LEARNING SKILLS (LS)

LS 315 Transition to College **1unit(s)**
Hours: 1 Lecture/Discussion
This course is designed to assist students in preparing for a successful semester in a community college. The focus will be on educational planning, time management, navigating the college campus and computer applications (Canvas, Banner, MyGiant Portal), and utilizing support resources to assist them in successfully achieving their goals. This course will focus on adjusting to the college environment and is designed for students who are eligible for Access and Ability Center services, but open to all students.

LS 320 Personal Development **1unit(s)**
Hours: 1 Lecture/Discussion
This course is designed to assist students in furthering their Personal Development and Social Skills, including: awareness and investigation of self and others, self-advocacy, and techniques for interacting and engaging with others or groups of others. This course is recommended for students who may identify with social anxieties, fears, or low self-esteem possibly resulting from Mental Health barriers, Autism Spectrum, or other conditions/disabilities. This course is open to anyone; all students seeking support in Personal Development and Social Skills are encouraged to enroll. The class will emphasize discussion and creative thinking, as well as group collaboration and respect for others.