

**MESABI RANGE COMMUNITY & TECHNICAL COLLEGE – VIRGINIA/EVELETH  
COURSE OUTLINE**

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**Course Title:** College Seminar  
**Quarter Course Prefix and Number:** NA  
**Semester Course Prefix and Number:** GECL 1155

**Approval Date:**  
**Revision Date:**

**Number of Credits:** 1      **Number of Lecture Credits:** 1      **Number of Lab Credits:** 0  
**Semester(s) Offered:** F & S      **Number of Studio/Discussion Credits:** 0

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**Course Purpose Code:**

- 0 – Developmental Courses
- 1 – General Studies (Eveleth Campus only)
- 2 – Technical course related to career programs
- 3 – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
- 4 - Other college course not considered a part of general education (MNTC) e.g. computer science, health, physical education
- 5 – Course which is intended to fulfill general education, Minnesota Transfer Curriculum (MNTC) requirements.
- 9 – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

**Catalog Description:**

This course is an introduction to higher education and is designed to promote success in college, both academically and personally. Topics include college policies and procedure, resources available for managing academic and personal issues, and strategies for success in college.

**Prerequisites and/or recommended entry skills/knowledge:**

Course Prerequisite(s): none  
Reading Prerequisite:  
Composition Prerequisite:  
Mathematics Prerequisite:

**Career Programs and Transfer Majors Accessing this Course:**

This course is required for all students attending a technical program at the Eveleth Campus, except those who have already completed a college degree, have a High School GPA of 3.0 or better, a College GPA of 2.0 or better, or have completed a similar course.

**Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable:** Notes: No more than two goals may be met by any one course. (Curriculum Committee review and the Vice President of Academic Affairs approval are required).

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| 0. <input checked="" type="checkbox"/> None                                | 6. <input type="checkbox"/> The Humanities and Fine Arts     |
| 1. <input type="checkbox"/> Communications                                 | 7. <input type="checkbox"/> Human Diversity                  |
| 2. <input type="checkbox"/> Critical Thinking                              | 8. <input type="checkbox"/> Global Perspectives              |
| 3. <input type="checkbox"/> Natural Sciences                               | 9. <input type="checkbox"/> Ethical and Civic Responsibility |
| 4. <input type="checkbox"/> Mathematical/Logical Reasoning                 | 10. <input type="checkbox"/> People and the Environment      |
| 5. <input type="checkbox"/> History and the Social and Behavioral Sciences |  |

**Learning outcomes, including any relevant competencies listed in the Minnesota Transfer Curriculum:**

The following list of course goals will be addressed in the course. The student will:

- Identify campus resources
- Demonstrate successful time management skills
- Describe successful test taking techniques and study strategies
- Identify resources that pertain to health and wellness
- Complete self evaluation of current health status
- Exhibit understanding of sexual harassment policies
- Display knowledge of alcohol related issues
- Complete self evaluation of current stress and depression levels
- Identify resources to assist in personal issues
- Demonstrate knowledge of money management
- Describe disability issues and regulations
- Display knowledge of basic job search components

**Possible student assessment methods:**

Attendance is expected for each class session

Students will participate and be graded on class and group discussion

Written exams will be given covering basic knowledge of learner outcomes

Students will be responsible for maintaining communication with instructor concerning any absences

**Use of instructional technology (includes software, interactive video and other instructional technologies):**

Use of Internet for resource information

Use of a word processing program to assignments

Use of VCR for viewing of informational videos

**A one-paragraph summary or outline of the major course content:**

This class provides the students with a basic knowledge of college resources as they apply to personal and professional issues. The student will be made aware of policies, best practices, and ideas to be successful at the college level. Discussion among the class will heighten awareness of controversial issues and provide additional support systems between students.

**Additional special information (special fees, directives on hazardous materials, etc.)**

None

**APPROVALS:**

Body	Representative Signatures	Date
Curriculum Committee		
Faculty Association		
Meet and Confer		
Vice President of Academic Affairs		

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