

HDHS 205, Distance Education, Life Management

Welcome😊

Instructor

Denae Boggs MA, LMFT

Important “Get Started” Dates:

You may begin accessing, and you are expected to access, the course in Canvas on the first day of class, March 25th.

It is the students’ responsibility to drop this course. Students who do not login and complete Chapter 1 work by 3/31, may be dropped from the course.

Contact Information:

Email Address: denae_boggs@cuesta.edu

Phone Number: (805) 546-3100 ext. 2764, messages checked on T/TH during Spring 19 Semester

Office Location/ Hours: SLO Campus Office #4040, T/Th, 8:15am – 10:45 am

Instructor Contact Expectations:

The best and fastest way to contact me is email. I will generally respond to your emails within 24 hours during weekdays only. During busy times of the semester, the response time may increase to 48 hours. On weekends, I will do my best to get back to you ASAP, but I cannot guarantee an expeditious response.

Textbook:

Required Text: *Psychology Applied to Modern Life: Adjustment in the 21st Century*, 12e., Weiten; no access code required.

Class opens / Accessing Canvas:

This is a 9 week late start class (3/25-5/24). On Monday, 3/25, you will receive an email to your my.Cuesta.edu address providing you with a reminder that class is starting and log in procedures for Canvas, the learning management system (LMS) used to deliver course content. You can access Canvas by logging into MyCuesta, then clicking on the Resources Tab, then clicking on Canvas in the Online Learning Channel, or by typing <https://cuesta.instructure.com/> into your browser address bar. Do not bookmark / favorite the canvas site after your login, or you will get an error message next time you try to log in. You must access the canvas log in directly.

If you are not familiar with logging into canvas, please refer to the [Canvas Quick Reference Guide](#). Once logged into Canvas you will be directed on where to get started. Be sure to read all the direction on the course home page.

If you are having difficulty logging into Canvas after 3/25/19 and need assistance, please email me or technical support at support@my.cuesta.edu.

Course Description:

Articulates skills to understand and utilize internal and external resources to function effectively in society now and in the future. Major topics covered in the course include socio-cultural forces that effect personal values, beliefs, and goals; decision making skills, time management and stress-reduction strategies, and conflict resolution; as well as methods for improving self-esteem, self-understanding, and interpersonal relationships.

Student Learning Outcomes:

1. Apply life management principles and practices to case studies, role plays, and personal experiences, that foster successful living
2. Evaluate life management behaviors and strategies in others as well as articulate ways to make enhancements

Regular Effective Contact Policy:

Regular and Effective Instructor Contact will be met through weekly instructor initiated threaded discussion forums; weekly announcements to students; timely and effective feedback on student assignments; email, phone or messaging to individuals; and office hours.

Course Environment:

This online course will be using a Web-based Learning Management System Canvas as the method to disseminate information. Canvas provides the framework for the course including PowerPoint presentations, student data files, the tools to receive and send course materials, and a grade book. Using the communication tools, you can communicate using e-mail, and you can share materials and ideas with other course participants via the discussion forums and groups.

Online Learning:

If you have never taken an online class or this is your first experience with Canvas, please be patient with yourself. Online classes are not inherently easier, although they may be much more convenient for many students. You should expect to spend at least as much time, if not more on this course as you would on a course that meets face to face. Since there is no lecture component, much of this time will be self-directed and there will be a substantial amount of reading, viewing, studying, and writing required. This course is completely online using Canvas; all coursework (discussions, assignments, quizzes) is submitted online. There are no face-to-face meetings. Please be prepared to spend 12 hours or more per week on coursework for this class

IS an ONLINE CLASS FOR YOU?

- First of all, go to the [Online Readiness Resources](#) and take the "self assessment " and review all the resources that were designed to help you understand the basis for an online class and the skills necessary for success. (If the tutorials do **NOT** describe you, then taking this class online is **NOT** for you and I strongly suggest that you drop the online class and enroll in a traditional classroom section.)

Technical Support:

Cuesta students are encouraged to direct all technical support inquiries to support@my.cuesta.edu. If you are having issues with Canvas, you should contact the Canvas Support Hotline at (877) 921-7680, or click on the help button on the Canvas Navigation to report a problem.

If you are having difficulty viewing the course or logging in, it may be because you are not using the correct url: <https://cuesta.instructure.com/> or you are using your phone or using an unsupported browser.

Your learning environment is best accessed from a desktop or laptop computer, using Firefox or Chrome. This may solve your problem! Please review the browser requirements and minimum computer specifications at:

http://www.cuesta.edu/student/aboutacad/distance/faqs_technical.html

Accommodations:

This course is designed using an accessible Learning Management System, and course materials have been created with ADA compliance in mind. If you have a disability and might need accommodations in this class such as extended time on exams or other resources, please contact the instructor as soon as possible so that you can receive appropriate accommodations in a timely manner. You should also contact DSPS (Disabled Student Programs & Services) at 805-546-3148 or <http://www.cuesta.edu/student/studentservices/dsps/index.html>

College & Course Policies:

Academic Honesty Policy: Cuesta College's Academic Honesty Policy can be found in the link below. In addition, all students attending San Luis Obispo County Community College District at any district site and when representing Cuesta College in any off-campus activity, assume an obligation to conduct themselves in an acceptable manner compatible with the Student Code of conduct. Please review the Cuesta College Student Code of conduct at:

http://www.cuesta.edu/student/documents/admissions_records/code_of_conduct.pdf

Add / Drop Policy:

If you are still on the waitlist on the first day of the semester, e-mail the instructor to inquire about an Add Code. In addition to my policy, please review the Cuesta policy for adds and drops.

- Add Policy:
<http://www.cuesta.edu/student/studentservices/admrreg/arpolicies/addcourse.html>
- Drop Policy:
<http://www.cuesta.edu/student/studentservices/admrreg/arpolicies/dropcourse.html>

Waitlist Policy:

If you are still on the waitlist on the first day of the semester, e-mail the instructor to inquire about an Add Code. In addition to my course specific procedures, please review Cuesta's waitlist procedure and instructions:

<http://www.cuesta.edu/student/studentservices/admreg/arpolicies/Waitlist.html>