



Fall 2025

College of the Redwoods



Course Information

Semester & Year: Fall 2025

Course ID & Section #number: GS 1: K0426 (060426)

Instructor's name: Elizabeth Leach O'Rourke

Day/Time of required meetings: Tuesdays and Thursdays, 8:30-9:55AM

Location: KTIS Classroom 1

Number of proctored exams: None

Course units: 3.0



Instructor Contact Information

Office location: KTIS Computer Lab, Classroom 1



hours: before and after class; 8-8:30, Tuesdays and Thursdays

Phone number: canvas message



Email address: elizabeth-leach@redwoods.edu



Required Material

Required Materials:

1. Textbook: On Course: Strategies for Creating Success in College and in Life by Skip Downing, 9th edition. (O.C.)
2. One single subject notebook for your journal
3. Paper or electronic Planner.



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

- Identify the common challenges that students face throughout their college experience and the services available on campus to support them.
- Explore college culture, expectations, and processes to create a comprehensive individual career and academic plan.
- Practice essential student skills such as interpersonal communication skills, emotional intelligence, time management, effective study techniques, research methods, and self-



advocacy.

- Explain the value of self-reflection and life-long learning as it relates to college, career and personal fulfillment.
- 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 of Class:

Readings (On Course):

1. August 26, 28 Chapter 1: Getting on Course to Your Success; syllabus C/R email, Canvas, Web Advisor ; COVID Protocols
2. September 2, 4. Chapter 1 continued ; assignments may be on canvas
3. September 9, 11. Chapter 2: Accepting Personal Responsibility
4. September 16, 18. FAFSA and scholarship Workshops
5. September 23, 25. Chapter 3: Discovering Self-Motivation
6. September 30, October 2. Review and Midterm Exam #1
7. October 7, 9 Chapter 4: Mastering Self-Management
8. October 14, 16 Chapter 5: Employing Interdependence
9. October 21, 23. Chapter 6: Gaining Self-Awareness
10. October 28, 30. Review and Midterm Exam #2
11. November 4, 6. Chapter 7: Adopting Lifelong Learning
12. November 11 (Veteran's Day--no class), 13. Interviews Due
13. November 18, 20. Chapter 8: Developing Emotional Intelligence
14. November 25, 27. Fall Break—No classes
15. December 2, 4. Chapter 9: Staying On Course to Your Success



16. December 9, 11 SEPs, Next Steps

17. December 16 (Tuesday). Final Exam : 8:30-10:30AM. Last day to turn in coursework

Some General Guidelines for my Classes:

PLEASE BE RESPECTFUL TO YOURSELF AND TO THE CLASS:

--Do not come to class if you are sick or have any symptoms of any kind of illness; no colds, no flus, definitely not COVID!! Please message me if you are sick or quarantining so we can make sure you have all the assignment information.

--We need to get comfortable using CANVAS in case of illness or quarantine status for any of us. As we move along into the semester, I will start posting more information on Canvas for those who are unable to come to class.


--Creating a dynamic learning environment depends on everyone's participation. I will do my best to help us create a trusting space to openly exchange ideas.

--Don't use cell phones in class. Phone use during class is a big distraction. It is also detrimental to your learning. Class time is limited so focus while you're here.

--Please arrive to class on time. Stay to enjoy and learn for the whole class period.

--If you are absent and miss assignments and/or information, please first ask a classmate to fill you in on what happened in class. It is a good idea to exchange phone numbers with a classmate for this reason. Also consult Canvas. If you are absent for 2 or more consecutive classes, please let me know ahead of time if possible. Communication with me in person or by email or Canvas is imperative; otherwise, I may drop you from the course.

--If at any time I feel that you have not been attending class or turning in sufficient work to pass the course, I may drop you from the course. Please communicate with me regarding your grade, coursework, progress, and any relevant challenges you are facing. I am here to help you succeed. This policy reflects instructor practices at the C/R main campus, as well as HSU. I am thus preparing you for that next step, as well as the demands of the job world. At the same time, if you need to drop this course for any reason, you are responsible for doing so yourself. If you stop attending class and don't drop it, you will receive a grade of "F" at the end of the semester, which can mess up your financial aid as well as your GPA. Last day for student or faculty initiated drop is October 31, 2025.

 tolerant when others express views you don't agree with. It is important to be able to exchange ideas. It is essential for learning that classmates feel safe discussing concepts and perspectives. In many cases, we can agree to disagree. The class is fuller when people are able to discuss diverse viewpoints openly.



--Plan your writing assignments with lots of time in advance. Feel free to talk to me about your ideas for topics. Perhaps I can give you suggestions. It is obvious to me when people do their assignments at the last minute; generally they are of lower quality than writing done with plenty of time for revisions.

--Each one of us has an individual way of learning. Please let me know if you have learning differences that I can assist with or help you to accommodate.

--Enjoy the class and do your best. Learning is fun, and challenging



Evaluation & Grading Policy

Grades will be based on:

Participation Assignments 20%

Journal Assignments 20%

Interview Project 10%

Student Education Plan 10%

Completed FAFSA Application 10%

Midterm Exam #1 10%

Midterm Exam #2 10%

Final Exam 10%

Assignment descriptions will be given to students in class and/or on Canvas.

93-100% A

90-92% A-

88-89% B+

83-87% B

80-82% B-

78-79% C+

73-77% C

60-69% D

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Below 59% F

Grades may be posted on Canvas. Please also check there for any possible changes to our schedule, and for information regarding specific assignments.



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>).



SASS office locations and phone numbers

Eureka campus

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

Del Norte campus

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

Klamath-Trinity campus

- 707-476-4280

