

EXL100
Accelerate
3 Credits

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EXL100 Version: 1



Accelerate

Calendar Description

The core principle of this course is rooted in positive CONNECTIONS, both on and off campus. This is achieved by building the following components into our academic and personal experiences at Lakeland College:

- aCademics
- Career
- Community

These connections help students make a successful transition to post-secondary education.

Rationale

This course is an option for the following students:

1. Students who are entering Lakeland College directly from high school, from other post-secondary institutions, and/or as mature students.
2. Other students who may benefit from additional supports

This course is meant to provide a “fresh start” and build skills to be successful both on and off campus.

Successful students earn 3 credits on their Lakeland College transcript. However, for transfer students, this course is not intended for transfer credit, and the grade would not be used in GPA calculations for transfer to university.

Prerequisites

Admission to Lakeland College program

Co-Requisites

Registration in other Lakeland College courses in order to meet funding guidelines (as applicable)

Course Learning Outcomes

Through the self-assessment process, students will customize their learning outcomes and activities to suit their needs and interests. The goal is to address any apparent gaps at the outset but evolve as gaps are filled and different needs arrive. All participants benefit from the following outcomes:

1. transition to post-secondary education with the support of peers, mentors, and staff from the college, the community, and other partners.
2. engage as an active member in the college and community of learners.
3. learn about college, community, and cultural resources.
4. set academic and personal goals.
5. create cultural and community connections.
6. research academic and career options.
7. maintain satisfactory academic standing and funding (as applicable).
8. apply what it means to be a post-secondary student within a broader community of learners.

Resource Materials

Required Textbook(s):

Ellis, Dave and Debra Dawson. *Becoming a Master Student: Canadian Edition*. Toronto, Nelson Education, 2020.

Binder for handouts

Small binder or duotang

Pen or pencil

Paper or notebook

Access to computer and D2L

Conduct of Course

This course runs 3 hours per week. The following activities are included:

1. Scheduled class time and activities
2. One-on-one meetings with course facilitator
3. Peer mentoring
4. Academic tutoring
5. Community and/or on-campus activities
6. Career research, job shadowing, and/or career-related volunteering
7. Self-reflective activities or engagement
8. Other activities and resources as determined by the self-assessment

Evaluation Procedures

Percentage grades are assigned to individual assignments; however, a PASS/FAIL grade is assigned in April. The passing grade for this course is 75%. In order to pass the course, students must complete and submit all of the following:

Attendance and Participation	10%
Weekly Journals	10%
Academic and Career Goals Assignment	20%
Community Connections Assignment	20%
Academic Skills Portfolio	30%
Final Self-reflection	10%

Lakeland College is committed to the highest academic standards. Students are expected to be familiar with Lakeland College policies related to academic conduct and academic honesty and to abide by these policies. Violations of these policies are considered to be serious and may result in suspension or expulsion from the College.

Grade Equivalents and Course Pass Requirements

Because this is a Pass/Fail course, a “P” or an “F” is assigned as a final grade.

Attendance

Students meet weekly as a group and/or with their facilitator as determined by the weekly activities. Students are expected to commit a minimum of 3 hours per week.

Students who do not check in with their facilitator and/or do not attend the weekly meetings may be required to withdraw from the course. In this case, an RW (required to withdraw) is assigned; which may impact academic and funding status.

Course Units/Topics

Setting and Attaining Academic and Career Goals
 Academic Skills Development
 Finding and Using Academic and Community Resources
 Creating and Maintaining Community Connections
 Self-reflection

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