Student Development Skills

Introduces techniques, strategies and information fundamental for students to navigate and to succeed in the college environment.

Student Development Skills Classes

SDS 101: Study Skills

Course covers college-level study skills, including time management, goal setting, classroom etiquette, math study skills, note-taking, textbook reading and comprehension, exam preparation and test taking, basic research skills, and basic presentation skills.
Credits 5
Weekly Contact Hours 5
Meets Degree Requirements For
Restricted Elective

SDS 102: Online Readiness

Introductory online course with emphasis on technical preparation, navigation, communication in online environment, and how online learning differs from face-to face instruction. Students learn how online courses work, acquire personal preparation for successful learning online, and identify when and how online learning is best incorporated into their educational activities.

Credits 1
Weekly Contact Hours 1
Meets Degree Requirements For
Restricted Elective

SDS 103: Study Skills for Mathematics

An intensive course in basic math principles and math-specific study skills to improve student performance in developmental math.

Credits 3
Weekly Contact Hours 3
Meets Degree Requirements For
Restricted Elective

SDS 104: Stress Management

Understanding of the nature of stress, principles of stress management and strategies for 'creating, rejuvenating, and sustaining' a healthy, balanced life style. Through lecture and experiential learning, learn to reduce anxiety around tests, homework, relationships and more.

Credits 3
Weekly Contact Hours 3
Meets Degree Requirements For
Restricted Elective
Prerequisites
ENGL 97

SDS 105: Effective Leadership

This course is designed to provide emerging and existing leaders the opportunity to explore, develop and improve the concept of leadership. Integrates diversity and equity concepts, reading from the humanities, experiential exercises, films and contemporary readings on inclusive leadership to develop holistic leaders ready to embrace a diverse world.

Credits 3
Weekly Contact Hours 3
Meets Degree Requirements For
Restricted Elective

SDS 106: Career and Life Planning

An opportunity to explore career options that best fit with student's personality, interests, abilities and values. Emphasis is on personal assessment.

Credits 3
Weekly Contact Hours 3
Meets Degree Requirements For
Restricted Elective

SDS 107: College Navigation Skills I

Introduces techniques, strategies and information fundamental for students to navigate in the college environment. Includes content in goal setting, critical thinking, decision making and problem solving, time management and stress management, resume writing, interview tips and career exploration. Course is designed for students enrolled in the College Assistance Migrant Program (CAMP).

Credits 2
Weekly Contact Hours 2
Meets Degree Requirements For
Restricted Elective
Prerequisites
CAMP Enrollment

SDS 108: College Navigation Skills II

Introduces student development techniques, strategies and information fundamental for students to navigate in the college environment. Includes content in financial decision-making strategies, creating a financial plan for higher education, college paper writing requirements, understanding self awareness and motivation as tools for college success .

Credits 1
Weekly Contact Hours 1
Meets Degree Requirements For
Restricted Elective
Prerequisites
CAMP Enrollment

SDS 111: Study Skills for Science

Covers learning strategies and techniques that lead to successful completion of sciences course. Emphasizes effective textbook reading, lecture note taking, time management, test preparation, and memory improvement.

Credits 3
Weekly Contact Hours 3
Meets Degree Requirements For
Restricted Elective

SDS 112: WVC Readiness Summer Bootcamp

An intensive course in basic college readiness skills including college navigation, study skills, and reading, writing, and math fundamentals. Students will have the opportunity to strengthen their English and math foundation and receive assistance with correct placement in writing and math. Course includes presentations from guest speakers from across campus.

Credits 3
Weekly Contact Hours 3
Meets Degree Requirements For
Restricted Elective

SDS 114: Accelerated English Support Class

A support course in writing and reading, relevant study skills, and college-navigation skills to improve student performance in English 97 and ultimately ENGL& 101. Uses a workshop approach to give assistance with writing assignments from other courses. This course is designed to be taken with ENGL 97. This course can also be taken with instructor referral for writing support.
Credits 3
Weekly Contact Hours 3
Meets Degree Requirements For
Restricted Elective
Prerequisites
Placement into ENGL 97 or a minimum grade of "C" (2.0) in ENGL 090. Keyboarding skills recommended.