A. Course Description

- Credits: 1.00
- Lecture Hours/Week: 1.00
- Lab Hours/Week: 0.00
- OJT Hours/Week: 0
- Prerequisites: None
- Corequisites: None
- MnTC Goals: None

Effectively apply your learning power to its greatest capacity. Learn a variety of principles, tools, and techniques for learning more in less time and deeply retaining it. Learn study tools for notetaking, speed reading and test taking. Manage your emotions to keep stress low and motivation high. Apply learning styles, multiple intelligences, mindmapping, and other tools to help you learn the way you learn best and accomplish your goals. Prerequisites: None

B. Course Effective Dates: 4/21/98 – Present

C. Outline of Major Content Areas

As noted on course syllabus

D. Learning Outcomes

As noted on course syllabus

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

F. Learner Outcomes Assessment

As noted on course syllabus

G. Special Information

None noted