

Basic Course Information

Semester:	Summer 2025	Instructor Name:	B. Stephanie Macias
Course Title & #:	COUN 120	Email:	beatriz.macias@imperial.edu
CRN #:	30248	Webpage (optional):	
Classroom:	Room 2734	Office #:	760-355-6389
Class Dates:	6/16/2025-7/24/2025	Office Hours:	
Class Days:	Monday – Thursday	Office Phone #:	760-355-6389
Class Times:	12:30pm-2:45pm	Cell/Text Phone	760-355-6386
Units:	3	Class Format:	In Person

Course Description

The goal of Counseling 120 is to make it a “Light My Fire” course grounded in Rendón’s Validation Theory. This theory emphasizes that students, especially those from historically underserved communities, thrive when they are validated early in their academic journeys — emotionally, academically, and interpersonally. Assist students in learning how to reach their educational and life planning goals. Topics covered will include orientation to Imperial Valley College, study skills and personal adjustments to college life. Strategies covered will include skills such as creative goal setting, note-taking, listening, time-management, learning styles, test taking, library and financial resources and educational program planning. The course is recommended for new and continuing students.

Course Prerequisite(s) and/or Corequisite(s)

None

Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

1. Identify three study tips and three ways to take notes and state how improving these techniques are important for student college success. (ILO2,ILO3,ILO4)
2. Identify ten campus resources and be able to explain what resources they find are important for their personal college success. (ILO1,ILO3,ILO4)
3. Identify what is their short term/long term academic goal(s). (ILO1,ILO2,ILO3)

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Distinguish and Identify campus student support services on campus.
2. Construct a personal timeline utilizing course information about important college dates and

deadlines used for class assignments, personal priorities and to assist with development of educational plan.

3. Identify and utilize programs, services and resources, both on campus and in the community, that meet the individual student needs.
4. Identify and utilize academic skills such as test taking, note-taking, textbook reading techniques, time-management learning styles for the purpose of maximizing their learning in college courses.
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5. Identify and utilize programs, services and resources, both on campus and in the community, that meet the individual student needs.
6. Identify and demonstrate orally and in writing effective communication skills to enhance positive interpersonal relationships.
7. Analyze the value of nutrition, physical and mental fitness, and how these relate to their personal success.
8. Analyze attitude, motivation, behavior, and their impact on academic performance and success; identify the role of personal, family, cultural, and societal assumptions and expectations.
9. Analyze educational forecasting; recognize the ways group identification, gender identity and family roles impact experiences and assumptions.
10. Describe their personal cultural identity and recognize cultural, linguistic and physical ability groups.
11. Develop critical thinking skills as they relate to personal and educational development.
12. Feel seen, heard, and valued as whole people.
13. Develop agency, confidence, and a growth mindset.
14. Help students see the connection between school, life purpose, and change-making.
15. Turn confusion into clarity about how college works.
16. Foster connection and belonging within the class and campus.
17. Give tools for navigating life: career, money, time, and emotions.

Textbooks & Other Resources or Links

- OER: Open Educational Resources Free Textbook below click on link: College Success
- <https://openstax.org/books/college-success/pages/1-introduction>
- PDF copy will be available on Canvas for download



Course Requirements and Instructional Methods

We will be using Canvas and Class assignments to conduct this class.

June 23rd- Deadline to drop full term classes without owing fees and/or be eligible for refund

July 16th – Deadline to drop classes

Course Grading Based on Course Objectives

GRADING: Course grade will be based on Points.

Grading Scale:	A	90-100%
	B	80-89%
	C	70-79%
	D	60-69%
	F	59 & Below

Self-Reflections

Discussions

Student Education Plan

Final: 50points

Assignments

Course Policies

Attendance:

- A student who fails to attend the first Discussion Assignment of a class and does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. *Should readmission be desired, the student's status will be the same as that of any other.* Student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See [General Catalog](#) for details.
- Regular attendance in all classes is expected of all students. A student whose continuous, Missing the number of hours the class is scheduled to meet per week may be dropped. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as excused absences.

Classroom Etiquette:

- Electronic Devices: Cell phones and electronic devices must be turned off and put away during class, unless otherwise directed by the instructor.
- Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed by the instructor.
- Disruptive Students: Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the [General Catalog](#).
- Children in the classroom: Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.



Academic Honesty:

- Academic honesty in the advancement of knowledge requires that all students and instructors respect the integrity of one another's work and recognize the important of acknowledging and safeguarding intellectual property. There are many different forms of academic dishonesty.
- The following kinds of honesty violations and their definitions are not meant to be exhaustive. Rather, they are intended to serve as examples of unacceptable academic conduct.

IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.

Anticipated Class Schedule/Calendar

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1 June 16 th -19 th NO CLASS JUNE 19th	Validate Who They Are Exploring College July 19th – Holiday- Juneteenth	Class Discussion and Activity Self Reflections
Week 2 June 23 rd – June 26 th	Build A Success Mindset Time Management Planning Your Academic Pathways	Class Discussion and Activity Self Reflections
Week 3 June 30 th – July 3 rd NO CLASS July 3rd	Connect To A Purpose Reading & Note Taking Studying, Memory and Test Taking July 3rd – Holiday- Independence Day Observed	Class Discussion and Activity Self Reflections
Week 4 July 7 th – July 10 th	Demystify the System- Thinking & Communicating	Class Discussion and Activity Self Reflections
Week 5 July 14 th – 17 th	Cultivate Community Understanding Civility, Cultural Competence Understanding Financial Literacy	Class Discussion and Activity Self Reflections
Week 6 July 21 st – July 24 th	Empower Through Action Engaging in a Healthy Lifestyle Planning for your Future	Class Discussion and Activity Final Presentation
Subject to change without prior notice		