

INDL100L : College Essentials

This course helps new students learn to be confident and master the skills needed to succeed at Lakes Region Community College. New students are required to take this course during their first semester of enrollment. Topics include accessing college resources and services, navigating the learning management system, information literacy, time-management, self-confidence, and self-motivation in an academic environment, long and short-term goal setting, career goals, maintaining physical, mental, financial, and emotional health. A minimum grade of C in this course is required.

Credits 1

Lab Hours 0

Class Hours 1