identify self-management tools.
- 4.2. you develop a budget.

Learning Objectives

- 4.a. evaluate your time related to Covey's Quadrants.
- 4.b. identify self-management tools to enhance how you use your time.
- 4.c. develop an effective money management plan.

5. Develop interdependence. You will learn how to develop mutually supportive relationships with people within the workplace and other areas of your life.

Status Active

Assessment Strategies

- 5.1. in classroom exploration.
- 5.2. in career awareness activities.

Criteria

Your performance will be successful when:

- 5.1. you learn how to develop supportive relationships with people who will help you achieve your goals.

Learning Objectives

- 5.a. strengthen relationships that support you in reaching your personal and career goals.
- 5.b. develop skills to work in teams.

6. Increase self-awareness and build self-esteem. You will learn how to understand and revise your self-defeating patterns of behavior, thought, and emotion.

Status Active

Assessment Strategies

- 6.1. in classroom activities.
- 6.2. through self-reflection journal entries.

Criteria

Your performance will be successful when:

- 6.1. you understand and revise self-defeating patterns of behavior, thought, and emotion.
- 6.2. you understand how to create the foundation for enhancing self-acceptance, self-confidence, and self-respect.

Learning Objectives

- 6.a. recognize self-sabotaging scripts.
- 6.b. create strategies to rewrite negative scripts.
- 6.c. inventory your hard skills and soft skills.

7. Develop emotional intelligence. You will learn effective strategies for managing your emotional life and decreasing stress while increasing your sense of well-being.

Status Active

Assessment Strategies

- 7.1. in classroom activity.
- 7.2. through self-reflection and journaling.

Criteria

Your performance will be successful when:

- 7.1. you learn effective strategies for managing emotional life.

Learning Objectives

- 7.a. understand emotional intelligence and how emotions affect daily life activities.
- 7.b. adopt strategies that support healthy emotional intelligence in the workplace and personal life.