Subject: Counseling 101

Email Contact Information: dpichardo@riohondo.edu

Catalog Course Description:
This course provides an exploration of cognitive, psychological, social, and physical factors influencing success in college and in life. Topics include personal responsibility, critical thinking, motivation, self-efficacy, personal awareness, life-long learning, self-management, health and wellness, interpersonal communication in a diverse world, and introduction to career and educational planning. Students will learn about the purpose, demands, requirements, and support services of higher education including both Rio Hondo College and four year institutions.

Student Learning Outcomes:
Given a case study, students will demonstrate an understanding of health and lifestyle choices and their impact on learning and well-being.
Given an example of a personal budget, students will recognize the benefits of lifetime financial literacy.
In a reflective assignment, students will apply the skills necessary to navigate the community college/higher education environment and their lives beyond college.
Presented with an image of student services available on campus, students will accurately recognize appropriate campus services to support their college success.
Provided with a real-life prioritization problem, students will accurately recognize and apply time management strategies.

By logging into Canvas you affirm that you are the student who enrolled in the course(s) and are the person who will complete the assigned work. Furthermore, you agree to follow the regulations regarding academic integrity, personal identification and the use of student information as described in BP 5500 (Standards of Conduct) and AP 5520 (Student Conduct Procedures) which are the Rio Hondo College student conduct codes that govern student rights and responsibilities. You acknowledge that failure to abide by the regulations set forth in BP 5500 and AP 5520 may result in disciplinary action, including expulsion from the college.

This is NOT a self-paced course. There are firm deadlines in this class. There are assignments due on a regular basis. Please plan your time carefully!

Textbook: Please consult the Bookstore for information at (562) 463-7345 or go to Rio Hondo College Online Bookstore

Over the course of the semester there will be regular instructor student contact.

Methods of student contact include:
This course will include regular announcements
This course is organized around weekly modules and weekly assignments. Student should check feedback from assignments.
The student is expected to log in to Canvas several times per week to stay engaged with course content and deadlines.
Instructor is available via email and appointments may be scheduled for a virtual or phone meeting.
Student should have regular access to tools such as internet and laptop/desktop with video and audio capabilities to engage in learning apps such as FlipGrid. Students can seek these tools for free through the RHC library.
The instructor may drop you for non-participation.

There will be a one to three business day delay after an add code is used before a student may be able to log on to Canvas.

For students new to online classes, it is highly recommended that you take the Online Orientation through our Online Education website. This will help explain what online classes are like and familiarize you with how the class is laid out. The orientation can be found at: http://www.riohondo.edu/canvas-orientation/

Email Responses: Instructors will make every attempt to respond to students in a timely fashion. Responses can take up to 48 hours before a response is received, excluding weekends and holidays.

Disability: A Student with a verified disability may be entitled to appropriate academic accommodations. Please contact your instructor and/or the Disabled Students & Programs office at 562-908-3420 for more information.

Modifications and Disclaimer: The instructor reserves the right to modify the content of the course or any course procedure. It is the responsibility of the student to keep apprised of all changes. If the student wishes to drop the class he/she is responsible for initiating the drop. Do not take it for granted that you will be dropped. If you stop working and do not drop the course, you may get an undesirable grade.

Additional Information: