

# College of the Redwoods



## Course Information

Semester & Year: Fall 2025

Course ID & Section #number: [GS-1-V0470-2025F College Success \(https://redwoods.instructure.com/courses/20857\)](https://redwoods.instructure.com/courses/20857)

Instructor's name: Erica Silver

Day/Time of required meetings: Online

Course units: 3



## Instructor Contact Information

Office location or Online : Online

Office hours: Wednesday 10:00-11:00 via Zoom or by appointment

Email address: [erica-silver@redwoods.edu](mailto:erica-silver@redwoods.edu)

Expected weekday response time: 24 hours

Expected Saturday, Sunday response time: 48 hours



## Required Material

*On Course: Strategies for Creating Success in College, Career, and Life, 10th Edition*, by Skip Downing and Jonathan Brennan, published by Cengage Learning, are:

- **Print ISBN-13:** 9798214144948
- **Textbook ISBN-13:** 9798214145068





## Catalog Description

This course introduces students to the social, psychological, and physical aspects of self-development including the personal, interpersonal, and academic skills required to successfully set and achieve one's goals in college and throughout life. The course emphasizes the development of the critical self-awareness, resiliency, and integrity necessary to face the inevitable challenges of academic, personal, and career pursuits. Additional topics will include developing college-level study skills, utilizing campus resources, engaging in student education planning, and forming a compassionate attitude towards self and others in the context of a diverse society and campus learning community.



## Course Student Learning Outcomes

1. Identify the common challenges that students face throughout their college experience and the services available on campus to support them.
2. Explore college culture, expectations, and processes to create a comprehensive individual career and academic plan.
3. Practice essential student skills such as interpersonal communication skills, emotional intelligence, time management, effective study techniques, research methods, and self-advocacy.
4. Explain the value of self-reflection and life-long learning as it relates to college, career and personal fulfillment.
5. Engage in dialogue regarding cultural humility, inclusivity, and the benefits of a college experience that includes working with peers and instructors from diverse backgrounds



## Course Calendar

Date	Topic	Link to Weekly Assignments
Week 1: Sept 2- Sept 6		<a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-1">This Week's To Do List: WEEK 1</a> ( <a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-1">https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-1</a> )
Week 2: Sept 7- 13	Getting on Course to Your Success: College Expectations, Study Skills Pre Self	<a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-2-2">This Week's To Do List: WEEK 2</a> ( <a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-2-2">https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-2-2</a> )



Date	Topic	Link to Weekly Assignments
	Assessment, Learner's Toolbox : Active Learning  Chapter 1	
Week 3: Sept 14- Sept 20	College Success: Soft Skills Self- Assessment, What does success mean to you?, Money Matters, Learning with AI, Soft Skills at Work, Learners Toolbox: Reading  Chapter 1	<a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-3">This Week's To Do List: WEEK 3</a> ( <a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-3">https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-3</a> )
Week 4: Sept 21- Sept 27	Adopting Lifelong Learning: Growth Mindset, Preferred Ways of Learning Assessment, Learner's Toolbox: Taking Notes  Chapter 7	<a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-4">This Week's To Do List: WEEK 4</a> ( <a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-4">https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-4</a> )
Week 5: Sept 28- Oct 4	Accepting Personal Responsibility: Proactive Mindset, Self-Talk, Learner's Tool Box: Organizing Study Materials  Chapter 2	<a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-5">This Week's To Do List: WEEK 5</a> ( <a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-5">https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-5</a> )
Week 6: Oct 5- Oct 11	Accepting Personal Responsibility: Making Wise Decisions, Personal Responsibility at Work, Responsible AI	<a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-6">This Week's To Do List: WEEK 6</a> ( <a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-6">https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-6</a> )

Date	Topic	Link to Weekly Assignments
	Usage. Changing your Inner Conversation, Healthy Choices- Introduction, Learner's Toolbox: Rehearsing and Memorizing Chapter 2	
Week 7: Oct 12- Oct 18	Discovering Self-Motivation: Creating Inner Motivation, Formula for Motivation, Learner's Toolbox: Taking Tests Chapter 3	<a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-7">This Week's To Do List: WEEK 7</a> ( <a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-7">https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-7</a> )
Week 8: Oct 19-Oct 25	Discovering Self-Motivation: Designing a Compelling Life Plan, Setting Goals, Committing to your Goals and Dreams, Self- Motivation at Work, AI and Prompt Engineering, Personal Affirmations, Healthy Choices: Drugs, Learner's Toolbox: Writing, Student Education Plan Chapter 3	<a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-8">This Week's To Do List: WEEK 8</a> ( <a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-8">https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-8</a> )
Week 9: Oct 26- Nov 1	Strengthening Self-Management: Acting on Purpose, Self-Management System, Developing Grit, Passion, Self-Management at Work, Using AI to Stay	<a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-9">This Week's To Do List: WEEK 9</a> ( <a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-9">https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-9</a> )

Date	Topic	Link to Weekly Assignments
	Organized, Developing Self-Confidence, Healthy Choices: Smoking  Chapter 4	
Week 10: Nov 2- Nov 8	Employing Interdependence: Creating a Support System, Active Listening Skills, Respecting Cultural Differences, Interdependence at Work, AI-Chatbots for Deeper Learning, Being Assertive, Healthy Choices: Food  Chapter 5	<a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-10">This Week's To Do List: WEEK 10</a> ( <a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-10">https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-10</a> )
Week 11: Nov 9- Nov 15	Gaining Self-Awareness: Recognizing when you are off course, Identifying Your Scripts, Rewriting outdated scripts, Self-Awareness at Work, Navigating AI Bias, Write your own rules, Healthy Choices: Non Alcoholic Drinks,  Chapter 6	<a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-11">This Week's To Do List: WEEK 11</a> ( <a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-11">https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-11</a> )
Week 12: Nov 16- Nov 22	Adopting Lifelong Learning: Critical Thinking, Lifelong Learning at Work, Managing AI	<a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-12">This Week's To Do List: WEEK 12</a> ( <a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-12">https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-12</a> )



Date	Topic	Link to Weekly Assignments
	Hallucination, Developing Self-Respect, Healthy Choices: Physical Activity  Chapter 7	
Thanksgiving Break: Nov 23- Nov 29		
Week 13: Nov 30-Dec 6	Developing Emotional Intelligence: Understanding Emotional Intelligence, Reducing Stress, Increasing Happiness, Emotional Intelligence at Work, Develop Self-Acceptance, Emotional AI Tools, Healthy Choices: Sleep  Chapter 8	<a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-13">This Week's To Do List: WEEK 13</a> ( <a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-13">https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-13</a> )
Week 14: Dec 7-Dec 13	Staying on Course to Your Success: Reassess Soft Skills  Chapter 9	<a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-14">This Week's To Do List: WEEK 14</a> ( <a href="https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-14">https://redwoods.instructure.com/courses/20857/pages/this-weeks-to-do-list-week-14</a> )
Finals Week: Dec 14-19th		
	<b>This schedule is subject to change at the discretion of the instructor.</b>	



# Evaluation & Grading Policy

## Grading Policy

### Grading Policy

Your grade in this course is based on the total number of points you earn. Each assignment belongs to a category that counts for a percentage of your final grade. All together, assignments add up to 850 points. Use the tables below to see how your grade is calculated.

### Assignment Categories

Category	Points	% of Final Grade
Journals	320	37.6%
Discussions	195	22.9%
Learning Skills Final Review	100	11.8%
That’s Amazing Final Project	100	11.8%
Career Exploration	50	5.9%
Student Education Plan	50	5.9%
Quizzes	25	2.9%
Skills Assessments	10	1.2%
Total	850	100%

Grading Policy

### Grading Scale



Grade

% Range

Points

<b>A</b>	93–100%	791–850
<b>A-</b>	90–92%	765–790
<b>B+</b>	87–89%	740–764
<b>B</b>	83–86%	706–739
<b>B-</b>	80–82%	680–705
<b>C+</b>	77–79%	655–679
<b>C</b>	70–76%	595–654
<b>D</b>	60–69%	510–594
<b>F</b>	< 60%	0–509

## Grading Policy

## Extra Credit Opportunities

Most weeks you will have the chance to earn **extra credit points**. These opportunities are designed to help you:

- Practice your study skills,
- Explore new learning strategies, and
- Strengthen your understanding of course material.

✨ **Extra credit is optional** – it will not replace required assignments. However, completing extra credit can:

- Improve your overall grade,
- Give you practice using college-level skills, and
- Provide a safety net if you miss points elsewhere.

Each extra credit opportunity will be announced in your **Weekly To-Do List**. Be sure to check there every Sunday when you plan your week.



## Late Work Policy



Because this course is designed to **build skills step by step**, it is very important to stay on schedule. Late work will **not** be accepted.

- Each week's assignments are due **Saturday by midnight unless an earlier due date is noted**.
- Assignments must be completed on time for you to keep up with the discussions, journal reflections, and learning activities.
- Falling behind can make it much harder to succeed in the course.

If you experience an emergency or unexpected situation that prevents you from completing your work, please contact me as soon as possible so we can discuss options.



## Prerequisites / Co-requisites / Recommended Preparation

None



## Educational Accessibility & Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the **LIGHT Center** [↗\(https://www.redwoods.edu/services/sass/light.php\)](https://www.redwoods.edu/services/sass/light.php), counseling and advising, alternate formats of course materials (e.g. audio books or E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact **Student Accessibility Support Services (SASS)** [↗\(https://www.redwoods.edu/services/sass/index.php\)](https://www.redwoods.edu/services/sass/index.php)

If you are unsure whether you qualify, please contact SASS for a consultation: [SASS@redwoods.edu](mailto:SASS@redwoods.edu) (<mailto:SASS@redwoods.edu>).

## SASS office locations and phone numbers

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### Eureka campus

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- Phone: 707-476-4280,
- Locations: Student Services building, first floor SS113

### Del Norte campus

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- Phone: 707-465-2353
- Location: Main building, near the Library

### Klamath-Trinity campus

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- 707-476-4280



## Academic Integrity

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic integrity, determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated a lack of academic integrity, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct (AP 5500) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the 2024-2025 College Catalog and CR Board and Administrative Policies.



## Inclusive Language in the Classroom

College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It therefore encourages instructors and students to use language that is inclusive and respectful.



Please let me know if you encounter any broken links.

