

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Growth & Goal Setting

Course Abbreviation and Number: HUM 1320

Credit Hours: 1 credit hour.

Course Type: Lecture

Course Description: Students will learn the positive impact of a growth mindset on their decision making and practice basic life problem solving skills. Students will learn how their values and expectations impact their motivation for success in academic, career and life goals. Students will gain the skills to effectively set realistic, measurable goals and make a plan to achieve them.

No Requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Assess and act in congruence with their skills, values, beliefs, interests, and personal abilities.
2. Work effectively as a team member to create a final class project.

Topics Covered:

- Motivation
- Development and perception of self
- Listening skills
- Non-verbal communication
- Self-management
- Communication in small groups
- Goal setting

Information for Students

- Expectations of Students
 - [Civility Statement](#)
 - [Student Responsibility Statement](#)
 - [Academic Integrity Statement](#)
- [Accessibility Services](#)
Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.
- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

| | | | | | | | |
|-------|--------|-----|--------|-----|--------|-----|-----|
| A=4.0 | B+=3.5 | B=3 | C+=2.5 | C=2 | D+=1.5 | D=1 | F=0 |
|-------|--------|-----|--------|-----|--------|-----|-----|

- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.

Effective Date: Fall 2023