

## LEARNING SKILLS

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### Learning Skills Courses

#### LS 200

##### Math Study Skills

1.5 units; 1.5 hours Lecture

Corequisite: Concurrent enrollment in a math class is recommended.

Repeatability: May be taken a total of 2 times.

Study skills and strategies designed to help students overcome difficulties in learning math. Especially helpful for those enrolled in Math 254 or Math 154. This course is pass/no pass grading.

#### LS 200L

##### Reduce Test Anxiety Lab

1 unit; 2 hours Laboratory

Lab designed to improve test performance and reduce test anxiety using HeartMath software that increases student's awareness of body/mind coherence for best performance. Techniques learned and practiced will improve student's ability to learn and perform.

#### LS 254

##### Diagnostic Assessment

0.5 unit; 1 hour Laboratory

Repeatability: May be taken a total of 3 times.

Provides individual diagnostic assessment and reassessment to determine eligibility for learning disabilities services. Testing includes academic (reading- writing-math), perceptual and aptitude areas. Test results are evaluated and the LD Specialist recommends appropriate classes, strategies, and services.

#### LS 255

##### Tutorial Instruction

0.5 unit; 1 hour Laboratory

Recommended Preparation: LS 254 or other recent learning disability evaluation is highly advised.

Repeatability: May be repeated.

Provides instructional assistance and assistive technology for students with Learning Disabilities and other students in the Disabled Students Program & Services. Students work with instructors and tutors in support of college-level classes and in basic skill areas.

#### LS 264

##### Study Skills

3 units; 3 hours Lecture

Repeatability: May be taken a total of 2 times.

Recommended for students with learning disabilities, but open to all students who need study skills improvement and learning strategies. Topics include traditional study skills with an emphasis upon organization, test-taking, problem solving, stress reduction, goal setting and memory strategies.

#### LS 281

##### Strategies for Students with Learning Disabilities & Attention Deficit Disorder

3 units; 3 hours Lecture

Repeatability: May be taken a total of 2 times.

Recommended for all students interested in learning disabilities and/or attention deficit disorder. Students will acquire knowledge of learning disabilities and attention deficit disorder. Focus is on the importance of students understanding their individual strengths and weaknesses. Also emphasizes successful compensatory strategies, accommodations, communication with others about learning disabilities and attention deficit disorder, stress, organization, and time management skills.

#### LS 502

##### Supervised Tutoring for DSPS Students

0 units; 5 hours Laboratory

Repeatability: May be repeated.

Prerequisite: Must be eligible for services through DSPS and/or the Learning Skills Program.

Provides drop-in tutorial assistance and assistive technology in a variety of areas for students with LD and other DSPS documented disabilities. Students work as needed in support of college-level classes and in basic skills areas.