

College Success Courses

A Brief Description

SSS 100 – Career and Life Planning Seminar (1 credit)

This course is designed to offer students an opportunity to examine the factors necessary in making informed and realistic career choices. Emphasis is placed on:

- Values Clarification
- Goal Setting
- Decision Making

Career opportunities will be discussed relevant to individual personality traits.

(Available as a live course on the Terry Campus)

SSS 101 – Mastering College Life (1 credit)

Specific issues of first year college students will be addressed in this course. Topics may include:

- Adjusting to college life.
- College services.
- Time and task management skills.
- Test taking skills.
- Teaching and learning styles.
- Stress management skills.
- Cross-cultural communication skills.

(Available as a live course and as a telecourse on all campuses.)

SSS 103 – Adult Learner Success Strategies (1 credit)

This course focuses on adult student issues. For example: students who may be returning to school after a number of years; who have family responsibilities; or who may have work responsibilities. Topics may include:

- Fitting into the college scene.
- Balancing work, family and college commitments.
- Coping with fear and anxiety.
- Money matters.
- Study skills.
- Memory improvement techniques.
- Testing skill development.
- Focus on women.

(Available as a live course on the Stanton / Wilmington Campus and as a telecourse on all campuses.)

SSS102 – Personal and Career Development (1 credit)

This course gives students practical ideas and methods for developing career plans. It offers students an opportunity to examine the factors necessary in making informed and realistic career choices. Topics may include:

- Personal values clarification.
- Goal setting.
- Career research.
- Decision-making.
- Career planning.

(Available as a live course on the Stanton / Wilmington Campus and as a telecourse on all campuses.)

SSS 106 – Becoming a Peer Helper – How to Improve Your Helping Skills (1 credit)

If you are entering a helping profession, this course will definitely help you. All of the key skills necessary to be an effective helper will be covered in this unique telecourse. Here are some of the areas to be covered:

- Caring and helping others within limits.
- Developing effective listening skills.
- Developing effective responding and referral skills.
- Peer to peer conflict mediation and resolution skills.
- Developing effective presentation skills.
- Effective role modeling and ethics.
- Taking care of ourselves – stress management.

(This course is available as a telecourse on all campuses.)

Special Note on Telecourses: SSS Telecourses are college level classes that are conducted as independent study with the help of video lessons. All class materials, including class text, videos and class syllabus are secured through the Wilmington Campus Bookstore after you register for an SSS telecourse..