

Learning Skills

Joseph Napolitano, Director, Disabled Student Program and Services (DSP&S)

Division Office, Room 810

Deborah Shulman, Program Chair, (831) 479-6566

Counselor: (831) 479-6385 or (831) 479-6225 for appointment

Watsonville Counselor: (831) 477-5134

<http://www.cabrillo.edu/programs>

Learning Skills Courses

LS 254

Diagnostic Assessment

1 unit; 1 hour Lecture

Repeatability: May be taken 4 times. Additional repetitions may be necessary to meet eligibility requirements for continuation of services as per Title 5, section 56044, "Special Class Course Repeatability." .

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 200

Math Study Skills

1½ units; 1½ hours Lecture

Concurrent enrollment in a math class is recommended. Repeatability: May be taken 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 credit/no credit.

LS 200L

Reduce Test Anxiety Lab

1 unit; 1½ hours Laboratory

Prerequisite: LS 200 (may be taken concurrently).

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 203

Science Study Skills

1 unit; 1 hour Lecture

Repeatability: May be taken 2 times.

This class is designed to teach students the necessary study skills to increase their chances of success in physical and biological science courses. This course may be offered in a Distance-Learning Format.

LS 255

Tutorial Instruction

½ unit; 1 hour Laboratory

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

Repeatability: May be repeated. Additional repetitions may be necessary to meet eligibility requirements for continuation of services as per Title 5, section 56044, "Special Class Course Repeatability." .

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

Recommended Preparation: Repeatability: May be taken 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 264L

Applied Study Skills

½ unit; 1 hour Laboratory

Corequisite: LS 264.

Additional structured application of study skills learned in LS 264 to specific content of academic classes. Students create an individual study system based on study skills needs survey and actively apply their study system in order to improve overall academic performance. This course may be taught in a Distance-Learning Format in which contact with the instructor will be through four on-campus meetings and by phone or e-mail.

LS 281

Strategies for Students with Learning Disabilities & Attention Deficit Disorder

3 units; 3 hours Lecture

Repeatability: May be taken 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. May be offered in a Distance-Learning Format.