

COUN 045: Successful Study Strategies

This course offers students the opportunity to learn strategies for academic success through study skills, time management, note taking, preparation for course-based exams, and anxiety and stress management.

Letter Grade, Pass/No Pass

Units: 1

Lecture Hours: 16 – 18, Lab Hours: 0

Prerequisites: None

Co-Requisites: None

Advisory: None

Transferable to CSU only