

Sch Interdisciplinary Studies

Preparing for Academic Success

2021-22 Academic Year

Program			Year	Semester						
IS-General Arts and Science	ces (Certificate)	1	1							
IS-General Arts and Scienc (Certificate)	ces - Liberal Arts OnTechU Tra	ansfer	1	1						
IS-General Arts and Scienc (Certificate)	1	1								
IS-General Arts and Science (Certificate)	ces - Science and Engineering	1	1							
IS-General Arts and Science OnTechU Transfer (Certific	ces - Science and Engineering ate)	1	1							
IS-General Arts and Science	ces - Trent University Transfer	1	1							
IS-Pre-Health Sciences Pa	thway Certificates and Diplom	1	1							
IS-Pre-Health Sciences Pa	thway Certificates and Diplom	1	1							
IS-Pre-Health Sciences Pa	thway to Advanced Diplomas	1	1							
Course Code: PREP 1	300 Cours	se Equiv. Code(s):	N/A							
Course Hours: 42	Course	e GPA Weighting:	3							
Prerequisite: N/A										
Corequisite: N/A										
Laptop Course: Yes	No X									
Delivery Mode(s): In class	ss Online Hyb	rid X Corres	pondence							
Dan dansia namata ta sahir	an delinem mede	U	V Combine							
Pandemic remote teaching	ng delivery mode	ly asynchronous	X Combine synchror	ed asynchronous and nous						
Remote proctoring required Yes No X										
Authorized by (Dean or Director): Stephanie Ball Date: July 2021										
Prepared by										
	Loof Name	Fall								
First Name	Last Name	Email								
Jesse	Parsons	jesse.parsons@du	irhamcollege.ca							

This course supports the following program(s) and program learning outcomes.

GASC: General Arts and Sciences (Certificate)

- #1. Design ongoing strategies and plans for personal, academic and career development.
- #2. Acquire specific academic skills which are needed for success in a future program of studies.
- #3. Develop, through general knowledge gained in a wide range of subjects, insight into both self and society.
- #5. Understand and utilize critical thinking processes and problem solving techniques

Course Description:

Preparing for Academic Success is designed to help students discover who they are as learners and as active agents of their own post-secondary journey. This highly participatory course invites students to define what academic and career success means to them through self-reflection and planning exercises. Students are also invited to cultivate strategies and techniques that will help them to develop critical thinking, informational literacy, goal setting, active reading, note taking, test preparatory, time- and self-management skills. This course presents opportunities for students to connect with Durham College's services and resources to enhance their post-secondary experience. The ultimate goal of Preparing for Academic Success is to help students effectively identify and clarify skills, attitudes, and outlooks that help bridge the gaps between academic achievement, campus and community connections, and life after school, including personal and professional aspirations. Through various activities, application, and reflection, the material covered in this course should support and assist students in their other post-secondary courses.

Campus Closure Notice

In the event of a campus closure during which time classes cannot be conducted or attended in person, course delivery will be conducted remotely where possible. Should teaching and learning resume on campus, students may be organized into smaller groups for classroom delivery, in accordance with directions from public health authorities. In either situation, the learning plan sequence and/or evaluation methods may be adjusted to address topics requiring hands-on, practical learning activities.

Subject Eligibility for Prior Learning Assessment & Recognition (PLAR):

Prior Learning Assessment and Recognition (PLAR) is a process a student can use to gain college credit(s) for learning and skills acquired through previous life and work experiences. Candidates who successfully meet the course learning outcomes of a specific course may be granted credit based on the successful assessment of their prior learning. The type of assessment method (s) used will be determined by subject matter experts. Grades received for the PLAR challenge will be included in the calculation of a student's grade point average.

The PLAR application process is outlined in http://www.durhamcollege.ca/plar.Full-time and part-time students must adhere to all deadline dates. Please email: PLAR@durhamcollege.ca for details.

Yes X No	
PLAR Assessment (if eligible):	
X Assignment	
X Exam	
Portfolio	
Other	

Course Learning Outcomes

Course Learning Outcomes contribute to the achievement of Program Learning Outcomes for courses that lead to a credential (e.g. diploma). A complete list of Vocational/Program Learning Outcomes and Essential Employability Skill Outcomes are located in each Program Guide.

Course Specific Learning Outcomes (CLO)

Student receiving a credit for this course will have reliably demonstrated their ability to:

- CLO1 Develop a plan to achieve personal and academic goals using appropriate goal-oriented, time- and self-management strategies and techniques.
- CLO2 Describe the Durham College and community resources that support personal, educational, and career goals to enhance the overall post-secondary experience.
- CLO3 Apply best practices in the areas of self-reflection, reading comprehension, note taking, test-writing, informational literacy, and critical thinking, among others, to ensure success in post-secondary courses and subjects.
- CLO4 Analyze interpersonal relationships, strengths, weaknesses, roles, conflict, and contexts, individually and in group settings, to improve academic, personal, and professional success.

Essential Employability Skill Outcomes (ESSO)

This course will contribute to the achievement of the following Essential Employability Skills:

- X EES 1. Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.
- X EES 2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.
- EES 3. Execute mathematical operations accurately.
 - EES 4. Apply a systematic approach to solve problems.
- X EES 5. Use a variety of thinking skills to anticipate and solve problems.
- X EES 6. Locate, select, organize, and document information using appropriate technology and information systems.
- X EES 7. Analyze, evaluate, and apply relevant information from a variety of sources.
- X EES 8. Show respect for the diverse opinions, values, belief systems, and contribution of others.
- X EES 9. Interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals.
- X EES 10. Manage the use of time and other resources to complete projects.
- EES 11. Take responsibility for one's own actions, decisions, and consequences.

Evaluation Criteria:

The Course Learning Outcomes and Essential Employability Skills Outcomes are evaluated by the following evaluation criterion.

Evaluation Description	Course Learning Outcomes	EESOs	Weighting
In Process: Active student engagement with the course, in class and online (ongoing in-process participation and assessments).	CLO1, CLO2, CLO3, CLO4	EES1, EES2, EES5, EES7, EES8, EES9, EES10	20
Assignment: Mapping the semester: time management/managing priorities (a blueprint for success).	CLO1, CLO3	EES1, EES7, EES10	15
Assignment: My college experience and transformation reflection about college-based supports.	CLO2, CLO3	EES1, EES2, EES10	10
Assignment: Metacognitive Learning journals -why are you here? Where are you going? What have you learned?	CLO1, CLO2, CLO3, CLO4	EES1, EES2, EES7, EES10	20
Project: Team research project/proposal (5%), self-/peer-evaluations (5%) and the finished product (10%).	CLO2, CLO3, CLO4	EES1, EES5, EES6, EES7, EES8, EES9, EES10	20
Quiz: Quizzes (knowledge checks x3; review and application of key concepts, topics, etc.).	CLO2, CLO3	EES1, EES2, EES7, EES10	15
Total			100%

Notes:

- 1. In order to earn in-process marks, students must be present in class the day the activities take place and meet the submission deadline. Many of the activities require student-teacher and student-student interaction and the intended learning cannot take place if the student is absent from this process. All application marks are earned through both scheduled and random activities conducted throughout the semester and are intended to give students the opportunity to apply concepts covered in class to enhance and reinforce learning. Given the nature of these activities, there are no makeups or facility for submitting after the submission deadline. Application activities not completed within the established timelines and parameters will not be considered for grading purposes. Deviation from this policy will occur on a case-by-case basis, where warranted, at the full discretion of the professor. Documentation may be required.
- 2. All written work must be in full, grammatically correct, sentences and paragraphs. Point-form written work will not be accepted and will be given a zero. Written work must be typed -- that is, hand-written work will not be accepted.
- 3. At the discretion of the professor, students may be invited to present their ideas in written format or in a variety of alternate formats including (but not limited to) audio, video, multimedia, etc. This will be clarified and addressed by the professor in class/online.
- 4. The quizzes may include multiple choice and true-false questions as well as short answer or fill-in-the-blanks. The quizzes may be conducted in class or online via DC Connect.
- 5. Assessments and evaluations are to be submitted by the deadline given as a hard copy or an e-copy submitted

to the appropriate online submission folder in DC Connect. The professor will specify the appropriate delivery method prior to collecting work. All late submissions will be assessed a penalty of 10% of the total possible grade for the assignment per 24 hours late up to 72 hours after which the assignment will no longer be accepted. These requirements reflect the importance of deadlines in a workplace environment, and the consequences of failing to meet such deadlines. Requirements must be observed carefully to avoid academic penalties. Missed assignments cannot be made up through any method. Students will NOT be allowed to complete "extra assignments" to "raise their mark" at the end of the term -- students must complete and hand in term work as it is assigned. Please keep in mind: as in the workplace, failure to meet deadlines results in loss of credibility, advancement opportunities and grades.

Required Text(s) and Supplies:

1. There is a free textbook from: https://openstax.org/details/books/college-success

Recommended Resources (purchase is optional):

 Durham College takes pride in providing supports for our students. Students are encouraged to make connections to the resources available to them. There are a variety of apps that can help get you connected such as:

https://durhamcollege.ca/dc-mobile

http://imwell.ca/ https://good2talk.ca/

Within PREP-1300 DC Connect there are content areas with connections to Student Academic Learning Services (SALS) and all the other amazing resources to help you on your college journey.

Policies and Expectations for the Learning Environment:

General Policies and Expectations:

General College policies related to

- Acceptable Use of Information Technology
- Academic Policies
- + Academic Honesty
- + Student Code of Conduct
- Students' Rights and Responsibilities can be found on-line at http://www.durhamcollege.ca/academicpolicies

General policies related to

- + attendance
- + absence related to tests or assignment due dates
- + excused absences
- + writing tests and assignments
- classroom management can be found in the Program Guide (full time programs only) in MyCampus http://www.durhamcollege.ca/mycampus/

Course Specific Policies and Expectations:

In order to ensure a quality learning environment for all students, the following policies have been established for this course. Any behaviour that disrupts the learning environment will be dealt with according to the Durham College Academic Policies and Procedures.

Participation and Assignment Completion: Active participation is the best predictor of student success. Students are expected to actively participate in course activities and discussions and any tests or assignments. Unless you have made prior arrangements with your instructor, you are expected to complete all assignments and submit them, on time, according to your instructor's instructions. In situations where serious illness, emergencies or other circumstances prevent you from completing assessments, please get in touch with your instructor via DC Mail as soon as possible. You will be required to provide documents that verify your situation before accommodations can be made, and any arrangements to make up missed assignments will be at the sole discretion of the instructor.

Grading and Feedback: Students should consult their course outlines for a list of assessments and associated weighting. Faculty will return assessments to students within an appropriate time frame for the assessment type, typically three weeks at a maximum, with exceptions negotiated between the instructor and the class. Assessments may be returned via DC Connect or in class. It is the student's responsibility to review their graded assessments and any feedback that may have been provided to improve academic performance. Students may request an interview with the instructor, within 15 days of the returned assessment, to further clarify assessment results.

Plagiarism and Academic Integrity: Plagiarism is a serious breach of the College's Academic Integrity policy and will be enforced on any students involved in incidents of plagiarism, of any type. This could include any or all of the following: a mark of zero on an evaluation, a mark of zero in the course, non-admittance to a course or program, withdrawal from a course, or dismissal from the college. In all cases, a formal Academic Alert will be issued that will document the infraction that has taken place, notification will be given to the Dean/Associate Dean and a record will be placed in the student's file. Professors may request electronic files of written submissions. Plagiarism detection software may be used during the marking process. Any work that has been plagiarized will receive a mark of zero. If it is determined that a student has shared any work with or copied from another student, then ALL STUDENTS INVOLVED will receive a mark of zero for the entire assignment or test.

DC Connect: Students are expected to check DC Connect and their DC Mail daily for both college-wide and program specific information. Each Durham College student has a DC Mail email address which they should check daily. Communication between students and faculty via email is limited to the DC Connect system. Should a student have a login and/or performance issue with DC Connect, it is their responsibility to report the issue(s) to the IT Help Desk by calling 905-721-3333.

Diversity: Durham College classrooms -- whether physical or online in nature -- reflect the diverse nature of the workplace, and will often include students of different race, age, ethnicity, socioeconomic status, nationality, belief, ability, gender identity, and sexual orientation. Students are expected to be considerate of their classmates, respect each other's differences and help to create a safe environment where everyone can focus on the work at hand. This course may include the use of readings, discussions, and case studies that enable students to adapt to differences with real empathy, recognize the legitimacy of those differences, and understand that there are many ways to make meaning in this world.

General Course Outline Notes:

- 1. Students should use the course outline as a learning tool to guide their achievement of the learning outcomes for this course. Specific questions should be directed to their individual professor.
- 2. The college considers the electronic communication methods (i.e. DC Mail or DC Connect) as the primary channel of communication. Students should check the sources regularly for current course information.
- 3. Professors are responsible for following this outline and facilitating the learning as detailed in this outline.
- 4. Course outlines should be retained for future needs (i.e. university credits, transfer of credits etc.)
- 5. A full description of the Academic Appeals Process can be found at https://durhamcollege.ca/about/governance/policies/academic-policies.
- 6. Faculty are committed to ensuring accessible learning for all students. Students who would like assistance with academic access and accommodations in accordance with the Ontario Human Rights Code should register with the Access and Support Centre (ASC). ASC is located in room SW116, Oshawa Campus and in room 180 at the Whitby Campus. Contact ASC at 905-721-3123 for more information.
- 7. Durham College is committed to the fundamental values of preserving academic integrity. Durham College and faculty members reserve the right to use electronic means to detect and help prevent plagiarism. Students agree that by taking this course all assignments could be subject to submission either by themselves or by the faculty member for a review of textual similarity to Turnitin.com. Further information about Turnitin can be found on the Turnitin.com Web site.

Learning Plan

The Learning Plan is a planning guideline. Actual delivery of content may vary with circumstances.

Students will be notified in writing of changes that involve the addition or deletion of learning outcomes or evaluations, prior to changes being implemented, as specified in the Course Outline Policy and Procedure at Durham College.

Wk. Hours: 2 Delivery: In Class

O1 Course Learning Outcomes
CLO2

Essential Employability Skills

Taught: EES1, EES8 Practiced: EES1, EES8

Intended Learning Objectives

Themes: Welcome to Durham College

The value of higher education, defining student success, and your college experience.

The introductory discussion may touch upon the skills and development concepts to ensure your success. Topics may include: self-regulatory behaviours as linked to academic and professional success, such as time management practices, ability to self-motivate, strategies to combat procrastination, roadblocks to success, study habits, effective goal-setting, etc. (all of these topics will be addressed in more depth in subsequent weeks).

Orientating to Durham College, connecting to college resources, navigating DC Connect, and a review of course materials will be discussed.

Intended Learning Activities

Icebreaker activity.

Bookend activity: defining success and learning, and building a time capsule.

Introductory lecture and media supplement.

Seminar-style small-group and guided discussions.

Additional in-class tasks, activities, and exercises may include, but are not limited to:

- think/pair/shares,
- situational analyses,
- role-plays,
- self-assessment activities,
- brainstorming,
- worksheets,
- quiz practice questions,
- and one minute papers.

Resources and References

Handouts posted to DC Connect; all assignment instruction sheets posted to DC Connect.

EvaluationIn Process: Active student engagement with the course, in class and 20%

online (ongoing in-process participation and assessments).

Vk.	Hours:	1	Delivery:	Online				
)1	Course Le	arning O	utcomes					
	CLO2							
	Essential	Employal	oility Skills					
	Taught:	EES ²	I, EES8	Practiced:	EES1, EES8			
	Intended L	_earning	Objectives					
	Course introduction continued: student review of the course outline, expectations, and due dates. Overview of online learning strategies. Getting to know DC Connect.							
	Intended Learning Activities							
	Student questions about the outline, expectations, and due dates may be posted to a generic discussion board on DC Connect.							
	- video sı	upplement	S,	vities may include, but are not lim	nited to:			
	- the use - the use	of online i	g technologies	n forums, g. blogs, news supplements, acad s and online platforms, suppleme				
				a DC Connect or external sites).				
	Resources and References							
	N/A							
	Evaluation	ו						

	Hours: 2 Delivery: In Class										
2	Course Learning Outcomes										
_	CLO1, CLO3										
	Essential Employability Skills										
	Taught: EES1, EES2, EES8, EES10 Practiced: EES1, EES2, EES8, EES10										
	Intended Learning Objectives										
	Brief Q and A about the course outline, expectations and due dates (an opportunity to clarify anything about the course, delivery, etc.)										
	Themes: Who are you? Where are you going? How are you going to get there? Planning for Success.										
	The value of metacognition for your academic success. Reflecting upon different ways of learning; principles of learning, and planning for your learning. Planning a successful semester: creating vision and mission statements to shape your plans. Planning, mapping, and time management to achieving personal, academic, and professional goals. Taking ownership; wellness practices for self-care and persistence.										
	Intended Learning Activities										
	Lecture and media supplement.										
	Seminar-style small-group and guided discussions.										
Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, and one minute papers											
	 think/pair/shares, situational analyses, role-plays, self-assessment activities, brainstorming, worksheets, 										
	 think/pair/shares, situational analyses, role-plays, self-assessment activities, brainstorming, worksheets, quiz practice questions, 										

Wk.	Hours:	1	Delivery:	Online							
02	Course Lea	-	tcomes								
	CLO1, CLO	J3									
	Essential E	mployabi	lity Skills								
	Taught: EES1, EES2, EES8, EES10, Practiced: EES1, EES2, EES8, EES10, EES11										
	Intended Learning Objectives										
	Topic(s) continued online.										
	Intended Learning Activities										
	- video sup	plements,		·	le, but are not lin	nited to:					
	- the use o	f online re	ne discussio sources, e.g	j. blogs, news su	pplements, acad	demic success strategies, etc.					
	- the use o			s and online plat	forms, suppleme	ents and interactive components,					
	- and quiz	practice q	uestions (via	DC Connect or	external sites).						
	Resources	and Refe	rences								
	N/A										
	Evaluation										

k.	Hours: 2 Delivery: In Class									
3	Course Learning Outcomes									
	CLO1, CLO3									
	Essential Employability Skills									
	Taught: EES1, EES2, EES8, EES10 Practiced: EES1, EES2, EES8, EES10									
	Intended Learning Objectives									
	Themes: Continuation of Mapping/Planning for Success									
	Creating a plan to manage your semester: a prescription for success. May include: scheduling/time management templates, digital calendars/alerts, meal plans, budgeting, wellness practices, and mapping academic pathways. Reviewing academic pathways for future success (i.e., developing a Plan A and a Plan B). Prioritizing competing demands of college.									
	Intended Learning Activities									
	Mapping the semester exercise (**Note It is important to be in class to complete the mapping exercise that the professor will then check.**).									
	Lecture and media supplement.									
	Seminar-style small-group and guided discussions.									
	Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers.									
Resources and References										
	N/A									
	Evaluation Assignment: Mapping the semester: time management/managing priorities (an action plan). Weighting 15%									

Wk.	Hours:	1	Delivery:	Online							
03	Course Lea	_	tcomes								
	CLOT, CL										
	Essential E	mployabi	lity Skills								
	Taught:EES1, EES2, EES8, EES10, EES11Practiced: EES1, EES2, EES8, EES10, EES11										
	Intended Learning Objectives										
	Topic(s) continued online.										
	Intended Learning Activities										
	- video sup	plements	,	vities may includ	e, but are not lin	nited to:					
			ne discussio sources, e.c		pplements, acad	demic success strategies, etc.					
	- the use o	of learning	technologies	s and online plat	forms, suppleme	ents and interactive components,					
				DC Connect or	external sites).						
	Resources	and Refe	rences								
	N/A										
	Evaluation										

₹.	Hours: 2 Delivery: In Class							
1	Course Learning Outcomes							
7	CLO3							
	Essential Employability Skills							
	Taught: EES1, EES2, EES7 Practiced: EES1, EES2, EES7							
	Intended Learning Objectives							
	Themes: Being a College Student Part 1							
	Foundational skills for academics. Information processing, perception, memory, hearing vs. listening, active listening. Academic reading strategies and working with information. Effective note taking strategies and organizing workflow.							
	Intended Learning Activities							
	Lecture and media supplement.							
	Seminar-style small-group and guided discussions.							
Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References								
	Evaluation							

Wk.	Hours:	1	Delivery:	Online						
04	Course Lea	rning Out	comes							
	Essential Er	mployabil	ity Skills							
	Taught: EES1, EES2, EES7 Practiced: EES1, EES2, EES7									
	Intended Learning Objectives									
	Topic(s) continued online.									
	Intended Le	arning A	ctivities							
	Connection and/or summary activities may include, but are not limited to: - video supplements, - participation in online discussion forums, - the use of online resources, e.g. blogs, news supplements, academic success strategies, etc the use of learning technologies and online platforms, supplements and interactive components, - self-reflective tasks, - and quiz practice questions (via DC Connect or external sites).									
	Resources and References									
	N/A	N/A								
	Evaluation									

Essential Employability Skills Taught: EES1, EES2, EES7, EES10 Practiced: EES1, EES2, EES7, EES10 Intended Learning Objectives Themes: Being a College Student Part 2 Effective studying methods: memory, concentration, and focus. Analogue and digital study tools. Techniques and strategies for managing a test, before, during, and after. Test anxiety and stress management. College test-related resources. *Caveat: Where appropriate, discussions may include strategies for post-admissions testing scenarios e.g., Pre-health Sciences.* Intended Learning Activities Lecture and media supplement. Seminar-style small-group and guided discussions. Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References N/A	ζ.	Hours:	2	Delivery:	In Class			
Essential Employability Skills Taught: EES1, EES2, EES7, EES10 Practiced: EES1, EES2, EES7, EES10 Intended Learning Objectives Themes: Being a College Student Part 2 Effective studying methods: memory, concentration, and focus. Analogue and digital study tools. Techniques and strategies for managing a test, before, during, and after. Test anxiety and stress management. College test-related resources. *Caveat: Where appropriate, discussions may include strategies for post-admissions testing scenarios e.g., Pre-health Sciences.* Intended Learning Activities Lecture and media supplement. Seminar-style small-group and guided discussions. Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References		Course Lea	rning Ou	tcomes				
Taught: EES1, EES2, EES7, EES10 Practiced: EES1, EES2, EES7, EES10 Intended Learning Objectives Themes: Being a College Student Part 2 Effective studying methods: memory, concentration, and focus. Analogue and digital study tools. Techniques and strategies for managing a test, before, during, and after. Test anxiety and stress management. College test-related resources. *Caveat: Where appropriate, discussions may include strategies for post-admissions testing scenarios e.g., Pre-health Sciences.* Intended Learning Activities Lecture and media supplement. Seminar-style small-group and guided discussions. Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assesment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References)	CLO1, CL	02, CLO3					
Taught: EES1, EES2, EES7, EES10 Practiced: EES1, EES2, EES7, EES10 Intended Learning Objectives Themes: Being a College Student Part 2 Effective studying methods: memory, concentration, and focus. Analogue and digital study tools. Techniques and strategies for managing a test, before, during, and after. Test anxiety and stress management. College test-related resources. *Caveat: Where appropriate, discussions may include strategies for post-admissions testing scenarios e.g., Pre-health Sciences.* Intended Learning Activities Lecture and media supplement. Seminar-style small-group and guided discussions. Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assesment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References		Faccutial F	man lavabi	ilita Chille				
Intended Learning Objectives Themes: Being a College Student Part 2 Effective studying methods: memory, concentration, and focus. Analogue and digital study tools. Techniques and strategies for managing a test, before, during, and after. Test anxiety and stress management. College test-related resources. *Caveat: Where appropriate, discussions may include strategies for post-admissions testing scenarios e.g., Pre-health Sciences.* Intended Learning Activities Lecture and media supplement. Seminar-style small-group and guided discussions. Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References				•				
Themes: Being a College Student Part 2 Effective studying methods: memory, concentration, and focus. Analogue and digital study tools. Techniques and strategies for managing a test, before, during, and after. Test anxiety and stress management. College test-related resources. *Caveat: Where appropriate, discussions may include strategies for post-admissions testing scenarios e.g., Pre-health Sciences.* Intended Learning Activities Lecture and media supplement. Seminar-style small-group and guided discussions. Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References		Taught:	EES1,	EES2, EES	7, EES10	Practiced:	EES1, EES2, EES7, EES10	
Effective studying methods: memory, concentration, and focus. Analogue and digital study tools. Techniques and strategies for managing a test, before, during, and after. Test anxiety and stress management. College test-related resources. *Caveat: Where appropriate, discussions may include strategies for post-admissions testing scenarios e.g., Pre-health Sciences.* Intended Learning Activities Lecture and media supplement. Seminar-style small-group and guided discussions. Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References		Intended Le	earning O	bjectives				
Intended Learning Activities Lecture and media supplement. Seminar-style small-group and guided discussions. Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References		Effective studying methods: memory, concentration, and focus. Analogue and digital study tools. Techniques and strategies for managing a test, before, during, and after. Test anxiety and stress management. College test-related resources. *Caveat: Where appropriate, discussions may include strategies for post-admissions testing scenarios						
Seminar-style small-group and guided discussions. Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References		_						
Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References		Lecture an	nd media s	supplement.				
- think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References		Seminar-s	tyle small-	group and g	uided discuss	ions.		
		 think/pair/shares, situational analyses, role-plays, self-assessment activities, brainstorming, worksheets, quiz practice questions, 						
N/A		Resources	and Refe	rences				
		N/A						

Wk.	Hours:	1	Delivery:	Online					
05	Course Lea	arning Out	tcomes						
	CLO1, CL	O2, CLO3							
	Essential E	mployabi	lity Skills						
	Taught: EES1, EES2, EES7, EES10 Practiced: EES1, EES2, EES7, EES10								
	Intended Lo	earning O	bjectives						
	Topic(s) continued online.								
	Intended Lo	earning A	ctivities						
	Connection and/or summary activities may include, but are not limited to: - video supplements, - participation in online discussion forums, - the use of online resources, e.g. blogs, news supplements, academic success strategies, etc. - the use of learning technologies and online platforms, supplements and interactive components, - self-reflective tasks, - and quiz practice questions (via DC Connect or external sites). Resources and References N/A								
	Evaluation						Weighting		
	Quiz: Quiz concepts,			s x3; review a	ind application of	key	5%		

Vk.	Hours: 2 Delivery: In Class							
06	Course Learning Outcomes							
,,	CLO3							
	Essential Employability Skills							
	Taught: EES1, EES2, EES7 Practiced: EES1, EES2, EES7							
	Intended Learning Objectives							
	Themes: The Value of Research Skills The power of research questions and defining problems. Defining Research: an introduction to research methods (e.g., qualitative and quantitative, primary and secondary). Information literacy, evaluating information, and identifying credible sources. How to use campus resources (e.g., library, SALS) and the responsibility of academic integrity.							
	Intended Learning Activities							
	Lecture and media supplement.							
	Seminar-style small-group and guided discussions.							
	Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers.							
	Resources and References							
	N/A							
	Evaluation Assignment: Learning journals why are you here? Where are you going? What have you learned? Weighting 10%							

Wk.	Hours:	1	Delivery:	Online						
06	Course Lea	Course Learning Outcomes CLO3								
	Essential E	Essential Employability Skills								
	Taught: EES1, EES2, EES7, EES11 Practiced: EES1, EES2, EES7,									
	Intended Le	earning Ol	ojectives							
	Topic(s) co	ontinued or	nline.							
	Intended Learning Activities Connection and/or summary activities may include, but are not limited to: - video supplements, - participation in online discussion forums, - the use of online resources, e.g. blogs, news supplements, academic success strategies, etc the use of learning technologies and online platforms, supplements and interactive components, - self-reflective tasks, - and quiz practice questions (via DC Connect or external sites).									
	Resources	and Refer	ences							
	N/A									
	Evaluation									

	Hours: 2 Delivery: In Class								
	Course Learning Outcomes								
	CLO1, CLO4								
	Essential Employability Skills								
	Taught: EES7, EES8, EES9, EES10 Practiced: EES7, EES8, EES9, EES10								
	Intended Learning Objectives								
	Themes: Collaboration, Communication, and Working Well in Teams Understanding team development through roles, norms, and group dynamics. Team building strategies. Managing conflict and avoiding group think. Productivity tools for teams.								
	Intended Learning Activities								
	First in-class opportunity to work on the group presentation/project and complete the proposal/contract. (**Note - This is an important milestone for the group culminating activity; you must be present to pick your group and complete the relevant proposal/contract**).								
	Team-building activity.								
	Lecture and media supplement.								
	Seminar-style small-group and guided discussions.								
	Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers.								
l	Resources and References								
	N/A								

Wk.	Hours: 1 Delivery: Online						
07	Course Learning Outcomes						
	CLO1, CLO4						
	Essential Employability Skills						
	Taught: EES7, EES8, EES9, EES10, Practiced: EES7, EES8, EES9, EES10, EES11						
	Intended Learning Objectives						
	Topic(s) continued online.						
	Intended Learning Activities						
	Connection and/or summary activities may include, but are not limited to: - video supplements,						
	 participation in online discussion forums, the use of online resources, e.g. blogs, news supplements, academic success strategies, etc. 						
	- the use of learning technologies and online platforms, supplements and interactive components,						
	self-reflective tasks,and quiz practice questions (via DC Connect or external sites).						
	Resources and References						
	N/A						
	Evaluation						

Wk.	Hours: 2 Delivery: In Class			
08	Course Learning Outcomes			
	CLO3			
	Essential Employability Skills			
	Taught: EES1, EES2, EES5, EES7 Practiced: EES1, EES2, EES5, EES7			
	Intended Learning Objectives			
	Themes: Critical Thinking, Problem Solving, and Creativity.			
	Critically evaluating information and ideas. Defining and solving problems. Strategies for prioritization and decision making. Defining and valuing creativity for academics and the workplace.			
	*Caveat: Where appropriate, discussions may include strategies for post-admissions testing scenarios e.g., Pre-health Sciences.			
	Intended Learning Activities			
	Lecture and media supplement.			
	Seminar-style small-group and guided discussions.			
	Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities,			
 brainstorming, worksheets, quiz practice questions, and one minute papers. 				
	Resources and References			
	N/A			
	Evaluation Project: Team research project/presentation proposal (5%), self-/peer-evaluations (5%) and the finished product itself (10%). Weighting 5%			

Wk.	Hours:	1	Delivery:	Online				
08	Course Lea	arning Out	comes					
	Essential Employability Skills							
	Taught: EES1, EES2, EES7 Practiced: EES1, EES2, EES7							
	Intended L	earning O	bjectives					
	Topic(s) c	continued o	nline.					
	Intended Learning Activities							
	Connection and/or summary activities may include, but are not limited to: - video supplements, - participation in online discussion forums, - the use of online resources, e.g. blogs, news supplements, academic success strategies, etc the use of learning technologies and online platforms, supplements and interactive components, - self-reflective tasks, - and quiz practice questions (via DC Connect or external sites).							
Resources and References								
	N/A							
	Evaluation	1						

k.	Hours: 2 Delivery: In Class							
— 9	Course Learning Outcomes							
J	CLO3							
	Essential Employability Skills							
	Taught: EES1, EES2, EES7 Practiced: EES1, EES2, EES7							
	Intended Learning Objectives							
	Themes: Academic Writing, Integrity, and Documentation Skills							
	A review of the value of research. A primer on academic writing style, paper formats, and referencing (e.g., APA, MLA). Integrate quotations, paraphrasing and summarizing. Scholarly research (e.g., journals) to support academic writing. Structuring a thesis, paper, or project.							
	Intended Learning Activities							
	Lecture and media supplement.							
	Seminar-style small-group and guided discussions.							
	Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares,							
	- situational analyses, - role-plays,							
	- self-assessment activities, - brainstorming,							
	- worksheets,							
	- quiz practice questions,- and one minute papers.							
	Resources and References							
	N/A							
	Evaluation							

Wk.	Hours:	1	Delivery:	Online				
09	Course Lea	rning Out	comes					
	Essential E	mployabi	lity Skills					
	Taught:	EES1,	EES2, EES	6, EES7	Practic	ed:	EES1, EES2, EES6, EES7	
	Intended Le	earning O	bjectives					
	Topic(s) continued online.							
	Intended Learning Activities							
	- video sup - participat - the use o - the use o - self-refleo	oplements, ion in onlir of online re of learning ctive tasks	ne discussio sources, e.g technologies	n forums, j. blogs, news s and online j	clude, but are s supplements blatforms, sup t or external si	s, acad pleme	mited to: demic success strategies, etc. ents and interactive components,	
	Resources and References							
	N/A							
	Evaluation Quiz: Quiz concepts,			s x3; review	and applicatio	n of ke	Weighting ey 5%	

ζ.	Hours: 2 Delivery: In Class							
	Course Learning Outcomes							
CLO1, CLO2, CLO3								
	Essential Employability Skills							
Taught: EES2, EES9, EES10, EES11 Practiced: EES2, EES9, EES10, EES11								
	Intended Learning Objectives							
	Themes: Wellness, Mindfulness, and Self-Care							
	Defining mental health concepts and the DSM-V (e.g., anxiety, depression, wellness). Developing self-care practices (e.g., revisiting mapping the semester to incorporate self-care). Defining mindfulness and building mindfulness practices. Considering holistic approaches to wellness (e.g., wellness wheel). Connecting to wellness resources at Durham College and beyond.							
Ī	Intended Learning Activities							
Second (and final) in-class opportunity to work on the group presentations.								
	Lecture and media supplement.							
	Seminar-style small-group and guided discussions.							
	Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - site along							
	- role-plays, - self-assessment activities, - brainstorming,							
	- worksheets,							
	quiz practice questions,and one minute papers.							
	Resources and References							
	N/A							
	Evaluation Weighting							
	Assignment: My college experience and transformation short 10% reflection about college-based supports.							

Hours:	1	Delivery:	Online					
Course Learning Outcomes								
CLO1, CLO2, CLO3								
Essential E	Employabi	lity Skills						
Taught:	Taught: EES2, EES9, EES10 Practiced: EES2, EES9, EES10							
Intended L	earning O	bjectives						
Topic(s) c	Topic(s) continued online.							
Intended L	Intended Learning Activities							
Connection and/or summary activities may include, but are not limited to: - video supplements,								
 participation in online discussion forums, the use of online resources, e.g. blogs, news supplements, academic success strategies, etc. 								
- self-refle	 the use of learning technologies and online platforms, supplements and interactive components, self-reflective tasks, 							
		`	a DC Connect or external sites).					
IN/A								
Evaluation								
	Course Lea CLO1, CL Essential E Taught: Intended L Topic(s) of Intended L Connection - video su - participal - the use of - self-refled - and quiz Resources	Course Learning Out CLO1, CLO2, CLO3 Essential Employabil Taught: EES2, Intended Learning Of Topic(s) continued of Intended Learning Ad Connection and/or st - video supplements, - participation in onlire - the use of online re - the use of learning - self-reflective tasks - and quiz practice que Resources and Reference	Course Learning Outcomes CLO1, CLO2, CLO3 Essential Employability Skills Taught: EES2, EES9, EES Intended Learning Objectives Topic(s) continued online. Intended Learning Activities Connection and/or summary act - video supplements, - participation in online discussion - the use of online resources, e.g the use of learning technologie - self-reflective tasks, - and quiz practice questions (via Resources and References N/A					

Wk.	Hours:	2	Delivery:	In Class				
11	Course Le	_	tcomes					
	Essential Employability Skills							
	Taught:	EES8,	EES9, EES	Practiced: EES8, EES9, EES10				
	Intended L	earning O	bjectives					
	Allocation	of time for	team resear	rch project development.				
	Intended L	earning A	ctivities					
	Lecture a	nd media s	upplement.					
	Seminar-s	style small-	group and g	guided discussions.				
	Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming,							
	- workshe - quiz pra							
	Resources	and Refe	rences					
	N/A							
	Evaluation	1						

Wk.	Hours: 1 Delivery: Online							
11	Course Learning Outcomes CLO2, CLO4							
	Essential Employability Skills							
	Taught: EES8, EES9, EES10, EES11 Practiced: EES8, EES9, EES10, EES11							
	Intended Learning Objectives							
	Themes: Thinking Globally About Your Learning and the Future of Work							
	Global opportunities for learning. Global opportunities for work. Review relevant definitions and concepts, such as ethics, professionalism, equity, diversity, oppression, marginalization, and power dynamics, among others. Recognize the value in diversity. Making connections to your future career.							
	Intended Learning Activities							
	Connection and/or summary activities may include, but are not limited to: - video supplements, - participation in online discussion forums, - the use of online resources, e.g. blogs, news supplements, academic success strategies, etc the use of learning technologies and online platforms, supplements and interactive components, - self-reflective tasks, - and quiz practice questions (via DC Connect or external sites).							
	Resources and References N/A							
	Evaluation							
Wk.	Hours: 2 Delivery: In Class							
12	Course Learning Outcomes							
	CLO2, CLO3, CLO4							
	Essential Employability Skills							
	Taught: EES1, EES7, EES8, EES9, Practiced: EES1, EES7, EES8, EES9, EES10							
	Intended Learning Objectives							
	Team Research Projects/Presentations							
	Intended Learning Activities							
	Team Research Projects/Presentations							
	Resources and References							
	N/A							
	Evaluation Project: Team research project/presentation proposal (5%), self-/peer-evaluations (5%) and the finished product itself (10%). Weighting 10%							

Wk.	Hours: 1	Delivery:	Online						
12	Course Learning Outcomes								
12	CLO1, CLO2								
	Essential Employability Skills								
	Taught:	EES1, EES10		Practiced:	EES1, EES10				
	Intended Lea	arning Objectives							
	Themes: Strategize your next steps.								
	Intended Learning Activities								
	Connection and/or summary activities may include, but are not limited to: - video supplements - participation in online discussion forums - the use of online resources, e.g. blogs, news supplements, academic success strategies, etc learning technologies and online platforms, supplements and interactive components								
	Resources a	and References							
	N/A								
	Evaluation								
Wk.	Hours: 2 Delivery: In Class								
	Course Learning Outcomes								
13	CLO2, CLC	03, CLO4							
	Essential Er	nployability Skills							
	Taught:	EES1, EES7, EES EES10	8, EES9,	Practiced:	EES1, EES7, EES8, EES9, EES10				
	Intended Learning Objectives								
	Team Research Projects/Presentations								
	Intended Learning Activities Team Research Projects/Presentations								
	Resources and References								
	N/A								
	Evaluation								

Wk.	Hours:	1	Delivery:	Online				
13	Course Learning Outcomes CLO1, CLO2							
	Essential Employability Skills							
	Taught:	EES1,	EES10	Practiced: EES1, EES10				
	Intended Learning Objectives Themes: Strategize your next steps (continued). Intended Learning Activities Connection and/or summary activities may include, but are not limited to: - video supplements, - participation in online discussion forums, - the use of online resources, e.g. blogs, news supplements, academic success strategies, etc the use of learning technologies and online platforms, supplements and interactive components, - self-reflective tasks, - and quiz practice questions (via DC Connect or external sites). Resources and References							
	N/A							
Evaluation								

Course Learning Outcomes CLO3 Essential Employability Skills Taught: Practiced: Intended Learning Objectives Themes: Unpacking Your First Semester How have you developed over the semester? Reflecting upon the skills you have developed. Consolidating what you have learned. Course wrap-up, considering the road ahead, next steps, and academic pathways. Intended Learning Activities Concluding remarks. Bookend activity revisit from week 01. Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References N/A Evaluation	Wk.	Hours:	2	Delivery:	In Class				
Essential Employability Skills Taught: Practiced: Intended Learning Objectives Themes: Unpacking Your First Semester How have you developed over the semester? Reflecting upon the skills you have developed. Consolidating what you have learned. Course wrap-up, considering the road ahead, next steps, and academic pathways. Intended Learning Activities Concluding remarks. Bookend activity revisit from week 01. Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References N/A	14	Course Learning Outcomes							
Intended Learning Objectives Themes: Unpacking Your First Semester How have you developed over the semester? Reflecting upon the skills you have developed. Consolidating what you have learned. Course wrap-up, considering the road ahead, next steps, and academic pathways. Intended Learning Activities Concluding remarks. Bookend activity revisit from week 01. Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References N/A		CLO3							
Intended Learning Objectives Themes: Unpacking Your First Semester How have you developed over the semester? Reflecting upon the skills you have developed. Consolidating what you have learned. Course wrap-up, considering the road ahead, next steps, and academic pathways. Intended Learning Activities Concluding remarks. Bookend activity revisit from week 01. Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References N/A		Essential Employability Skills							
Themes: Unpacking Your First Semester How have you developed over the semester? Reflecting upon the skills you have developed. Consolidating what you have learned. Course wrap-up, considering the road ahead, next steps, and academic pathways. Intended Learning Activities Concluding remarks. Bookend activity revisit from week 01. Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References N/A		Taught: Practiced:							
How have you developed over the semester? Reflecting upon the skills you have developed. Consolidating what you have learned. Course wrap-up, considering the road ahead, next steps, and academic pathways. Intended Learning Activities Concluding remarks. Bookend activity revisit from week 01. Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References N/A		Intended Learning Objectives							
Reflecting upon the skills you have developed. Consolidating what you have learned. Course wrap-up, considering the road ahead, next steps, and academic pathways. Intended Learning Activities Concluding remarks. Bookend activity revisit from week 01. Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References N/A		How have you developed over the semester?							
Consolidating what you have learned. Course wrap-up, considering the road ahead, next steps, and academic pathways. Intended Learning Activities Concluding remarks. Bookend activity revisit from week 01. Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References N/A									
Intended Learning Activities Concluding remarks. Bookend activity revisit from week 01. Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References N/A		Consolida	Consolidating what you have learned.						
Bookend activity revisit from week 01. Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References N/A									
Additional in-class tasks, activities, and exercises may include, but are not limited to: - think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References N/A		-							
- think/pair/shares, - situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References N/A		Additional in-class tasks, activities, and exercises may include, but are not limited to:							
- situational analyses, - role-plays, - self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References N/A									
- self-assessment activities, - brainstorming, - worksheets, - quiz practice questions, - and one minute papers. Resources and References N/A		- situatior	- situational analyses,						
- worksheets, - quiz practice questions, - and one minute papers. Resources and References N/A		- role-plays, - self-assessment activities.							
- quiz practice questions, - and one minute papers. Resources and References N/A				ŕ					
Resources and References N/A		- quiz pra	ctice quest						
N/A									
		Resources and References							
Evaluation		N/A							
		Evaluation							
			-						

Wk.	Hours:	1	Delivery:	Online			
14	Course Learning Outcomes CLO3						
	Essential Employability Skills						
	Taught: Practiced:						
	Intended Learning Objectives						
	Intended Learning Activities Connection and/or summary activities may include, but are not limited to: - video supplements, - participation in online discussion forums, - the use of online resources, e.g. blogs, news supplements, academic success strategies, etc the use of learning technologies and online platforms, supplements and interactive components, - self-reflective tasks, - and quiz practice questions (via DC Connect or external sites). Resources and References						
N/A							
				ss x3; review and application of key	Weighting 5%		