

ACAD105W : Academic Readiness

Academic Readiness is designed to acclimate students to college life during their first year of enrollment. Students explore ideas and concepts through group activities and self-discovery to understand their individual qualities and strengths, as well as to grow in areas for academic success. The course covers effective communication skills, conflict-resolution strategies, problem-solving techniques, time-and stress-management skills, financial literacy, and appreciation of diversity. The course like wise helps students map individual educational and career goals. Instruction includes class discussion, assigned readings, lectures, journal entries, group activities, and online assignments.

Lecture Hours 1

Lab Hours 0 Credits 1