

PSYCHOLOGY1300
Learning Frameworks

Western Texas College
Department of Social Sciences

- I. Basic Course Information
 - A. This course is designed to help students to excel in college and every aspect of life via rigorous self-assessment and the attainment of skills necessary to success. This will be accomplished through prepared lectures, class and group discussions, self-assessment tools, and online skills-building tools that are critical to success in college and life in general.
 - B. Prerequisites: none
- II. Student Learning Outcomes
 - A. Students will demonstrate proficiency in cognitive goal setting strategies by developing goals for each of their academic classes to be evaluated by the instructor on the basis of specificity of goals and action-based strategies, relevance of action-based strategies, measurability of goals and action-based strategies, and depth and accuracy of time management considerations at a proficiency level of 70% or better based upon the goal setting rubric.
 - B. Students will evaluate personal academic goal progress via six weekly journals for following strategies, assessing strategies, and amending strategies as needed by completing a minimum score of 70% based on the departmental issued journaling rubric.
- III. Major Requirements
 - A. Exams: midterm covering the first 8 weeks, and a comprehensive final.
 - B. Goal setting/time management project
 - C. Goal tracking and assessment project
 - D. Collaborative exercises, brief writing assignments, and quizzes to support A, B and C
- IV. Information on Books and Other Course Material
 - A. Packet available in campus bookstore.
- V. Other Policies: Please refer to the WTC Course [Catalog](#) for the following:
 - A. Campus Calendar
 - B. Final Exam schedule
 - C. How to drop a class
 - D. Withdrawal information
 - E. Student Conduct/Academic Integrity
- VI. Course Topics
 - A. Course Introduction, first-day handouts, orientation to online grade book and Moodle
 - B. Note-taking: revisited throughout the semester
 - C. Self Actualization: becoming all we can be

- D. Self Determinism: Humanism versus behaviorism (autonomy versus external control)
- E. Intrinsic versus extrinsic motivation
- F. Self Efficacy: importance of and how to increase
- G. Goal setting, journaling, and time management
- H. Active listening
 - I. Psychology of memory: how it works, rehearsal-loop method for study, mnemonics
- J. Strategies for better reading comprehension
- K. Test taking strategies
- L. Understanding procrastination and how to bring it under control
- M. Library mastery: learning to find, cite, and reference resources for scientific papers

Last Modified August 19, 2015