

Course Syllabus



Course Name: Student Success Strategies - **Academic**

Course Code: SSS-AC

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Delivery Method: Online (Synchronous)/In-class

Course Duration: 20 hours/One week

Required Resources: No textbook is required as course materials and resources will be provided.

Course Description:

This evidence-based, theoretically-informed course identifies students' personalities and learning styles and helps them develop study skills to become better learners. The course provides a psychological perspective of learning, the idea of self-authorship, and how memory functions while studying. It also helps students hone their skills in active reading, effective listening, extensive note-taking, avoiding procrastination, test preparation, and healthy living using online education tools. Personal exercises will focus on goal-setting, identifying stressors, the color of personality, learning styles, time management, and teamwork.

Course Learning Outcomes

Upon completing the course successfully, you will become a better learner for academic success and achieve goals. Specifically, you will be able to:

1. Recognize personality colors and understand the psychology of learning and the idea of self-authorship.
2. Identify learning styles with the VARK (Visual, Auditory, Reading/Writing, Kinesthetic) model and KLSI (Kolb's Learning Style Inventory).

3. Differentiate learning and studying, focused and defused mode of thinking, and examine how the brain, memory, and attention are essential in the learning process.
4. Evaluate time management and develop study skills with reading, listening, note-taking, and working with peers.
5. Analyze learning goals and use educational technologies as helpful tools to manage time, enhance study skills and achieve goals.
6. Develop a healthy lifestyle conducive to increasing concentration with a 5-minute breathing exercise, healthy eating habits, and regular workout.
7. Create a learning strategy and a learning habit that helps enhance your academic performance towards achieving life goals.

Course Schedule and Activities

Days	Topic	Learning Activities/Assignments
Day-1	<ul style="list-style-type: none"> -Psychology of Learning -Memory, attention, and using the mind -Personality coded in Green, Orange, Blue, and Gold -Healthy living (breathing exercises for better concentration) 	<p>Activities: Lecture/ class activities</p> <p>(Detailed activities will be provided when the course is offered)</p>
Day-2	<ul style="list-style-type: none"> -VARK learning style -Kolb's learning style inventory-KLSI -The idea of self-authorship -Study skills (setting SMART goals, reading, and note-taking) -Organizing your work/study materials -Healthy living 	<p>Activities: Lecture/ class activities</p> <p>(Detailed activities will be provided when the course is offered)</p>
Day-3	<ul style="list-style-type: none"> -More on organizing your work - Factors that facilitate learning 	<p>Activities: Lecture/ class activities</p> <p>(Detailed activities will be provided when the course is offered)</p>

	<ul style="list-style-type: none"> -Focused and Defused mode -Study skills (listening, time management, asking questions, avoiding procrastination) -Using learning tools (Google, Microsoft apps, and your mobile phone) 	
Day-4	<ul style="list-style-type: none"> -Learning while you sleep -IQ, Mindset, Creativity, Motivation, Giftedness -Ethics, academic integrity, Plagiarism, and referencing (five fundamental values of academic integrity) -Study skills (using online tools to increase efficiency and save time during learning) -Working with peers 	<p>Activities: Lecture/ class activities</p> <p>(Detailed activities will be provided when the course is offered)</p>
Day-5	<ul style="list-style-type: none"> - Developing a learning habit -Goals and the plan to implement goals -Changes you made as a learner in a week -Sharing your study skills -Exam anxiety -Final reflections 	<p>Activities: Lecture/ class activities</p> <p>(Detailed activities will be provided when the course is offered)</p>

(The course will be updated as per the institutional policies and guidelines when offered.)