

# GS 135: College and Life Readiness

*Our ancestors are guiding us they are proud of us—*  
Barbara Amos



Instructor:

**Athaliah Duby, M.Ed, M.A.Ed**

Adjunct Professor and Tumyaraa Program Coordinator  
aduby@alaskapacific.edu

**Course Description:** This course is designed to empower students for the transition to college, and to prepare them for life and self-management. Course instruction focuses on the development, implementation, and strengthening of writing, math, and study skills needed to support them through college and life beyond the classroom. Students will gain an understanding of collegiate learning, campus technology, and study habits to support understanding and retention. In addition, students will participate in cultural project-based activities on this journey of self-discovery and practical skill development.

## Course Structure:

- I. The Past – Reflecting on self-identity, life, and educational experiences thus far.
- II. The Present – Reflecting on current skills, practices, and responsibilities that make the most out of our educational experiences.
- III. The Future – Reflecting on habits that produce successful, active, lifelong learners.

## Course Readings:

- *SOAR Study Skills; A Simple and Efficient System for Getting Better Grades in Less Time* by Susan Kruger
- *The 7 Habits of Highly Effective Teens* by Sean Covey
- *Atomic Habits* by James Clear

## Learning outcomes:

- Understand and describe the educational philosophy of APU.

- Assess and summarize the meaning of active learning, self-direction, the identification of personal passions, and making plans.
- Understand and chart how educational achievement can facilitate professional aspirations.
- Examine learning styles and evaluate personal learning strengths.
- Recognize and define educational terminology.
- Identify and share learned skills and prior knowledge by creating presentations and facilitating discussions.
- Develop, chart, and apply decision-making skills particularly in relation to educational and professional goals.
- Implement practices that are central to an education at APU, including: cultural project-based learning; critical thinking; collaborative and individual learning; campus technology review, and assessment prep.
- Engage in self-discovery and understand the value of self-assessment through the creation of a portfolio.

**Assignments:**

- Weekly quizzes
- Personality, learning styles, and aptitude self-assessments
- Cultural identity slideshow
- Resume
- Goal setting— Closing The Gap Progress Mapping
- Reflection paper (500 words)— Habits needed for present and future success