Course Description

Introduces students to the skills which are necessary to achieve their academic goals, to services offered at the college and to the discipline in which they are enrolled. Covers topics such as services at the college including the learning resources center; counseling, and advising; listening, test taking, and study skills; and topical areas which are applicable to their particular discipline.

General Course Purpose

The purpose of this course is to assist first-time students to familiarize themselves with the College and its support services, and to develop skills necessary for success here and in their transitions to learning and work after Northern Virginia Community College. In addition, the orientation course provides students with a variety of opportunities for learning about the dimensions of being successful in achieving their personal and career goals, while exploring the possibilities and potentialities of the a particular discipline or profession.

Course Prerequisites/Co-requisites

None

Course Objectives

This course is designed for students who plan to major in certain academic disciplines and/or prepare for specified careers. Currently College options for SDV 101 include Orientation to: Education, Healthcare, Information Technology, Science and Veterinary Technology.

Upon completion of this course the student should be able to:

- Articulate three potential careers (in a specified career cluster) based on their interests, values, and abilities
- Articulate the step(s) they need to take in order to achieve their career goal(s) in a specified occupation
- Select the appropriate curriculum based on their career goal(s)
- Develop an academic plan related to the specified discipline or vocation
- Identify their preferred learning style and how it can be applied in a specified discipline
- Identify their optimal time, place, and setting for studying and identify three strategies for managing reading
- Identify three to five aspects of critical thinking such as: identifying faulty logic, problem-solving, and asking questions/probing etc. and how it applies to their chosen academic discipline and profession
- Review two to three strategies and tools for managing time and articulate their preferred method
- Articulate the benefits and risks of the three aspects (e.g. credit, savings, and budgeting) of money management
- Articulate three to five ways individuals are diverse and how diversity impacts society and their intended profession
- Identify three to five elements of effective communication (e.g. active listening, verbal and non-verbal messages, etc.)
- Identify three to five techniques/strategies for managing anxiety / stress
**Major Topics to be Included**

- Orientation to a Specified Discipline or Profession
- Career Exploration
- Career Planning
- Curricular Offerings
- Academic Plan
- Learning Styles
- Classroom Skills
- Academic Preparation
- Critical Thinking Skills
- Time Management
- Financial Literacy
- Diversity
- Communication Skills
- Stress Management