

# CONT. STUDIES SEMINAR (ONLINE) (CSSX)

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## **CSSX 101: Learning Across the Lifespan**

This course provides theoretical bases and practical strategies for lifelong learning. Students will become aware of university resources, as well as the policies and procedures critical to success. Emphasis is placed on critical thinking, study skills, analytical reading, effective writing, reasoning, problem-solving, time management and strategies for college success necessary to support learning in a university environment. Students will analyze their own learning abilities and styles and develop effective practices for learning throughout their lifetime. Students will explore their motivations and the external determinants that affect their educational, personal, and career success. Students will learn the role of active learning in a successful life.

**Credits:** 3

**College:** Jefferson College of Health Professions

**Schedule Type:** On-Line

## **CSSX 499: Profess Studies Capstone Sem**

**Credits:** 3

**College:** Jefferson College of Health Professions

**Schedule Type:** By Appointment - 1 student, By Appointment - 4 students, On-Line