



DEPARTMENT OF ACADEMIC UPGRADING

COURSE OUTLINE – FALL 2011

VS 100 INDEPENDENT LIVING SKILLS I – 5.5 (6-0-0) 96 HOURS

INSTRUCTOR: Kris Hvamb

PHONE: 780-835-6679

OFFICE: FPS 112

E-MAIL: khvamb@gprc.ab.ca

OFFICE HOURS: Monday and Tuesday 3:00 pm to 4:00 pm or by appointment.

PREREQUISITE(S)/COREQUISITE: N/A

REQUIRED TEXT/RESOURCE MATERIALS:

Handouts for course material will be provided. You will also need: a 2" binder, loose leaf paper, pen/pencil, and a basic calculator.

CALENDAR DESCRIPTION:

Students will learn the skills necessary to cope with residential living while at college and community living after college. Topics covered include budgeting, food preparation, responsible relationships and effective communication.

CREDIT/CONTACT HOURS:

VS 100 is a 5.5 credit course including 6 hours of class each week.

DELIVERY MODE(S):

VS 100 is a lecture/discussion based course. There will be projects and assignments that need to be completed in the evenings with input from the student's evening program instructor and/or roommates. Students may be required to attend activities or workshops that deal with VS 100 topics in the evening or on weekends. Students will be given as much advance notice as possible when evening or weekend activities come up.

OBJECTIVES:

1. Students will identify skills for successful community living.
2. Students will identify positive personal communication skills.
3. Students will develop a budget plan.
4. Students will identify good consumer skills, and live within a budget.
5. Students will learn how to write personalized SMART goals.
6. Students will identify positive and negative relationships and the potential dangers of irresponsible sexual activity.
7. Students will recognize the importance of developing and maintaining a positive personal support network.
8. Students will identify and access recreation and leisure resources in Fairview.

TRANSFERABILITY:

** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability

GRADING CRITERIA:

Your final VS 100 mark will be based on your academic performance and on how independently you demonstrate community living skills as listed below.

Evaluation:	Academic Performance	20%
	30% Projects & assignments		
	30% Quizzes & unit tests		
	40% Final exams		
	House Hold Management Skills	20%
	25% Meal Preparation		
	25% Laundry		
	25% Food Safety		
	25% House Cleaning		
	Consumer Skills	20%
	$\frac{1}{3}$ Financial Planning (making a plan)		
	$\frac{1}{3}$ Budgeting (following a plan)		
	$\frac{1}{3}$ Consumerism (buying things)		

Socialization	20%
25% Personal Communication		
25% Community Awareness		
25% Recreation & Leisure		
25% Community Involvement		
Personal Development	20%
25% Problem Solving		
25% Personal Wellness		
25% Personal Support Networks		
25% Personal Planning		

*Note: Due to the content or size of the unit; some units may not have projects or assignments. The academic performance of those units will be based on 60% for unit quizzes and tests, and 40% for the final exam mark.

Percentage grades for academic performance will be converted to a letter grade using the Grading Conversion Chart below. Practical skills will be assessed using the following descriptions.

- A** Student uses the skill or task consistently without assistance at an excellent level.
- B** Student uses the skill or task without assistance and rarely needs reminders.
- C** Student uses the skill or task, but needs reminders or some help.
- D** Student does not normally complete the skill or task without support.
- F** Student is unable or unwilling to do the skill or task and will not accept support to complete task.

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A⁻	3.7	80 – 84	FIRST CLASS STANDING
B⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B⁻	2.7	70 – 72	
C⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C⁻	1.7	60 – 62	
D⁺	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

EXAMINATIONS:

The final exam will be on Tuesday, December 20th, from 1:00 – 4:00.

STUDENT RESPONSIBILITIES:

Students are expected to complete all assignments on time. If you need extra time or help completing course material it is your responsibility to meet the instructor who assigned the work as soon as possible.

Students are responsible for their own learning and for ensuring they do not interfere with the learning of others. If you have any difficulties or need help meeting any program expectations; please speak with one of your instructors as soon as you can.

We expect all students to strive to meet two basic expectations:

Participation: Students must have 100% attendance and punctuality for all program activities. This includes classes, work placements, evening program commitments, community involvement activities, and any appointments with program staff or others. If it becomes necessary for you to miss or come late to any activity students are expected to advise their instructor as soon as possible. If the instructor agrees the change is necessary and appropriate notice was given students will be treated as though they did attend.

Respect: Students are expected to conduct themselves respectfully in regards to classmates, instructors, college staff, coworkers and supervisors at their job placements, community members, and themselves. This includes behaving in a manner that does not distract students involved in any program activity. Examples include: no cell phones at any class activity, being on time for class or other activities.

STATEMENT ON PLAGIARISM AND CHEATING:

Please refer to

<http://www.gprc.ab.ca/downloads/documents/Student%20Misconduct%20Plagiarism%20and%20Cheating.pdf> regarding plagiarism, cheating and the resultant penalties. These are serious issues and will be dealt with severely.

COURSE SCHEDULE/TENTATIVE TIMELINE:

Class Schedule: Classes will be on Mondays and Tuesdays from 1:00 pm to 4:00 pm.

Course Schedule: Due dates for tests, quizzes, and assignments will be announced in class and be held during regular class periods.