

THREE RIVERS COMMUNITY COLLEGE

FIRST YEAR EXPERIENCE ▫ IDS 105

EXPANDED SYLLABUS FALL 2004

Professor: Mark A. Comeau, AIA (885-2387 Day), email MystArch@aol.com

Grade: Class Participation 10% (2) Exams 20% Oral Comm. Project 05%
Written Assignments 50% College Activity 05% Notebook/Portfolio 10%

Weekly Submittals

- email agenda comments on reading topic (due by 6:00 PM on Monday, as assigned);
- Personal Practice item due Tuesday's at 9AM;
- Class Progress Memo (due at the end of each Thursday class period).

Semester Activities

- Participate in College Community function;
- Participate in inter-program function;
- Participate in inter-class function.

Week 1 Introduction:
(8/26) *Outline Course Requirements
and Methods*

Week 9 Interdependence Cont'd:
(10/19) *Active Listening
Life collaboration*

Week 2 Getting on Course:
(8/31) *First Step
"know thyself!"*

Week 10 Self Awareness:
(10/26) *Exploring your personality
The optimist & pessimist*

Week 3 Responsibilities:
(9/07) *Creator Role
"Luck begets the prepared"*

Week 11 Self Awareness Cont'd:
(11/02) *Reinventing yourself
Success rules & habits*

Week 4 Responsibilities Cont'd:
(9/14) *Core Choices & Beliefs
Morals & Ethics*

Week 12 Lifelong Learning:
(11/09) *Your learning style
Staying current, fresh, visionary*

Week 5 Self-Motivation:
(9/21) *Exploring your vision
Commitment & dedication*

Week 13 Emotional Intelligence:
(11/16) *Exploring emotion, stress, attitude
Work hard & play hard*

Week 6 Self-Motivation Cont'd:
(9/28) *Defining your vision
Implementation*

Week 14 Open Topics:
(11/23) *You pick the topics!
Thanksgiving Break*

Week 7 Self Management:
(10/05) *Concepts in "Quadrant II"
Self-management tools*

Week 15 Plot your Course:
(11/30) *Choices, Change, Self-assessment
Group Activities*

Week 8 Interdependence:
(10/12) *Supportive Relationships
Supportive Networks*

Week 16 Final Class:
(12/07) *Final Group Project Due*

Weekly Agenda Items

Case-study vignettes will be assigned on various Thursday's during class. You should:

- read the vignette;
- formulate up to two agenda items to be considered for class discussion;
- email your agenda items ***before 6:00 PM on Monday.***

Vignettes will be discussed Tuesday in class.

Personal Practice Items

Each Tuesday, submit a personal strength or weakness. You should:

- explore how that strength has helped you and how it will continue to;
- explore how that weakness has effected you and how you can correct it;
- try to alternate each week between strengths and weaknesses.

Class Progress Memo

Inform me of how all your other classes are going so I can help you through the rough spots. Do this by ***submitting a Class Progress Memo at the end of each Thursday class.*** The memo can include comments on ...

- how heavy your work load is;
- how well do did – or – struggled on a test;
- how busy you've been at work or home;
- what a great week it's been;
- etc.