

COLLEGE SUCCESS (COLS)

COLS 101 - First Year Seminar. 2 Credits.

Offered at Missoula College. This course is designed to help new students make a successful transition to college and acquire the skills needed to become competent and successful in higher education. Topics include an introduction to campus resources and academic policies; motivation and time management; study skills and learning strategies; critical thinking and problem solving; ethics, diversity and collaboration; information literacy and research. The course culminates with a semester capstone project. Elective credit only. Credit not allowed for both COLS 101 and COLS 103.

COLS 103 - Study & Learning Strategy. 2 Credits.

Offered at Missoula College. This course facilitates the development of skills needed to become competent and successful in higher education. Topics include management of classroom performance, time, and money; memory, listening and note-taking; reading and test-taking strategies; critical thinking and problem-solving; information literacy and research; ethics and diversity; stress management and healthy choices. Elective credit only. Credit not allowed for both COLS 101 and COLS 103.

COLS 160 - Learning Strategy in Higher Education. 1-2 Credits.

Offered autumn and spring. Instruction and application of college study skills including lecture note taking, time management, reading textbooks, test taking, and critical thinking. Elective credit only.

COLS 162 - NCAA Student-Athlete Experience. 1 Credit.

This course is designed to assist students in the development of necessary skills to be a successful college student-athlete. Topics will include a wide variety of areas including study skills, an introduction to campus resources, and personal and career development. Students will identify and discuss specific issues that pertain to them as student-athletes.

COLS 163 - Student-Athlete Success. 1 Credit.

This seminar is designed to assist student-athletes in developing necessary life skills that will help them in their remaining years at the University of Montana. Topics will include a wide variety of areas such as: financial management, nutrition, career development and planning, healthy relationship skills, social responsibility, social etiquette, conflict resolution, and leadership.

COLS 191 - Special Topics. 1-6 Credits.

(R-6) Offered autumn and spring. Prereq., consent of instr. Experimental offerings of visiting professors, experimental offerings of new courses, or one-time offerings of current topics.

COLS 194 - Seminar/Workshop. 1-6 Credits.

(R-6) Offered autumn and spring. A review and discussion of current research. Topics vary. This First-Year Experience workshop teaches the research-based skills and mindsets of Design Thinking (innovative problem-solving strategies) and how to apply this toolkit to search for clearer academic, personal, and career goals. In addition to addressing persistent questions regarding why are you here, who/what do you want to be, and where are you going, students will develop failure resilient and exploratory mindsets. This First-Year Experience workshop will walk students through group-based activities facilitated by caring instructors and peer educators that combine engaging readings, in-class discussion, reflective exercises, and out-of-class activities and interviews.

COLS 295 - Peer Tutoring Training. 1-3 Credits.

Offered every semester at Missoula College, open to Missoula College or Mountain Campus students who have completed at least 1 semester in the course for which they will tutor. Prereq., consent of instructor. Meets in class 1 hour each week (online course supplement), with three hours of tutoring per week in supervised setting required after week 3.

COLS 391 - Special Topics. 1-6 Credits.

(R-6) Offered autumn and spring. Prereq., consent of instr. Experimental offerings of visiting professors, experimental offerings of new courses, or one-time offerings of current topics. This course is designed to help you achieve academic and career success in your chosen field and study program. You will explore your academic & career interests through class discussions, assessments, research, and a customized just-for-you experiential education (mini-internship or research, work experience, Service Saturday, Alternative Break service trip, or volunteer opportunities.

COLS 394 - Peer Educator Training Seminar. 1 Credit.

This course focuses on establishing a base understanding of the peer educator role, equipping students with the knowledge and skill sets to triage common situations, and preparing students selected as Peer Educators for the COLS 194 first year experiences for work as instructional team members.

COLS 395 - Field Work. 1-6 Credits.

This course provides undergraduates with the necessary support to be effective Peer Educators during fieldwork placements in first-year experience courses.

COLS 498 - Internship: Advanced Peer Educator. 1-6 Credits.

(R-6) Special internships under instructor supervision offering practical experience. Level: Undergraduate