

**NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY  
SDV 100 – COLLEGE SUCCESS SKILLS (1 CR.)**

**Course Description**

Assists students in transition to colleges. Provides overviews of college policies, procedures, curricular offerings. Encourages contacts with other students and staff. Assists students toward college success through information regarding effective study habits, career and academic planning, and other college resources available to students. May include English and Math placement testing. Strongly recommended for beginning students. Required for graduation. Lecture 1-3 hours per week.

**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. First-time College students are required to take SDV 100 or another SDV course before enrolling in their 16<sup>th</sup> semester hour at the college.

**Course Pre-Requisites/Co-requisites**

None.

**COURSE OBJECTIVES**

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

- Articulate three potential careers based on their interests, values, and abilities
- Articulate the step(s) they need to take in order to achieve their career goal(s)
- Select the appropriate curriculum based on their career goal(s)
- Develop an academic plan
- Identify their preferred learning style
- 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.
- 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
- 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**

- 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