



Imperial Valley College Course Syllabus – ADS 178: Life Skills

Basic Course Information

Semester:	Spring 2026	Instructor Name:	Aruna Patel
Course Title & #:	Life Skills ADS 178	Email:	aruna.patel@imperial.edu
CRN #:	20951	Webpage (optional):	N/A
Classroom:	Online	Office #:	2031
Class Dates:	May 4- June 5 , 2026	Office Hours:	Monday 12:00-4:00pm
Class Days:	Homework assignments on Mondays	Office Phone #:	(760)355-6579
Class Times:	Online	Emergency Contact:	(760) 355-6144
Units:	1	Class Format/Modality:	Online

Course Description

ADS 178 provides students with an in-depth overview of the skills to better living for those in recovery from abuse and addiction. This course complemented the curriculum for counseling students and is an enhancement for professionals. (CSU)

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

Must be able to read and write in English. Knowledge of writing thought paper and research paper.

Student Learning Outcomes

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

- 1. Identify*
- 2. areas of life skills such as relapse prevention and preparing a relapse prevention plan. (ILO1, ILO2, ILO3, ILO5)*

Course Objectives

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

- 1. Understand the concepts of healthy living both physically and mentally from the aspect of those recovering from abuse and addiction.*
- 2. Be able to assess and identify personal and client deficits, as well as convey those concepts through psycho-educational and other applied techniques.*

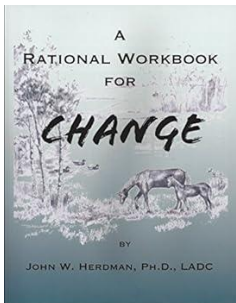
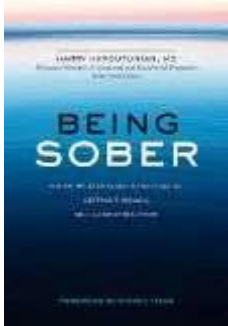
Textbooks & Other Resources or Links

Being Sober: A Step-by-step Guide to Getting to, Getting Through, and Living in Recovery (2013).

Author: Harry Haroutunian, MD. Physician Director, Professional and Residential Programs, Betty Ford Center

Publisher: Rodale Books, New York

ISBN 978-1-62336-005-4



ISBN: 978-0-9768341-9-9

Rational Workbook for Change 2nd edition

By John W. Herdman, PH.D., LADC

Course Requirements and Instructional Methods

[Describe course activities, assignments, tests, homework, etc.]

This course will consist of a combination of power point lectures, classroom group activities, oral assignments, skill demonstrations, reading assignments and work sheets.

Out of Class Assignments: The Department of Education policy states that one (1) credit hour is the amount of student work that reasonably approximates not less than one hour of class time and two (2) hours of out-of-class time per week over the span of a semester. WASC has adopted a similar requirement.

Course Grading Based on Course Objectives

[Provide detailed information related to grading practices and grading scale, including values and totals. Consider adding final grade calculation, rubrics, late assignment policy, and other grading practices.]

Course grading

<i>Assignment</i>	<i>Points</i>
<i>Thought Paper</i>	<i>25</i>



<i>Homework 1. Discussion 1.</i>	<i>20</i>
<i>A rational workbook for change: Skills 1-4</i>	<i>20</i>
<i>Homework 2. Discussion 2.</i>	<i>20</i>
<i>A rational workbook for change: Skills 5-8</i>	<i>20</i>
<i>Homework 3. Discussion 3.</i>	<i>20</i>
<i>A rational workbook for change: Skills 9-12</i>	<i>20</i>
<i>Homework 4. Discussion 4.</i>	<i>20</i>
<i>Skills 13-16</i>	<i>20</i>
<i>Homework 5. Discussion 5.</i>	<i>20</i>
<i>A rational workbook for change: Skills 17-20</i>	<i>20</i>
<i>Textbook assignment: Being Sober Chapter reviews. Chapter reports 1-15</i>	<i>50</i>
<i>Final Exam</i>	<i><u>25</u></i>
<i>Total</i>	<i><u>300</u></i>

Academic Honesty (Artificial Intelligence -AI)

IVC values critical thinking and communication skills and considers academic integrity essential to learning. Using AI tools as a replacement for your own thinking, writing, or quantitative reasoning goes against both our mission and academic honesty policy and will be considered academic dishonesty, or plagiarism unless you have been instructed to do so by your instructor. In case of any uncertainty regarding the ethical use of AI tools, students are encouraged to reach out to their instructors for clarification.

Accessibility Statement

Imperial Valley College is committed to providing an accessible learning experience for all students, regardless of course modality. Every effort has been made to ensure that this course complies with all state and federal accessibility regulations, including Section 508 of the Rehabilitation Act, the Americans with Disabilities Act (ADA), and Title 5 of the California Code of Regulations. However, if you encounter any content that is not accessible, please contact your instructor or the area dean for assistance. If you have specific accommodations through **DSPS**, contact them for additional assistance.

We are here to support you and ensure that you have equal access to all course materials.

Course Policies

[Describe other policies such as attendance, academic honesty, netiquette, expected classroom behavior, etc.]

A student who fails to attend the first meeting of a class or 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, unexcused absences exceed 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

Other Course Information

[Optionally, include other necessary information.]

- *What is netiquette? Netiquette is internet manners, online etiquette, and digital etiquette all rolled into one word. Basically, netiquette is a set of rules for behaving properly online.*
- *Students are to comply with the following rules of netiquette: (1) identify yourself, (2) include a subject line, (3) avoid sarcasm, (4) respect others' opinions and privacy, (5) acknowledge and return messages promptly, (6) copy with caution, (7) do not spam or junk mail, (8) be concise, (9) use appropriate language, (10) use appropriate emoticons (emotional icons) to help convey meaning, and (11) use appropriate intensifiers to help convey meaning [do not use ALL CAPS or multiple exclamation marks (!!!)].*

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.

- *Plagiarism is taking and presenting as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to "cite a source" correctly, you must ask for help.*
- *Cheating is defined as fraud, deceit, or dishonesty in an academic assignment, or using or attempting to use materials, or assisting others in using materials that are prohibited or inappropriate in the context of the academic assignment in question.*

Anyone caught cheating or plagiarizing will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the [General Catalog](#) for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to, the following: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment; (c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment; (e) using a commercial term paper service.

Imperial Valley College offers various services in support of student success. The following are some of the services available for students. Please speak to your instructor about additional services which may be available.



- **Learning Services.** There are several learning labs on campus to assist students through the use of computers and tutors. Please consult your [Campus Map](#) for the [Math Lab](#); [Reading, Writing & Language Labs](#); and the [Study Skills Center](#).
- **Library Services.** There is more to our library than just books. You have access to tutors in the [Study Skills Center](#), study rooms for small groups, and online access to a wealth of resources.

Financial Aid

Your Grades Matter! In order to continue to receive financial aid, you must meet the Satisfactory Academic Progress (SAP) requirement. Making SAP means that you are maintaining a 2.0 GPA, you have successfully completed 67% of your coursework, and you will graduate on time. If you do not maintain SAP, you may lose your financial aid. If you have questions, please contact financial aid at finaid@imperial.edu.

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

[Provide a tentative overview of the readings, assignments, tests, and/or other activities for the duration of the course.]

Date or Week	Activity, Assignment, and/or Topic	Time and Location
Week 1 May 4, 2026	Orientation Syllabus & Introduction Life Skills self-reflection/emotional wellbeing list. A Rational Workbook for change: skills 1-4	Orientation week 1. Homework Chapter 1,2 &3 Chapters report Change Exercises Skills 1-4
Week 2 May11	Lecture and Discussion Work Activity A Rational Workbook for change: Skills 5-8	Homework Chapters 4, 5, 6,& 7 Chapters reports. Change exercises 5-8
Week 3 May 18	Lecture & Discussion Work Activity A Rational WORKBOOK FOR Change: Skills 9-12	Homework Chapters 8,9,10 & 11 Change Exercises 9-12
Week 4 May 25	Lecture & Discussion Work Activity A Rational Workbook for change: Skills 13-16	Homework Chapters 12,13 14 &15 Change Exercises 13-16
Week 5 June 5	Lecture and Discussion Work Survival skills activity, Thought Paper Due. A Rational Workbook for change: Skills 17-20 Final Thoughts	Reflection on the book, group work and life skills discussion. Change: Skills 17-20 End of class



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End of week 5 end of Semester

*****Subject to change without prior notice*****