INTERDISCIPLINARY STUDIES

INDIST 0004  CAREER EXPLORATION AND PLANNING  1 cr.

This course will focus on major theoretical approaches to career development and the decision-making process. Its goals are to help students identify and explore their academic and career options and maximize the college experience to achieve their post-graduate plans.

Prerequisite: None

INDIST 0015  COLLEGE SUCCESS SEMINAR  1 cr.

College success seminar will meet for 50 minutes two days per week. This course offers students a thorough look at the four phases of the learner's journey: preparation for the journey, in-the-classroom journey, after-class journey, and ownership. Preparation for the journey has several components: self-examination which includes learning history, motivation, commitment, mindset, learning styles, organization; study skills assessment; goal setting; definitions of learning; creation of a positive impression; and study techniques. Phase two addresses the following: attendance, punctuality, work ethic, listening skills, note-taking skills, attention to detail, pace, conversation, reflection, participation, respect for others, and integrity. Phase three components include the following: motivation, mindset, work ethic, communication, reading skills, writing skills, time management, place management, use of campus resources, participation in campus organizations, use of study groups, and study strategies. Study strategies are defined as follows: context, critical thinking, reflection, pace, appreciation, word consciousness, construction of meaning, rhetorical modes, metacomprehension, comprehension, and metacognition. Phase four, ownership, involves taking souvenirs from the journey and making connections. The main goals of the course are increasing awareness of the learning process and finding strategies that work well.

Prerequisite: None