



My Cougar Course Overview

My Cougar Course is an interdisciplinary course based on theoretical models of strategic learning, cognition and motivation. The focus of EDUC 1300 is directed toward:

- research and theory in learning, social cognitive behavior and motivation
- factors that impact learning
- application of learning strategies

Learning objectives for this course are that students:

- reflect on their thinking in order to improve academic performance
- assess their learning styles in order to identify their strengths and weaknesses as strategic learners
- use behavior management techniques to achieve personal, academic and career success
- establish relationships with other students and with faculty members
- identify and integrate resources available to enhance their learning environment
- demonstrate creative and critical thinking skills
- develop effective communication skills – both written and verbal

Performance Measures

75% of students will increase knowledge in the areas of learning, skills acquisition, communication, academic resources and motivation on post-test

75% of students will have completed a strategic learner plan for the next 2 years

80% of students will complete the service learning opportunity

80% of students will complete 2 presentations during the semester with a score of 80 or better

Course Overview – Online

The following chart gives a snapshot of how the online course would be structured. Each topic will be introduced within a theoretical concept/model (lecture Power Points will serve as the initiating point of the lesson with applicable assignments and evaluations).

Week	Topic	Theoretical Concept/Model	Assignments	Evaluation(s)
1	Starting Your Journey <i>(review the structure of the course, syllabus, pledge, and pre-test)</i>	Student Development Theory	-Reflections -Academic Success Pledge	Reflection Pre-Test
2	Personal Assessment <i>(Self-awareness exercises will culminate in a</i>	Student Development Theory Levitz and Holland	-Big 5 -EI -Service Learning	Personality Profile

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	<i>personality profile that will guide them to their own style of learning, decision making, etc. and identify areas to strengthen during the semester)</i>	Astin's Student Involvement Theory	Opportunities	
3	Pathway to Success <i>(A theoretical base to motivation and decision making leading to better time management and self-regulation)</i>	Instinct Theory, Drive Theory, Incentive Motivation and Humanistic Theory	-Lecture Response -Time Management exercise	Content Mastery Quiz
4	Self-determination and Achievement <i>(A snapshot of thinking and intelligence leading to goal setting based on strengths)</i>	Self-determination Theory (SDT), Gardner's Theory of Intelligence, Sternberg's Theory of Intelligence	-Multiple Intelligences: Find your strengths	Content Mastery Quiz
5	Self-determination, etc. continued....		Goal setting Choosing a Major	Content Mastery Quiz
6	Learning to Learn <i>(Conceptual basis for learning; identifying learning styles and strategies to enhance learning)</i>	Classical Conditioning, Operant Conditioning, Social Cognitive Theory	Learning styles inventory (VARK) Note taking, Test Taking, Memory and Concentration	Content Mastery Quiz
7	Learning to Learn cont.			Content Mastery Quiz
8	Effective Communication <i>(Assessments will identify communications styles to use to develop strategies for enhanced communication skills)</i>	Interactive Model of Communication, Social Penetration Model	Communication Style Inventory	Content Mastery Quiz
9	Effective Communication cont.		Conflict Management	Content Mastery Quiz
10	Critical Thinking <i>(Utilize conceptual framework to acquire and analyze new knowledge)</i>	Bloom's Taxonomy, Fink's Taxonomy	Ethical Considerations, Using APA/MLA	Content Mastery Quiz
11	Beyond the Classroom <i>(Use theories and assessments to frame career decision making that will integrate academic goals and chosen majors)</i>	Parson's Theory and Holland's Theory of Career Choices	Career Project Career Assessment	Content Mastery Quiz



12	Academic Goals <i>(Applying degree plans into academic and career goals)</i>	Incentive Motivation	Goal Setting Assignment	Content Mastery Quiz
13	At What Cost <i>(Financial assessments will lead to a plan for money management)</i>	Behavior Modification		Content Mastery Quiz
14	Health and Wellness <i>(Using the Wheel of Wellness to learn to keep the balance)</i>	Holistic Model of Wellness	Wheel of Wellness Stress Management Techniques	Content Mastery Quiz
15	Cougar Smart....Moving ahead in your journey!	Levitz and Holland		Post-test

Note: The face-to-face course will follow a similar structure, however, there will be multiple in-class opportunities for engagement. The hybrid course will also follow a similar structure, but there will be some in-class opportunities for engagement.