

COLG 105: Student Success at CSB/SJU

COLG 105: Student Success at CSB/SJU is a new 1-credit course for incoming First-Year students which will meet once weekly for 55 minutes throughout the fall semester. The purpose of this course is to help students make a successful transition to CSB/SJU. The course aims to foster a sense of belonging, promote engagement in and out of the classroom, articulate academic expectations, and help students continue to clarify their purpose and direction.

Through this course, students will:

- Identify their core interests, skills, and values
- Explore opportunities and pathways to succeed at their goals both on and off campus
- Reflect on their obligations to others on campus and in the broader community
- Identify resources that can help them develop and implement goals
- Develop habits for sustaining healthy living, relationships, and for making good decisions
- Learn academic success strategies and demonstrate skills and habits associated with deep learning and academic success
- Begin to understand and develop habits and attitudes associated with professional behavior

Course topics include:

- Academic Success Strategies (Time Management, How to Study, Organization, Prioritization, Teamwork, and Leadership)
- Four-Year Planning (Academic, Experiential, and Career)
- Effective Communication (Professionalism and Connecting with Others)
- Understanding of Self (Interests, Skills, Values)
- Importance of Health and Wellbeing