

FE135
Mental Aspects

2 Credits

Instructor: TBA

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FE135 Version: 2



Mental Aspects

Calendar Description

This course gives new students the skills they need to make the successful transition to college, regardless of their starting point. Sessions include academic and personal strategies. Participants will apply what they are learning to build a repertoire of techniques and a support team to help them succeed during their first year at Lakeland College. P/F.

Rationale

This is a required course for the Emergency Services Technology students. Students starting their studies at Lakeland College can be overwhelmed by the level of work and the complexity of the first year college environment. This course provides strategies and techniques that students can use to achieve their goals at college and in life after college.

Prerequisites

None

Co-Requisites

None

Course Learning Outcomes

Upon successful completion of this course, students will be able to

1. successfully make the transition into college life.
2. demonstrate enhanced academic performance skills and new skills needed at the post-secondary education level.
3. use connections with staff and other students to build a personal college support and success team.
4. demonstrate increased awareness of individual learning styles and ability to implement techniques to meet personal learning needs, including thriving in a classroom where instruction is not presented in the learner's preferred mode.
5. practice, and encourage in others the development and maintenance of personal attitudes and behaviors that foster the achievement of personal and academic goals and dreams.

6. fully focus on these skills and strategies and to develop confidence in their ability to tackle the large task of succeeding at college.
7. experience continued success as a student at Lakeland College.

Resource Materials

Reference Text(s):

Ellis, Dave. (2006). *Becoming a master student* (Canadian 4th ed.). Boston, MA: Houghton Mifflin.

Compton, Dennis. Mack, Gary. (2004). *The m.a.p. for firefighters* (2nd ed.). Stillwater, OK: Fire Protections Publications.

Conduct of Course

This course consists of participatory activities to encourage students to develop the personal and academic skills required to succeed.

Evaluation Procedures

This course is graded Pass/Fail. To pass, all assignments must be completed and submitted on time to the instructor's standards. This course also requires 100% attendance. Excusable absences require a doctor's note.

Attendance

Regular attendance is essential for success in any course. Absence for any reason does not relieve a student of the responsibility of completing course work and assignments to the satisfaction of the instructor. Poor attendance may result in the termination of a student from a course(s).

If you do not meet the established attendance requirements, your instructor will recommend that the Registrar withdraw you from the course. A failing grade of RW (Required to Withdraw) will appear on your transcript.

In cases of repeated absences due to illness, the student may be requested to submit a medical certificate.

Instructors have the authority to require attendance at classes.

Course Units/Topics

1. Learning Styles
2. Setting Goals
3. Time Management
4. Taking Responsibility
5. Note-taking and Textbook Reading
6. Enhancing Memory and Preparing for Exams
7. Making the Most out of Group Work
8. Leadership Strategy and Tactics
9. Managing Stress (CISM)
10. Emotional Intelligence
11. Conflict Resolution
12. Self-Reflection and Tool Selection



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