

PREPARE YOURSELF

FOR COLLEGE SUCCESS

Take *Counseling 105* and get a jump start on your future!

Learn what you need to know to be a successful college student, and earn 3 units of college credit!

When you enroll in Coastline's Counseling C105: Strategies for College Success course, you'll learn:

OPTIONS IN HIGHER EDUCATION

Find out which degree will help you accomplish your academic and career goals.

CAREER EXPLORATION

Learn how to find fulfillment in a career that matches your strengths and talents.

SKILLS FOR SUCCESS

Find out how to manage time, reduce stress, set goals and stay motivated.

STUDENT LIFE

Find out how to balance your student life with your other commitments and responsibilities.

EDUCATIONAL PLANNING

Create a personalized "road map" to complete your academic goal(s), and be ready to transfer or enter the job market on a timeline that works for you.

This course will help develop and reinforce the skills, abilities, and behaviors that promote academic and personal success. You will learn essential study skills for reading, note-taking, studying, memorizing, test taking and writing. However, emphasis will be on attitude, personal learning styles, time management and healthy ways to manage anxiety and cope with stress. It will also introduce you to college resources, selecting a major and help you map out your educational plan. This course has empowered thousands of students to create extraordinary success!

Applying and registering for your class is easy. Just go to www.coastline.edu and click on "Apply to Coastline," then follow the instructions.

For more information, contact the Coastline Counseling Department at (714) 241-6162 or find us online at www.coastline.edu/counseling.

